

# FREEDOM FLOW

## A GENTLE CHAIR YOGA CLASS



Join EACC Yoga Instructor Ashley Clarke for a gentle chair yoga class all about creating space and celebrating the freedom of breath and body. This class is available to all ages and abilities and is just right for those who have never practiced yoga before as well as those who practice often.

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

**WHEN & WHERE:**  
**Wednesday, July 13,**  
**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).



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