

Yoga

Hatha Yoga is the practice of integrating the body, mind, and spirit by incorporating breath work with gentle movement and physical postures. Taught by a Physical Therapist, this class will focus on correct alignment while you develop strength, endurance, improved balance, and flexibility. Learn tools for stress relief and a calm mind. Appropriate for Beginners.

Cramer Hall, Rm 050
4:30 p.m. - 5:30 p.m.
Wednesdays
Starting August 5

Instructor

Virginia (Ginny) Jurken
Registered Yoga Instructor
Registered Physical Therapist

Cost

Try one class for Free!
\$10 per class to continue.
Mats provided.

Register

Employees may register or receive more information by contacting Ginny Jurken at virginia.jurken@mu.edu or 262-786-6102.

