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” 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—February 5

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

Comments from a past class:
“Judi was an excellent instructor. Her tone of voice, joyous attitude, and expertise made it a very zen-like experience! “
“Can’t wait to take the class again!”

EAP Lunchtime Wellness Program

Wednesdays*
12:00 noon–12:45 pm
February 7—April 4, 2018

University Library
Staff Lounge, Room B05

* No class on March 14

*Minimum of 10 participants needed to conduct the class.