

Shamrocks & Salutations

GENTLE CHAIR YOGA



Join EACC's certified yoga instructor Ashley Clarke for a gentle chair yoga class designed to improve flexibility in both body and mind. We will explore joint freeing postures and exercises to invite a sense of awareness in our physical bodies and utilize our breath to invite in feelings of warmth and happiness. *No yoga experience is necessary.*

WHEN & WHERE:
Wednesday, March 17,
noon-1 p.m. via Zoom

WHO:

Program is free and open to all UAB, UAB Medicine, VIVA, 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 "Shamrocks & Salutations." To request disability accommodations, email HRAWARE@uab.edu.



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& COUNSELING CENTER

The University of Alabama at Birmingham