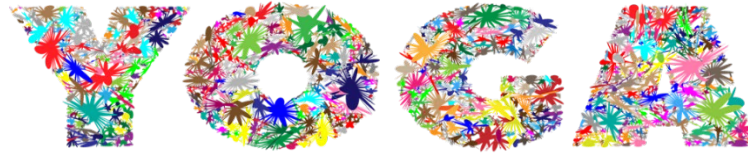


# YOGA: Short and Sweet



## Spring 2023

**January 23<sup>rd</sup> through May 15<sup>th</sup>, 2023**

**Fifteen (15) Week Class**

**January 23, January 25, January 30, February 1,  
February 6, February 8, February 13, February 15,  
(February 20 – No Class – Mid-Semester Break), February 22,  
February 27, March 1, March 6, March 8, March 13, March 15,  
(Spring Break – March 20 through 24 – No Classes), March 27,  
March 29, April 3, April 10, April 12, April 5, April 17, April 19,  
April 24, April 26, May 1, May 3, May 8, May 10,  
and May 15<sup>th</sup>.**

**Monday/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: **GW005/01**