

Health and Fitness

TAI CHI

FEE: \$84

Take a vacation from life's stresses with this peaceful exercise, often called meditation in motion. Tai Chi is best practiced in loose clothing and stocking feet. Comfortable flat shoes are acceptable. Instructor **Lynn Baumhardt** has studied with and assisted Master H.H. Lui.

PED E30-61, OC/SK, 7 Mon., 9/14-11/2, 1:15-2:15 pm **CRN 60844**

PED E30-62, OC/SK, 7 Mon., 11/9-12/21, 1:15-2:15 pm **CRN 60845**

ADVANCED TAI CHI

FEE: \$168

Deepen your relaxation from life's stresses with this peaceful exercise, often called meditation in motion. Tai Chi is best practiced in loose clothing and stocking feet. Comfortable flat shoes are acceptable. Instructor **Lynn Baumhardt** has studied with and assisted Master H.H. Lui. (no class 9/28)

PED E31-61, OC/SK, 14 Mon., 9/14-12/21, 12-1pm **CRN 60846**

BEGINNING HATHA YOGA

FEE: \$72

Practice stretching, breathing, and relaxation techniques in the gentle art of hatha yoga with **Diana Gourguechon**, a yoga teacher certified by the Himalayan Institute. Discover what the ancients used to relieve stress and rejuvenate the body. Bring a small pillow and a mat or towel to class. (no class 11/11)

PED S10-61, OC/SK, 6 Wed., 9/9-10/14, 9:30-10:30 am **CRN 60847**

PED S10-62, OC/SK, 6 Wed, 10/21-12/2, 9:30-10:30 am **CRN 61392**

INTERMEDIATE HATHA YOGA

FEE: \$144

Deepen your relaxation, breathing, and stretching techniques in the gentle art of yoga. Advance in your practice of hatha yoga with instructor **Diana Gourguechon**, a teacher certified by the Himalayan Institute. Bring a small pillow and a mat or towel to class. (no class 11/11)

PED S11-61, OC/SK, 12 Wed., 9/9-12/2, 10:45-11:45 am **CRN 60848**

CHAIR YOGA

FEE: \$144

This slower-paced class explores the therapeutic benefits of yoga using a chair. **Diana Gourguechon**, a yoga teacher certified by the Himalayan Institute, will focus on breathing, relaxing, and gentle stretches. This class is designed to improve balance, strength, and flexibility. You'll feel more relaxed, limber, and refreshed. No prerequisite necessary. (no class 11/11)

PED B22-61, OC/SK, 12 Wed., 9/9-12/2, 12-1 pm **CRN 60849**

YOGA IN THE MIDDLE

FEE: \$60

This yoga course is offered during the holiday break to students at all practice levels. The instructor is **Diana Gourguechon**, a yoga teacher certified by the Himalayan Institute. (no class 12/23, 12/30)

PED S11-62, OC/SK, 5 Wed., 12/9-1/20, 10-11 am **CRN 60850**