Employee Assistance Program

Stress Less Month

Chair Yoga and Progressive Relaxation

Short circuit stress by experiencing chair yoga and the progressive relaxation technique. Chair yoga incorporates gentle breathing and stretches that are done seated and standing with your chair for support. We’ll explore a bit about the “stress cycle” and how progressive relaxation can help to restore calm, boost creativity, and make life a little more enjoyable!

Facilitator: Judi England, RN, licensed massage therapist, and professionally certified Kripalu yoga instructor.

Friday, November 17
Noon—12:45 pm
Café Conference Room
A Wing

To Register
Contact: Brenda Seckerson
EAP Coordinator
bseckerson@albany.edu
518.442.5483

Or register online:
HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM

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