DEEP RELAXATION YOGA CLASSES
WINTER TO SPRING 2010

What-ever the season of our bodies and lives, it is always a wonderful time to come back to yoga. Cultivating the inner landscape and stretching and strengthening the outer terrain of our bodies and souls.

Dates:
Session I -- January 29th - March 5th (no classes February 15-19th)
Session II -- April 2nd - May 7th (no classes April 18th-23rd)

Day: Friday
Time: 8:30am – 10:00 am

Location: Room 301 Buck Health and Fitness Center
(take the elevator to the 3rd floor, proceed to the north side of the building)

Instructor: Leslie Joy Simmons

Cost (per session): Student: $50  Faculty Staff: $60

Please do not let cost be an issue, please contact me if you need financial support.

For all further questions and to register please call or e-mail:

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