

# SIMPLIFY

## A Gentle Chair Yoga Practice



When we seek out presence, we can be bombarded with thoughts, responsibilities and the rush of moving towards a new season. All can become barriers to staying in the present moment, and can cause anxiety and a dysregulated nervous system. Join EACC Yoga Instructor Ashley Clarke for a gentle chair yoga class that celebrates simplifying the present moment with gentle movements and invitations to awareness.

.....  
*No yoga experience necessary. For safety reasons, please use a non-rolling chair.*

### **WHEN & WHERE:**

**Wednesday, August 24,  
noon-1 p.m. via Zoom**

### **WHO:**

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

### **REGISTRATION:**

To register, go to [go.uab.edu/EACC-Calendar](https://go.uab.edu/EACC-Calendar) and select "Gentle Chair Yoga." To request disability accommodations, email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu).



EMPLOYEE ASSISTANCE  
& COUNSELING CENTER

The University of Alabama at Birmingham