



YOGA UNDER THE STARS

Practice mindfulness and enjoy the night sky!

Fall 2026

Wednesdays:

September 23

October 21

November 18

2:00 - 3:00pm

Join local yoga instructor Ana for a calming and peaceful all-levels yoga class in the planetarium theater.

No yoga experience required. Please BYOM - bring your own mat. A limited number of yoga mats will be provided.

All Montgomery College students, employees, spouses, and retirees are invited to attend.

Space is limited. Please RSVP to
megan.cooperman@montgomerycollege.edu

Drop-ins are welcome on a space-available basis.

In Person

Montgomery College
TP/SS Campus
Catherine and Isiah
Leggett Math &
Science Building
LB 103 (Planetarium)