Sit and Get Fit
Chair Yoga Class

Join us for this 8 week class* where we will gently breathe and stretch our way to a comfortable body and more relaxed mind. No previous yoga experience needed to gain the benefits of this centuries-old practice. All movements are done seated or standing with the chair for support. Learn techniques that you can use at your desk!

Instructor: Judi England, RN, licensed massage therapist, and professionally certified Kripalu yoga instructor. Judi has offered programs in wellness, yoga, and meditation for over 20 years in the Capital Region. Her blog “Holistic Health” has appeared in the Times Union for ten years.

Comments from past class participants:
“Wonderful! The instructor is excellent--educative, patient, allowing each of us to pursue yoga as best we can without embarrassment. It provides a wonderful refuge.”

“Relaxing...an oasis...”

Class Fee: $60.00
- Make check out to Judi England.
- Make arrangements to submit payment to EAP Office—MSC Room 200.
- Registration deadline—September 15

To Register Contact:
Brenda Seckerson, EAP Coordinator
bseckerson@albany.edu
518.442.5483
http://www.albany.edu/eap/event_sign-up.htm

EAP Lunchtime Wellness Program

Wednesdays*
12:00 noon–12:45 pm
September 20–November 8, 2017
University Library
Staff Lounge, Room B05

*Minimum of 10 participants needed to conduct the class.