



# *Relax & Release:*

Breathing and Yoga for our Healthcare Family

from the IU Neonatology Wellness Team

Tuesdays at 3:30pm via Zoom

- A live “come and go” experience to relieve stress and anxiety.
- Attend for as long as you like during any part of the 30 minute class.
- Breathing, grounding, meditation, gentle stretch and beginners yoga
- Recorded presentation available for later viewing.

Led by Poonam Khurana, MD and  
Yoga and Mindfulness Instructors Joan O’Kane & Alka Kapur

Contact Sherry DuBois at [sherdubo@iu.edu](mailto:sherdubo@iu.edu) for more information. Zoom link: <https://iu-baa.zoom.us/j/469815299>