

YOGA from the HEART

A GENTLE CHAIR YOGA PRACTICE



Join UAB EACC yoga instructor Ashley Clarke for a gentle chair-based yoga class focusing on creating space within. Using heart opening postures and breathwork, participants will move through both seated and standing postures that encourage openness and a loving heart.

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No yoga experience is necessary. For your safety, please use a non-rolling chair for this practice.

WHEN & WHERE:

**Wednesday, February 16,
noon-12:45 p.m. via Zoom**

WHO:

Program is free and open to all UAB, UAB Medicine, VIVA Health, Homewood City Schools and i3 Academy employees and members of their immediate household.

REGISTRATION:

To register, go to **go.uab.edu/EACC-Calendar** and select "Gentle Chair Yoga." To request disability accommodations, email HRAWARE@uab.edu.



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