

RISE

& SHINEYoga

and Meditation

FRIDAY, JUNE 19 @ 7:00AM
SATURDAY, JUNE 27 @ 7:00AM

Join professional instructor Debbie Millar, RN for restorative yoga and meditation on the beach of your imagination to prepare your body and mind for the exciting day ahead!

Register [HERE](#) for Friday, June 19

Register [HERE](#) for Saturday, June 27



Penn Medicine
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In case you are wondering... Boracay Island, Philippines