Sit and Get Fit
Chair Yoga Class

Join us for this **4 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:** $40.00
Check made out to Judi England and due upon registration. Send to EAP Office, MSC Room 200.
*Minimum of 10 participants need to conduct the class.*

**Comments from the past class:**
“*I loved it! Judith was wonderful, and I left each class so relaxed.*”

“*I was glad to be exposed to yoga in this way.*”

**Class site: Professional Development Program (PDP)**
4 Tower Place, Stuyvesant Plaza

**Mondays**
Noon–1:00 pm
January 13–February 10*

**Room 608**
4 Tower Place/Stuyvesant Plaza
*No class on January 20

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