



Jane Zahner, certified yoga teacher (RYT200) is offering 8 **FREE** sessions during the spring term. She will lead you in an hour of gentle to moderate standing and mat yoga.

**5:45-6:45 PM on
Tuesdays**

Jan. 20 — Cypress
Jan. 27 — Rose Room
Feb. 3 — Cypress
Feb. 10 — Cypress
Feb. 17 — Rose Room
Feb. 24 — Cypress
March 3 — Cypress

All classes will be held in the University Center.

Gentle instruction and guided practice in:
common yoga postures, breathing, and relaxation techniques

Support increased:
flexibility, strength, and stress reduction.

Please bring your own yoga mat or beach towel!
Come with an active body; leave with a quieter mind.

Register online at: www.valdosta.edu/training or call 259-5105.