

## **Photos: Study Break Beats Stress**

December 10, 2010 2:15 AM Ryan Rivet

A chair massage helps with tense shoulders during the studio's open house, which also offered students healthy snacks, giveaways, studio tours and 20-minute classes in yoga and Pilates.

**Diboll**

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Taking a break from studies and exams, students take part in a yoga “mini” class at the Diboll Mind and Body Studio, which opened this fall next door to the Reily Student Recreation Center.

**Diboll**

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Feet in the air, students enjoy yoga in the tranquil setting of the newly renovated studio, which has a state-of-the-art sound system and eco-friendly bamboo floors.

**Chair**

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