

# Let's RISE Together



## SunRISE Session

**Mondays 10–11 AM (Weeks 1–10)  
with Recreation and CAPS**

**Location: Natatorium Patio @ Main Gym**

**Presenting a CAPS & Recreation partnership yoga class!** Join in our sunRISE community for a well-being and movement-based session designed to both ground and inspire you! Start your week by creating a growth mindset and setting your intentions.

- Pre-register through **Recreation** to save your spot as this workshop fills up!
- Please bring a yoga mat or towel for your practice.

*RISE workshops are open to all currently registered UC San Diego students. These meetings are not professional counseling. If you would like professional counseling or mental health treatment, please call the CAPS Central Office at (858) 534-3755 to arrange an appointment.*

**UC San Diego**  
STUDENT HEALTH AND WELL-BEING  
Counseling and Psychological Services



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FLOURISH**



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RECREATION**

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