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DAY 1 15 min. introduction pose 1 min. cat-cow stretch 15 min. forward bend	DAY 2 15 min. side stretch 1 min. upward twist 15 min. chest opener	DAY 3 15 min. shoulder stretch 1 min. shoulder rolls 15 min. neck stretch	DAY 10 15 min. leg lift 1 min. heel lift 15 min. calf stretch	DAY 11 15 min. thigh stretch 1 min. hip opener 15 min. figure four stretch	DAY 12 REST
DAY 4 REST	DAY 5 15 min. wrist stretch 1 min. arm circles 15 min. finger stretch	DAY 6 15 min. arm stretch 1 min. circular arms 15 min. angle arms	DAY 13 REST	DAY 14 15 min. head stretch 1 min. head-tilt rock 15 min. lower back stretch	DAY 15 15 min. hamstring stretch 1 min. quad stretch 15 min. outer thigh stretch
DAY 7 15 min. arm circle 1 min. side bend 15 min. neck with arm twist	DAY 8 REST	DAY 9 15 min. knee to chest 1 min. ankle circles 15 min. ankle flex and point	DAY 16 15 min. shoulder stretch 1 min. shoulder pose 15 min. overhead side angle	DAY 17 REST	NEXT DAY →



LOCAL

Former Cal State dean awarded \$6M in harassment suit. Fresno State cases cited

By Robert Kuwada

October 22, 2025 1:40 PM | Gift Article



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A jury awarded a former associate dean at Cal State San Bernardino Palm Desert \$6 million after finding [the university failed to prevent](#) pervasive gender harassment and discrimination and that she had been retaliated against in violation of state law.

In the lawsuit, Anissa Rogers alleged Cal State San Bernardino did not properly handle gender-based harassment and discrimination and that CSU leadership either ignored or mishandled complaints of gender inequity and mistreatment, allowing for a hostile work environment for women at the campus.

TOP VIDEOS

In the lawsuit, which was [filed in March 2023](#), Rogers pointed to former interim chancellor Jolene Koester, alleging “a barrage of witnesses have emerged to corroborate, under penalty of perjury, that, despite Dr. Koester's trite platitudes, Dr. Koester is known to have ‘coached’ female employees about how best to endure well-documented sex harassment, discrimination and retaliation by high-ranking male employees.”

CSU attorneys recently lost [a motion to quash a trial subpoena](#) issued to Koester in a discrimination and retaliation lawsuit filed by a Fresno State employee, which is scheduled to go to trial next year.

Rogers' attorneys in the lawsuit also singled out former CSU chancellor Joseph T.

“Despicably, just like Dr. Koester, who replaced him, Castro did absolutely nothing to prevent the sex harassment from occurring,” attorneys said, in the lawsuit.

“He enabled it. Castro recommended the administrator for a top position at defendant CSU’s San Marcos campus, lauding the administrator as ‘an exemplary colleague and campus leader.’”

"This verdict is a message," deRubertis said, in a press release. "Cal State can't ignore the systemic problems of gender-based mistreatment within its ranks. The jury saw the importance of holding this institution to account, and we're very appreciative of that."

The case was tried in Los Angeles County Superior Court. Rogers was represented by deRubertis, Courtney Abrams and Andrew Friedman. The three attorneys also represent Clare Weber, a former vice provost at the San Bernardino campus. A lawsuit filed by Weber based on claims of gender pay inequity, harassment and retaliation is expected to go to trial next year.

The CSU board of trustees, Morales and former dean of the Palm Desert campus Jake Zhu were named as defendants in the lawsuit.

Koester “did absolutely nothing,” according to the suit, and the abuse continued.

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