Two Opportunities to De-stress!

Chair Yoga

Take 30 minutes out of your day to experience chair yoga. We will gently breathe and stretch our way to a comfortable body and more relaxed mind. All movements are done seated or standing with the chair for support. Learn techniques that you can use at your desk!

Progressive Relaxation

Short circuit stress with this simple technique you can use at the end of your all-too-busy day or any time you feel tension building. 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 3
Board Room, Campus Center West

Chair Yoga Session
Noon—12:30 pm

Progressive Relaxation Session
12:45 pm —1:15 pm

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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