November 4
Stress Less... By Using Relaxation Techniques

Sit and Get Fit—A Chair Yoga Experience*

No need to leave your desk to get an exercise break during the work day! Join us as we 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 done seated, or standing with the chair for support.

12:00 pm — 12:30 pm
Assembly Hall, Campus Center

Introduction to Meditation*

Would you like to control stress rather than have it control you? Join us for this short introduction to the practice of meditation. We'll explore how meditation can help you break the "stress cycle", and practice some simple techniques you can use everyday to create ease, boost creativity and make life more joyful. No previous experience needed - just bring an open mind.

12:30 pm — 1:00 pm
Assembly Hall, Campus Center

*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 eight years. Registration deadline: Tuesday, Nov. 2

To Register for Yoga and/or Meditation
Contact: Brenda Seckerson,
EAP Coordinator
bseckerson@albany.edu  442-5483

http://www.albany.edu/eap/event_sign-up.htm

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