


# Outdoor Yoga Night



## WELLNESS WORKSHOPS

The wellness program at the SRC hosts events targeting various dimensions of wellness such as the physical, social, emotional, and spiritual aspects of health. Our events aim to inform the CSUB community about college-related wellness topics and allow for interactive hands-on learning experiences and open discussions.

Fall  2021






**SRC Cooking Corner**  
 Pre-recorded videos will be uploaded throughout the semester.  
**Location:** Student Recreation Center - YouTube Page @CSUBSRC  
 Visit our YouTube page to follow cooking tutorials to help you become a "well" student. Nourish your brain and body this semester.





**Outdoor Yoga Night**  
**Date:** Tuesday, September 21st, 2021  
**Time:** 6:45 - 8:00pm  
**Location:** Student Recreation Center - SRC Field  
 Join us in a relaxing, non-competitive sunset yoga practice. Safely practice outdoors and be connected by the sounds of calming music, slow movement and stretching.

**A Night at the SRC**  
**Date:** Thursday October 28th, 2021  
**Time:** 8:00pm - 11:00pm  
**Location:** Student Recreation Center  
 Get into the spooky spirit with Halloween-themed fitness, fun, and activities during a late-night event at the SRC!

**Tie Dye Without Tech**  
**Date:** Tuesday, November 9th, 2021  
**Time:** 11:00am - 3:00pm  
**Location:** Student Recreation Center - North Lawn  
 Join us for a fun Tie Dye event! Ditch your personal tech devices and take some time to create something funky. We'll hand out a limited number of white t-shirts and provide have music and snacks for the ultimate groovy time.

**Zen Zone**  
**Date:** December 7th, 8th, and 9th, 2021  
**Time:** Stay tuned for event times  
**Location:** Student Recreation Center - Solario  
 Chill out and unwind at the SRC! We'll have relaxing spaces and activities to help you calm your mind and body before your final exams.

STUDENT RECREATION CENTER |     @csubsrc









