

UAB EMPLOYEE ASSISTANCE & COUNSELING CENTER

GENTLE YOGA



Gentle Yoga with EACC's certified yoga instructor, Ashley Clarke, offers a slow-paced yet challenging experience in a judgment-free environment. Gain flexibility, strength and coordination, and enhance your heart and mental health and overall wellbeing.

WHEN & WHERE:

**Tuesdays, Wednesdays and
Thursdays, 5:30-6:30 p.m.,
Medical Towers Room 419A**

*Please note, Medical Towers
closes daily at 5:30 p.m.*

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:

Visit go.uab.edu/EACC-Calendar, select "Gentle Yoga" and follow the Group Me link for registration information and class announcements. A registration link will be posted in Group Me on Saturdays at 7 a.m. You must register each week to attend.

If you are unable to attend a class, please cancel at least 24 hours in advance. Same day cancellations or no-showing two times in a two-week period will disqualify you from registering for upcoming classes for a period of two weeks.

UAB The University of
Alabama at Birmingham.
Employee Assistance & Counseling Center