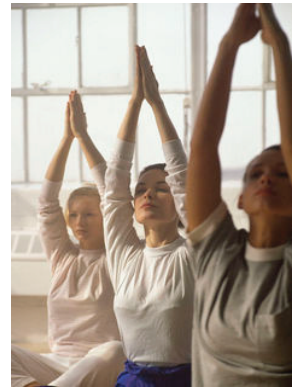


# Free On-site Yoga Classes



**Mondays & Thursdays**  
**5 - 6 p.m.**  
**Classroom 3 (Bldg. L2)**

## **YOGA RELIEVES STRESS**

Chronic stress can take its toll on us physically, mentally and emotionally. There are ways to reduce its damaging effects. One of the best ways is *yoga*. The stretching you do in yoga relieves muscle tension. Many yoga poses slow the heart, relax the blood vessels, inhibit production of stress hormones and calm the mind. Yoga's classic technique of breathing slows and deepens respiration. As you practice being more aware and mindful, you gain a sense of self-control, equanimity and peace; counteracting the negative effects of stress. Set aside 2 hours a week for yourself -- join us!



## **NO SPECIAL EQUIPMENT NEEDED --**

- **Wear loose-fitting clothes**
- **Yoga mats provided**

**[Please arrive on time to change and begin the class at 5 p.m.  
Restrooms in Bldg. L2 are available for changing clothes.]**

**To register, e-mail  
LEE WALTON or call  
her at 2-7394.**

