Wellness Student of the Week

Ian Thompson

(Ian is the first person on the left. Ian and friends having a great time celebrating) 😊

How has the GRCC Wellness class improved your health, fitness, and total well-being?

Yoga at 7:45 in the morning is a great way to start the day. My body feels great the rest of the day and my mind is energized and ready to take on any task.

What are some great things you have learned about yourself from the Intermediate Yoga class? What goals have you accomplished?

This yoga class has really helped me to stay in the present moment and stay focused. I am a performance major and I have to perform in front of a lot of people, which can be nerve racking. I have used breathing exercises from Yoga along with the mentality of present moment to overcome any performance anxiety and nervousness.