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.
- Make arrangements to submit payment to EAP Office—MSC Room 200.
- Registration deadline—September 10

Wednesdays*
Noon–12:45 pm
September 12–November 7, 2017
No class on Sept. 19
University Library
Staff Lounge, Room B05

Comments from past class participants:
“Judi is an inspiration. She keeps us moving and informed about the benefits of what we are practicing. Most importantly, it is fun.”

“An oasis in the middle of a busy day.”

To Register Contact:
Brenda Seckerson, EAP Coordinator
bseckerson@albany.edu
518.442.5483
HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM

*Minimum of 10 participants needed to conduct the class.