UAB EMPLOYEE ASSISTANCE & COUNSELING CENTER

GENTLE YOGA

Gentle Yoga with certified yoga instructor Ashley Clarke offers a slow-paced, less-intense yet challenging experience in a noncompetitive, judgment-free environment. Gain flexibility, strength and coordination and enhance your cardiovascular health, mental clarity and overall well-being.

Please bring your own mat, two yoga blocks and a blanket or beach towel.

WHEN & WHERE:
Tuesdays & Thursdays, 5:25-6:25 p.m.
Magnolia Office Park, 2112 11th Ave. S, Suite 330
Elevator Code: 1031* (Door locks after 5 p.m.
Call 205-934-2281 for assistance.)

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:
Email **uabeacc@uabmc.edu** to register due to limited capacity. Classes are limited to 12 students.

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