

YOGA: Short and Sweet



Fall 2022 Class II

October 25th through December 15, 2022

Seven (7) Week Class

October 25, October 27, November 1, November 3,
November 8, November 10, November 15, November 17,
(No Classes November 21 through November 25–
Thanksgiving Break), November 29,
December 1, December 6, December 8, December 13,
December 15.

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.

Social distancing will be 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: **#GW005/04**