

THE PUBLIC HONORS COLLEGE

St. Mary's College of Maryland
at Historic St. Mary's City

Office of Lifelong Learning

Yoga for Life

In today's fast-paced world, the practice of Yoga is a wonderful way to maintain balance. Learn basic hatha yoga postures and breathing techniques that will encourage health and mindfulness. With attention to the breath and sensations in the body, learn to recognize and move with the natural patterns of life. Discover the powerful effects of yoga on your physical, emotional, energetic, and spiritual bodies. This class is suitable for students of all levels. You will need a yoga mat.

Instructor: Susan Wilkinson, RYT 200

Location: Montgomery Hall Dance Studio (Room 107)

Schedule: Tuesdays 7:00 – 8:00 pm, Sept. 14 – Nov. 16

Course Fee: \$100 (Fees may be paid by check payable to St. Mary's College of Maryland. Credit cards are accepted only for registrations delivered in person to the Business Office in Glendenning Hall.)

Name: _____

Address: _____

Phone: _____ **E-mail:** _____

Mail registration forms to: St. Mary's College of Maryland
Attn: Cashier
18952 East Fisher Road
St. Mary's City, MD 20686-3001

Questions???

Please contact the Office of Lifelong Learning at 240-895-3007 or arguzman@smcm.edu.