



# SUMMER 2012 YOGA

Open to all  
Faculty, Staff  
and Students  
to attend!



Employee Development & Wellness is sponsoring a series of Yoga Classes for Georgia State University faculty, staff & students.

Try our 1-hour class of gentle yoga, emphasizing stress reduction and relaxation.

Also, guided meditation is offered on an individual basis on Fridays, 9:30AM-2:30PM, **NO CHARGE!!!** By appointment only, please call 404-413-3342

Come take advantage of this wonderful opportunity for stress reduction & relaxation!

## Spring Yoga Series Dates:

Fridays

### Series 1:

May 4 - June 22

### Series 2:

June 29 - August 17

**\*\*Weekly locations vary, please contact our office for exact locations\*\***

### Time:

Noon-1pm

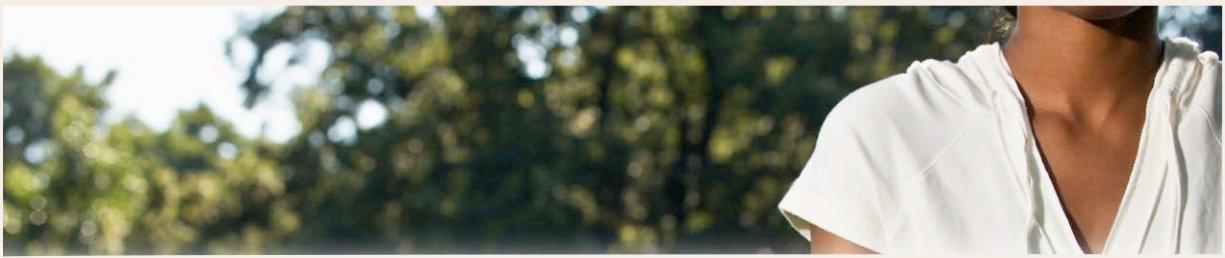
### Full (8 classes) Series Cost:

\$10 per class\* (Paid in full)

Each class cost: \$14

Inquire about student discounts. All checks should be made payable to Janet Wice, instructor.





MAY 4 470 UNIVERSITY CENTER

MAY 11 485 UNIVERSITY CENTER

MAY 18 470 UNIVERSITY CENTER

MAY 25 485 UNIVERSITY CENTER

JUNE 1 485 UNIVERSITY CENTER

JUNE 8 485 UNIVERSITY CENTER

JUNE 15 470 UNIVERSITY CENTER

JUNE 22 TBA

JUNE 29 470 UNIVERSITY CENTER

JULY 6 470 UNIVERSITY CENTER

JULY 13 470 UNIVERSITY CENTER

JULY 20 470 UNIVERSITY CENTER

JULY 27 TBA

AUGUST 3 485 UNIVERSITY CENTER

AUGUST 10 485 UNIVERSITY CENTER

AUGUST 17 470 UNIVERSITY CENTER

