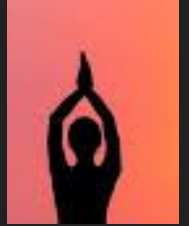




Julia Santilli

How Yoga Alleviates Stress During the Pandemic



Research Paper Focus: Benefits of Mindfulness

Fieldwork: Learning the practice of yoga and its effects on one's mental state

Final product: Teaching a yoga class to the public