

Yoga for Public Health Staff

with Sandy Allen and Lauren Thie



When? Wednesday, 12pm-1pm

Where? Classes are usually held in Building 1, Reaves Room

- **Gentle Yoga:** 1st, 3rd, 4th, 5th Wednesdays with Sandy
- **Warming Vinyasa Class:** 2nd Wednesday with Lauren
- Dates and times can be confirmed in Outlook Calendar:

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First Come, First to Exercise

Here's what you'll need:

- comfortable stretchy pants and top
- towel or yoga mat
- warm layer for cool-down

Come and sample a yoga routine to improve your mobility, flexibility, and strength as well as release stress/tension and improve lung capacity.

Do not eat anything 2 hours prior to class.

If you would like to be added to the reminder list, e-mail Lauren Thie at lauren.thie@dhhs.nc.gov