

SOUTH FLORIDA STATE COLLEGE

YOGA

Thursdays

5:30pm - 7:00pm

Highlands Campus

HSC Bldg, Room 110

CRN 30893

\$36.00

Classes to move, stretch, and strengthen

Yoga is a practice of various poses to learn how to reduce stress, improve circulation, calm the emotions, stimulate weight loss and re-align posture. Students will learn the “yoga breath” which quiets the busy mind, awakens awareness, and creativity. Yoga will transform the negative energy in your life. Beginners welcome. Certified Yoga Instructor: Nancy Dale, Ph.D.

TO REGISTER CALL 863-784-7405

ALL CLASSES SUBJECT TO CHANGE - NO REFUNDS GIVEN AFTER CLASS BEGINS

For more information contact
Corporate and Community Education
Lauren Redick 863-784-7388
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