

# Virtual CHAIR YOGA

A new yoga offering from the UAB  
Employee Assistance & Counseling Center



Join EACC yoga instructor Ashley Clarke for a virtual gentle chair yoga practice designed to tune into the physical, mental, and emotional body and find peace in the present moment. When we nourish ourselves, we are more capable of being present in our day-to-day lives, as well as in our interactions with others. Our capacity to respond increases and our tendency to react decreases.

*This series is accessible to anyone who can sit and stand with assistance from a chair; **please use a stationary chair for safety.***

## **WHEN & WHERE:**

Wednesdays, April 9-May 28 (no class May 14), 1-1:30 p.m., via Zoom

## **WHO:**

Program is free and open to UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, i3 Academy, and Southern Research employees, and members of their immediate household.

## **REGISTRATION:**

Go to [go.uab.edu/EACC-Calendar](https://go.uab.edu/EACC-Calendar) and select "Chair Yoga" to register.

**UAB** The University of  
Alabama at Birmingham.

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