

Counselor Education *Wellness Works* presents:

Gentle Yoga for You



Intended to be accessible and beneficial to those who are new to yoga as well as experienced yoga students, this class will focus on each person's inner experience of the yoga asanas (postures). You don't need to be a pretzel to enjoy this class! Please join us for either or both sessions.

Fridays
February 13 & 20, 2009
11:45 – 12:45 pm
Norman 1327A

Presented by
Isabel Thompson

Isabel Thompson is a doctoral student in Counselor Education. She completed her Sivananda Yoga Teacher Training in 2001 and has taught yoga in various settings since then. She is currently focused on integrating her meditative and yoga practices into her daily self-care. She is thrilled to offer this gentle yoga class as part of the Wellness Works program!

If you have any comments, questions or suggestions for future wellness activities, please contact:

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