

OCA & FCC PRESENT:

# *Asian American in 2018*

IDENTITY · CHALLENGES · OPPORTUNITIES



## *Yoga & Meditation*

Breathe. Relax.

### **Meditation**

Spend 30 minutes to look within, with meditation. You will find peace when your mind is separated from the outside world. When there is peace inside, there will also be peace outside.

#### **Chung-Hing Sin**

Instructor, United East Athletics Association

### **Adult Yoga**

#### **Tween & Teen Yoga**

2 separate sessions

This is an introduction to yoga philosophy, where basic yoga poses and breathing techniques are used to create a foundation for good alignment and form.

The class will be taught by a certified yoga instructor, and in both Chinese and English; please bring your own mat and wear athletic clothing for your comfort.

#### **Janna Sin**

Instructor, United East Athletics Association