

The Student Association hosted a Green Day yoga event on March 5 at 7 a.m. at the Sanderson Center Gym for Mississippi State students.

Devon Matheny, a sophomore accounting major from Hernando, Mississippi, said the event taught her some new things about herself as well as helped start her day off on the right foot.

"I was able to start my day off really well with some yoga, get stretched out and get my mind in the right place for the rest of the day," said Matheny, environmental affairs cabinet member of the Student Association. "It definitely taught me how to stay centered, especially since yoga is a really hard practice while you have to stay quiet and peaceful."

Caylee Hubbard, a senior art major from Conroe, Texas said the event was a major success and could potentially aid students dealing with multiple school demands.

"I think it definitely could benefit some people. I know that yoga is a really good thing to help people out," said Hubbard, yoga instructor. "Yoga at any point during the day is good for you, but especially in the morning time during the middle of the semester, because that is when it can really help destress students which can be very useful to them overall."

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Sources

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