

MoDEC presents: "The Power of Breath" with Tarasa Gardner, E-500-RYT

MoDEC knows – we exist during stressful times for college faculty and staff. This is particularly true for those of us who work with consistently underserved students. We can't control what others say about us, and we can't control what our students do and don't do, but there is one thing we can control – our reactions and attitudes. It is especially important for us to find small moments of time throughout our day to relax and refresh, to remind ourselves of why we do what we do and the value we bring to our classrooms and colleagues.

Join MACC professor and yoga instructor Tarasa Gardner for a short session on the power of using your own breath to ground yourself throughout your day. No mat or special clothes required – engage in some relaxation right at your desk!

Friday, April 22, at
11:00 a.m.

Join via Zoom at:

<https://zoom.us/j/98868786951>

Tarasa Gardner is professor of language and literature at Moberly Area Community College and owns, operates, and teaches at the You, Yourself, and Yoga studio in Kirksville, Missouri. She works with busy professionals who want to be healthy and feel better.

As a 500 E-RYT (Experienced Registered Yoga Teacher) through Yoga Alliance, she provides online and virtual Yoga Concierge services through classes, retreats, courses, and an on-demand monthly membership.

Her goal: Stretched, not Stressed.

She would love to meet you on your mat -- find her on YouTube or Facebook at Yoga with TG or visit <http://www.yogawithtg.com> .

