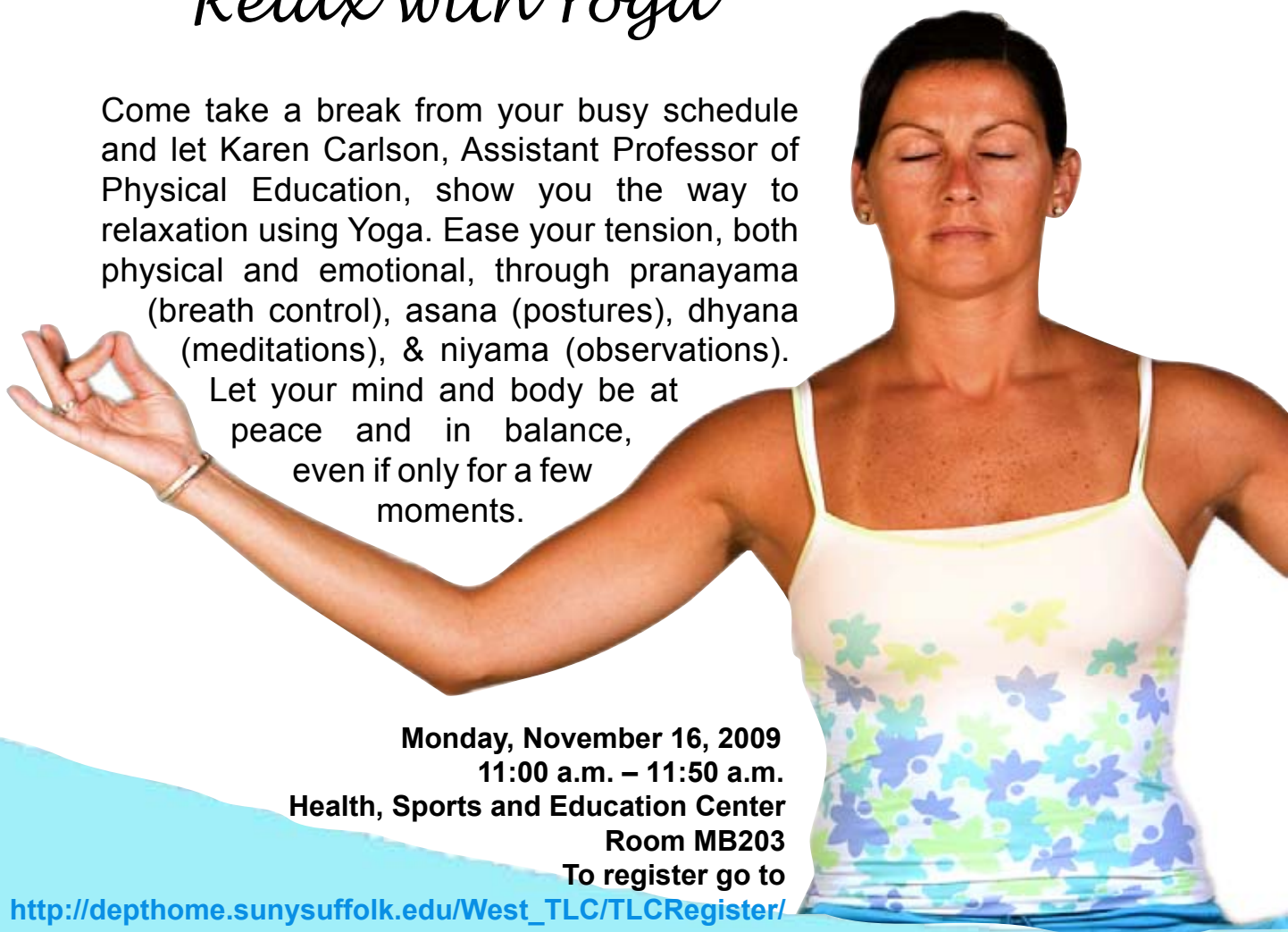


Relax with Yoga

Come take a break from your busy schedule and let Karen Carlson, Assistant Professor of Physical Education, show you the way to relaxation using Yoga. Ease your tension, both physical and emotional, through pranayama (breath control), asana (postures), dhyana (meditations), & niyama (observations).

Let your mind and body be at peace and in balance, even if only for a few moments.



Monday, November 16, 2009

11:00 a.m. – 11:50 a.m.

Health, Sports and Education Center

Room MB203

To register go to

http://dephome.sunysuffolk.edu/West_TLC/TLCRegister/