



YOGA:

BEGINNER LEVEL 2

FREE AND OPEN TO ALL ELLIS EMPLOYEES!

This four-week series for adults will provide participants instruction in yoga, emphasizing practical tools to manage stress and anxiety. Physical postures (asana), breath technique (pranayama), and mindfulness meditation will make up the core of the series. Instruction led by Heartspace Yoga.

The Chapel (MSHC)
Mondays, April 3, 10, 17, 24
6 – 7PM

Registration is required and is capped at 20 participants. Register here:

<https://www.surveymonkey.com/r/2017WBPQ2Yoga>

