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.

**Class Fee:** $60.00
- Make check out to Judi England. Payment due at first class.
- Upon registration with EAP, the return of a completed release form confirms your participation.

**To Register Contact:**
Brenda Seckerson, EAP Coordinator  
*bseckerson@albany.edu*  
442-5483  
[HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM](http://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM)

**Wednesdays**
12:00 noon–12:45 pm
September 21–November 16, 2016

University Library  
Staff Lounge, Room B05

*Minimum of 10 participants needed to conduct the class.*
**No class on October 12**