

UAB EMPLOYEE ASSISTANCE & COUNSELING CENTER

# GENTLE YOGA



Gentle Yoga with EACC's 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 wellbeing.

## WHEN & WHERE:

Tuesdays & Thursdays, 5:30-6:30 p.m., starting October 10  
**New Location** — UAB Campus Recreation Center,  
1501 University Blvd., Room 192 (Parking available in Lot 5A)

## WHO:

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

## REGISTRATION:

Email [uabeacc@uabmc.edu](mailto:uabeacc@uabmc.edu) to register due to limited capacity. Classes are limited to 30 students. **Please bring your own mat, two yoga blocks and a blanket or beach towel.**



EMPLOYEE ASSISTANCE  
& COUNSELING CENTER

The University of Alabama at Birmingham