

YOGA: Short and Sweet



February 1st through May 12th, 2022

**February 1, February 3, February 8, February 10, February 15,
February 17, February 22, February 24;
March 1, March 3 March 8, March 10, March 15, March 17,
March 22, March 24, March 29, March 31;
April 5, April 7, (No class April 12), April 14, (Easter Break No
Classes April 19 and April 21), April 26, April 28;
May 3, May 5, and May 10.**

Tuesdays/Thursdays

from

Noon – 12:30 pm

Location: Student Center Room 106 **Instructor: Allison Ellis**

Yoga: Short and Sweet

30 minute lunchtime rejuvenation program.

Learn to breathe deep, move slowly, connect and restore. Starting with a Vinyasa warm up that allows you to feel more calm, centered, strong and flexible.

Short and sweet will provide a well-balanced workout so you feel refreshed and ready to conquer the rest of your day. Bring a yoga mat and water bottle with you.



Limit of 14 participants.

Face masks and social distancing are required.



Sponsored by **SUNY BROOME WELLNESS COMMITTEE** at no charge to our faculty and staff. (Must complete waiver).

To register: Contact Continuing Education at 778-5012

Course Reference: **#GW005**