

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

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

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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