YOGA FOR BEGINNERS

Course Code: CSA 057 at Roxbury Community College

Yoga is for all body shapes, sizes, ages, and backgrounds. Improve your posture, relax, stretch, and get your blood flowing with this class focused on yoga with a dash of meditation. Learn proper breathing techniques and a variety of poses and stretches to relax and ease sore muscles and help you relieve stress. Yoga adds flexibility, stability, and strength, and helps tone all muscle groups. In this encouraging, relaxing environment, get a feel for yoga and how it can improve your daily life.

Open to women and men ages 16+. No prior experience is necessary.

Students should bring their own yoga mat to all classes. If you don’t have a yoga mat, a towel will also work. Many of the yoga poses involve stretching and bending; please be mindful of wearing appropriate workout attire.

Mondays: 6:30 – 7:45 pm

Options:
Register for just 3 classes or all 6 classes

6 Classes ($60)
Mondays from 1/26/15 – 3/9/15
(No class on 2/16/15)

3 Classes ($35)
Mondays from 1/26/15 – 2/9/15
OR
2/23/15 – 3/9/15

Acceptable methods of payment: Credit card, check or money order made out to Roxbury Community College (cash payments not accepted)

Payment in full must be made at registration. Non-credit courses are not covered by financial aid.

To register, go to:
Admin Bldg (#2), Rm 101
Roxbury Community College
1234 Columbus Ave
Roxbury, MA 02120

For questions:
(617) 933-7410
lifelonglearning@rcc.mass.edu