



# INTERPRETER WELLNESS: YOGA & CHAIR MASSAGES

## FRIDAY, FEBRUARY 16TH

### 6:30 - 8:30 P.M.

Join us for a relaxing night of yoga and chair massages! Yoga instructor, Jean Arnold, will present on a variety of yoga stretches for the wrists, shoulders, neck, and arms. Interpreters will learn how to care for their working bodies. They will also learn breathing exercises to release tension. Finally, we will explore the art of meditation to help relax after a hard day's work.

This event is being offered for .1 General Studies CEUs at the Little/None content knowledge level. ICRID is the approved CMP sponsor for this event.

This event costs \$20. To register click [here](#) or search "Interpreter Wellness" on Eventbrite.



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