



YOGA: SHORT & SWEET

30 minute lunchtime rejuvenation program



January 28th - May 15th
Tuesdays & Thursdays
12:00 PM - 12:30 PM

Location: Student Center
Room 106
Instructor: Allison Ellis

***NO classes on 3/25 and 3/27**

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-balance workout so you feel refreshed and ready to conquer the rest of your day.

Bring a yoga mat and water bottle with you.

YOUR ATTENDANCE IS VALUED SO WE CAN ENSURE EVERYONE HAS A CHANCE TO JOIN

Sponsored by SUNY BROOME WELLNESS COMMITTEE at no charge to our faculty and staff. (Must complete waiver). To register please contact

Continuing Education at 778-5012