

ECLECTIC YOGA



Two 6-Week Spring Semester Sessions:

Session I [12 classes]

January 28, 2008-March 5, 2008

Session II [12 classes]

March 31, 2008-May 7, 2008

CLASS/TIME: 7:00-8:00 am

LOCATION: Monday at Morrell Gym (Colbath Room)

Wednesday at Schwarz Outdoor Leadership Center

COST: \$40 for Students, \$55.00 for Faculty/Staff

INSTRUCTOR: Dennis Kimmage

CLASS DESCRIPTION: Ever wonder about those different types of yoga known as Kripalu, Sivananda, Bikram-style, Ashtanga or Power Yoga? Whether you're a beginner or experienced, an eclectic approach is one way to start or deepen a yoga practice. Eclectic yoga explores and practices different yoga styles, sequences, and techniques, allowing you to blend these traditions into your own yoga. Yoga is the world's oldest and most enduring fitness system because it's fun and it works. It builds muscles, enhances flexibility, promotes stamina and concentration, relaxes, energizes, and reduces stress. It's easy, interesting, for everyone, and a great way for your body and mind to start the day.

PREPARATION FOR CLASS: Please bring a yoga mat to class, wear shorts and a t-shirt (or comfortable, loose fitting clothing) and save the big breakfast for after class. Juice and some fruit before class are fine.

Sign-up and Payment: Payment & Sign-up - Athletic Office in Morrell Gym, M - F 8am-5pm

FMI.: Contact Jim St. Pierre @ 725-3805 or e-mail jstpierr@bowdoin.edu