

UAB EMPLOYEE ASSISTANCE & COUNSELING CENTER

GENTLE YOGA



Join the EACC's certified yoga instructor Amy Stein (RYT 200) for Gentle Yoga, a slow-paced yet challenging experience in a judgment-free environment. Gain flexibility, strength and coordination, and enhance your heart health, mental health and overall wellbeing.

WHEN & WHERE:

Tuesdays and Thursdays (no class 11/6, 11/11, 11/20), 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:

First-time participants should email uabeacc@uabmc.edu with the subject line: "Interest in Gentle Yoga" to be added to the registration list. Registration link will be sent out every other week.

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.

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