



## Download the Down Dog App Today!

Down Dog provides you with a studio-like health and fitness experience in the comfort of your home!

Simply go to [www.downdogapp.com](http://www.downdogapp.com) or scan the QR code, create an account with your @marin.edu email address, and you'll get free access to all five of Down Dog's apps, which can be used on any phone, computer, or tablet.



In addition to the core Down Dog Yoga app, you'll have access to a whole retinue of customizable workouts, including: Barre, High Intensity Interval Training (HIIT), Meditation, and Prenatal Yoga. With Down Dog, you can get great fitness anywhere. Don't miss out!



Down Dog is brought to you by the College of Marin Employee Wellness Program



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