

## Celebrating International Day of Yoga 2021

Sponsored by INDIA MERG

Aligning with the 2021 International Day of Yoga theme of 'Yoga for Well-Being', we present an engaging talk on 'The Benefits of Practicing Yoga and Meditation' by renowned Yoga practitioner/Instructor, Steve Briggs. The speaker will also be answering questions during Q&A section within the hour.

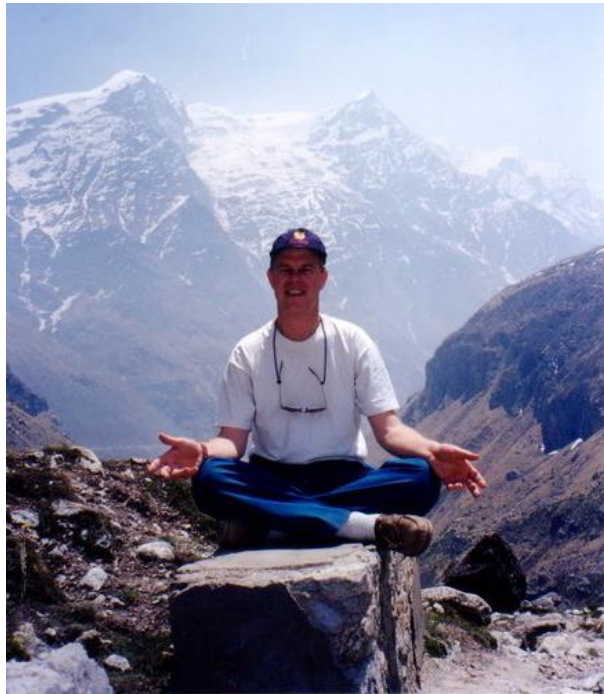
**Friday, June 25, 2021, 12pm - 1:00pm**

Live-streamed on Zoom:

<https://mc-meet.zoom.us/j/99307850834?pwd=SFBtMXp1N05uaHhneFMxZ05nTkplZz09>



### Featured Speaker:



**Steve Briggs, MBA, PhD.**

This is a live-streamed event that will be offered virtually and recorded for future viewing.

Office of Equity, Inclusion and Diversity Mayo Clinic's vision is to be recognized by patients, employees, peer institutions, and the community as the leading model for diversity and inclusion

