

Health and Fitness

ADVANCED TAI CHI

FEE: \$120

Take a vacation from the stresses of life 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 E31-91, OC/SK, 10 Mon., 6/9-8/11, 12-1pm

CRN 50010

TAI CHI

FEE: Listed below

HERE'S YOUR CHANCE TO SAMPLE TAI CHI

Take a vacation from the stresses of life 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. Take the two-session class beginning Monday, 6/23, to see if Tai Chi is for you. To continue the experience, register for the session beginning 7/7.

PED E30-94, OC/SK, 2 Mon., 6/23 & 6/30, 1:15-2:15 pm,

two sample classes with a \$5 processing fee charge (half price discount does not apply)

PED E30-91, OC/SK, 6 Mon., 7/7-8/11, 1:15-2:15 pm, \$72

CRN 50012

BEGINNING HATHA YOGA

FEE: \$120

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.

PED S10-91, OC/SK, 10 Wed., 6/11-8/13, 9:30-10:30 am

CRN 50013

INTERMEDIATE HATHA YOGA

FEE: \$120

Deepen your relaxation, breathing, and stretching techniques in the gentle art of yoga. This class is for those who have attended beginning hatha yoga classes and wish to advance in their practice. The instructor is **Diana Gourguechon**, a yoga teacher certified by the Himalayan Institute. Bring a small pillow and a mat or towel to class.

PED S11-91, OC/SK, 10 Wed., 6/11-8/13, 10:45-11:45 am

CRN 50014