

MRCA YOGA SESSION

Start your Conference experience off on the right balanced foot! The MRCA Women In Roofing Council is excited to present this unique opportunity to ALL attendees. Yoga gives us a chance to enhance our physical and mental well-being by improving flexibility, strength and balance. These are all great personal tools to have primed up as you enter into your time at the MRCA Conference and Expo.

Please join us for this casual yoga session that is open to all skill levels!

Monday, October 21st

9:00 AM

Kellogg Rooms at the
InterContinental Saint Paul Riverfront Hotel

Yoga mats will be provided for the first 40 participants!

Instructor: Rachel Garcia
of Malarkey Roofing Products



HOSTED
BY:

