

## No Sweat Yoga



Date:

April 10th

Time:

12-1 pm

**Location:** 

Room 09



"Anything that needs to be done can be done better when you are relaxed."

~ Melody Beattie

- No Sweat Yoga is a gentle sequence of yoga postures and breathing techniques designed to heal the effects of chronic stress.
- No Sweat Yoga evokes our relaxation response by targeting areas where employees tend to hold stress: shoulders, back, and hips.
- Class is 1 hour.
- · All fitness levels are welcome.

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