



# BREATHING ROOM

This is your place on campus to learn techniques for gaining more control over your emotions and reducing your stress. Come over and try a simply practice that you can do here or anywhere.

## **Mars Hill University Breathing Room**

Marshbanks Hall 101

**Yoga<sup>+</sup>**: M-W 4:30-5:30

**Meditation<sup>+</sup>**: Tu & Th 12-1

**Breathing Room<sup>\*</sup>**: M 5:45-6:30

\*student-focused, first year connection opportunity

+suggested fee for yoga and meditation is \$3-\$5, but ALL are ALWAYS welcome!

Go to [my.MHU.edu](http://my.MHU.edu) and join the “Breathing Room” course for more details (no password required)