



ACS Local Section
New York



1st Annual “Chemistry of $^{39}\text{Y}^{80}\text{O}^{31}\text{Ga}$ ” event

Date: Saturday, November 9, 2024

Time: 10-2 PM

Place: Pace University, Gym and Bianco Room
1 Pace Plaza, New York City

Join us in this fun, healthy, and educational event, where we come together and celebrate our life energy! Yoga is more than twisting and turning – it is the awareness of the breath, concentration, meditation, a look within. The chemistry of $^{39}\text{Y}^{80}\text{O}^{31}\text{Ga}$ techniques to be discussed include: asana (postures), pranayama (breathing), and meditation (dhyana). Presentations will discuss the production of gamma-aminobutyric acid (GABA), dopamine, oxytocin, serotonin, and endorphins. The day’s bliss will begin with a beginner asana practice, pranayama, and sound healing by certified yoga instructors. Following the practice and talks, there will be lunch, snacks, and a healthy smoothie bar. Come breathe, flow, and smile with us ☺ The event is free and open to all, but everyone must register (including children).

Bring your own yoga mat or blanket.

For more information contact:

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