Health and Fitness

**NEW!**

**CHAIR YOGA**

FEE: $132

This class is for everybody who wants to experience the benefits of yoga in a therapeutic slow paced class with the use of a chair. Diana Gourguechon, a yoga teacher certified by the Himalayan Institute, will focus on breathing, relaxing and gentle stretches. This class will help you with balance, strength and flexibility. Leave feeling more relaxed, limber and refreshed. No prerequisite necessary.

PED B22-91, 11 Wed., 6/10-8/19, 12-1 pm CRN 50478

**BEGINNING HATHA YOGA**

FEE: $132

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.


**INTERMEDIATE HATHA YOGA**

FEE: $132

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, 11 Wed., 6/10-8/19, 10:30-11:30 am CRN 50391

**NEW!**

**YOGA**

FEE: $72

Join Denise Gallagher, a Registered Yoga Teacher, as she introduces yoga postures with fitness movements. The focus will be on breathing and relaxation to increase strength, flexibility, range of motion and improve balance. Please bring a yoga mat to class.

PED B21-91, OC/SK, 6 Tue., 6/2-7/7, 11 am - 12 pm CRN 50392

**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. (no class 6/22, 7/6)

PED E30-91, OC/SK, 10 Mon., 6/8-8/24, 1:15-2:15 pm CRN 50389

**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. (no class 6/22, 7/6)

PED E31-91, OC/SK, 10 Mon., 6/8-8/24, 12-1 pm CRN 50388