

Shutdown, Stretch Out, Reboot

Yoga Sessions for Eckerd Faculty



Classes:	Fridays 12:00 pm to 1:00 pm
Cost:	Sponsored by Eckerd's Health & Wellness Program
Where:	Eckerd Fitness Center in the Cobb Building

These classes are built and designed around your needs for yoga. The amazing thing about yoga is that it goes everywhere from the mat to the desk chair! Whether you are an absolute beginner or an advanced practitioner, sessions encourage well-being and less stress in your daily life. All you have to do is allow time in your schedule to Shutdown and Stretch Out because your schedule will most likely not make time for you.

Each class integrates the basic essentials and importance of posture, flexibility, mindfulness, breath and mobility. In a multi-tasking world, it is easy to feel scattered or ignore self-nurturing. Pause, reboot and rejuvenate. Making time for you to add yoga to your current health regime or to take the first steps towards something new, will improve your presence, poise and outlook in life for yourself and all those around you.

BREATHE