Yoga
With Elizabeth Choy Moorman
Wolfensohn Hall Stage
Noon—1:00 p.m.—Wednesdays or Fridays

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.

Spring Dates
Wednesday, Jan. 7, Fridays, Jan. 16, 23, 30
Fridays, Feb. 6, 13, Wednesday, Feb. 18
Fridays, Feb. 27, March 6
Wednesday, March 11 (no class week of 3/16)
Fridays, March 27, April 3, 10, 17, 24
Wednesday, April 29

All levels welcome. Exercise mat needed. There is no fee and no reservation required.

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