



# Yoga Class

Spring 2012 Session I (January 9<sup>th</sup> – March 9<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 \$20.00 for 1 day/week (choose one day), \$40.00 for 2 days/week (e.g. Tues/Thurs, Mon/Wed, or any combination you like), and \$55.00 for 3 days/week (e.g. Mon/Wed/Fri). The Public rate that all applies to all other individuals is \$40.00/\$80.00/\$110.00 for 1-3 days/week.

**NOTE:** SPACE IS LIMITED!! Please fill out a SIRA Fitness Registration Form in order to register for this program. Reg forms 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 CJR215 or 222.

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

*Mon, Tues, Wed & Thurs 5:15-6:15pm and Fri 3:30-4:30pm in the 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 Monday, January 16<sup>th</sup> (MLK 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 and Class Styles...

There will be three instructors for SIRA yoga classes this semester: Martha McCarroll (will teach “Hatha Yoga” on Mon & Thurs), Stephen Shortnacy (will teach “Focus on Form Yoga” on Tues & Wed), and Anna Easterling (will teach “Gentle Yoga” on Fridays). Each SIRA instructor has studied yoga for several years and each has significant teaching experience. Each instructor also holds a CPR certification.

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