

Yoga for Wellness Forum

Weeks 3-8, Tuesdays 3:30-4:30 PM



Kristina Mendez, Ph.D.

This forum offers a supportive space to learn the science behind yoga's benefits and try out practices of breath, movement, and rest. Dr. Mendez is a 500-hour Registered Yoga Teacher and is passionate about providing accessible tools for wellbeing. She is happy to answer questions about the forum and can help with modifications if you do not have a yoga mat. If you are interested in joining the forum, please reach out to Dr. Mendez at kmendez@ucsd.health.edu to schedule a brief screening and to get the Zoom link.

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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