

YOGA: Short and Sweet



Spring 2023

January 24th through May 11, 2023

Fifteen (15) Week Class

January 24, January 26, January 31, February 2,
February 7, February 9, February 14, February 16,
February 21, February 23, February 28, March 2, March 7, March 9,
March 14, March 16, (*Spring Break – March 20 through March 24 –
no classes*), March 28, March 30, April 4, April 6, April 11,
April 13, April 18, April 20, April 25, April 27, May 2, May 4,
May 9, and May 11th.

Tuesday/Thursday

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 with Continuing Education).

To register: Contact Continuing Education at 778-5012

Course Reference: **GW005/002**