

AMIAS *Activities*



Association of Members of the Institute for Advanced Study



Hatha Yoga

Fridays; January 4 – May 17

Hatha Yoga uses postures and conscious breathing in combination with mental focus to develop awareness, strength and flexibility, and relaxation. Through proper alignment and mindful actions of the body, Hatha Yoga brings balance, strength, and a sense of well-being to the practitioner.

12:00 noon ~ 1:00 p.m.
Dilworth Room

No class March 29 and May 3

All levels welcome.
Exercise mat or
towel suggested.
There is no fee and no
reservation needed.

*For more information contact Linda Cooper at
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