



# Yoga Class

Fall 2009 Session II (October 14<sup>th</sup> – December 4<sup>th</sup>)

## Registration is already underway!

The SU fee for Southwestern students, faculty, staff, retirees, alumni, and their respective spouses or significant others is \$18.00 for 1 day/week (choose one day), \$35.00 for 2 days/week (e.g. Mon/Wed or Mon/Fri), and \$50.00 for 3 days/week (Mon/Wed/Fri). The Public rate that all applies to all other individuals is \$28.00/\$56.00/\$80.00 for 1-3 days/week.

**NOTE:** SPACE IS LIMITED!! Please fill out a SIRA Fitness Registration Packet in order to register for this program. Reg packets can be found on-line at - <http://www.southwestern.edu/offices/sira/fitness>. Participants may also pay for class on-line (with a Pirate Card) or turn in the appropriate fee (make checks payable to “Southwestern University”) to Derek Timourian in CJR 158A or to Anna Easterling in class.

## Session Schedules and Format – Four classes per week are available!

***Monday/Wednesday 5:30-6:30pm & Friday 12-1pm and 1-2pm CJR Aerobics Room***

### *Notes:*

***#1 - Each participant can choose to register for 1, 2, or 3 classes/week. Cost of each class option is shown above.***

***#2 - No class will be held on Wed, 11/25 & Fri, 11/27 due to the Thanksgiving Holiday. Please plan accordingly.***

Nurture and energize the entire self through the fusion of dynamic poses, breath work and deep relaxation. The practice of yoga encourages greater flexibility, strength, balance, self-awareness and tranquility. Participants of all levels are welcome to attend. Feel free to bring your own mat, if you wish, or use a mat provided by SIRA.

## Instructor Qualifications

Anna Easterling has studied yoga for over 6 years and has been teaching classes for 4 years. In addition to teaching for SIRA, she has taught on the SU campus with the SU Fit Club program. Additionally, Anna holds certifications from both YogaFit and the American Red Cross.

**More information(?)** Contact Derek Timourian at 863-1665 or [timourid@southwestern.edu](mailto:timourid@southwestern.edu)