

# R R / : Virtual Summertime Yoga Mini Series

Summer 2023

**Tuesdays, June 6, 13, 20, and 27**  
**12:00 pm–12:50 pm**  
**Online Event**

We warmly invite you to join us for an uplifting and rejuvenating summertime yoga and stretch mini-series designed to help you relax and renew. This all-levels 50-minute practice is designed to alleviate stress, boost energy, and leave you feeling refreshed and revitalized.

and leave feeling ready to take on the rest of your day with renewed energy and calm in celebration of summer, self-care and you!

## PRESENTERS

**Miku Lenentine**  
Program Coordinator, CERENE;  
Research Center for Resilient  
Neighborhoods, Kapi'olani  
Kula Nui Kai ulu, Kapi'olani  
Community College

This event is sponsored  
by the OFDAS Center for  
Teaching Excellence (CTE).

## OFDAS CTE

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