

Gentle Yoga for Public Health Staff with Sandy Allen



Classes: every Wednesday
12:00 to 1:00 pm

(Please be on time)

2012 classes are held in
Building 1 - Pine Room
(or Reaves Room when available)

First Come, First to Exercise

Here's what you'll need:

- comfortable stretchy pants and top
- towel or yoga mat
- sweat shirt or sweater to wear during cool down on the floor

Come and sample a yoga routine to improve your mobility, flexibility, and strength as well as releasing stress/tension and improving lung capacity.

Do not to eat anything 2 hours prior to class.

If you would like to be added to the reminder list,
e-mail Jane Gauntz at jane.gauntz@dhhs.nc.gov