Yoga

With Elizabeth Choy Moorman

Fridays in the Dilworth Room

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, Yoga brings balance, strength, and a sense of well-being to the practitioner.

All levels welcome.

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

12:00 noon ~ 1:00 p.m.
Fall Dates
September 6, 13, 20
October 11, 18
November 1, 8, 15, 22
December 6
(no class 9/27, 10/4, 10/25, 11/29, 12/3, 12/20)

For more information contact Linda Cooper at llg@ias.edu or 609.734.8259