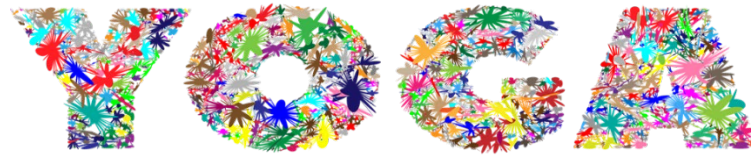


YOGA: Short and Sweet



Fall 2022 Session I

September 12th through October 26, 2022

Six (6) Week Class

**September 12, September 14, September 19, September 21,
September 26, September 28, October 3, October 5,
(No Class – October 10 and October 12 – mid-semester break)
October 17, October 19, October 24, and October 26.**

Mondays/Wednesday

from

11:15 am – 11:45 am

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.

Social distancing will be required.

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

To register: Contact Continuing Education at 778-5012

Course Reference: **#GW005/02**