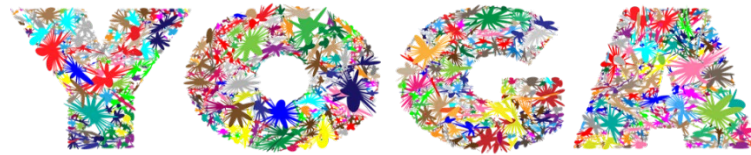


YOGA: Short and Sweet



Fall 2022 Session II

October 31st through December 14, 2022

Six (6) Week Class

October 31, November 2, November 7, November 9, November 14,
November 16, (No Class November 21 and November 23 –
Thanksgiving Week), November 28, November 30,
December 5, December 7, December 12, and December 14.

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: **#GW005/03**