When we are busy all day at work - tense, stressed out, and rushed even in the best of situations—it’s hard to make the time to exercise, to stretch out, or sometimes even to breath.

Yoga can help.
Even in the middle of your busy day.
Even right at your desk or in your office.

This workshop, Yoga At Your Desk, can show you some stretching, strengthening, and relaxation tips you can do in the middle of each day to make that strain and stress, well, not exactly go away, but become less severe.

You need no props or special clothing for this workshop, but women, slacks may feel more comfortable for you than dresses if you decide to attend. (Even in skirts, though, there are STILL yoga moves you can do!)

This workshop is definitely not just for women. Men hold dangerous levels of stress too that can find release in a few yoga moves. And physical resilience for all of us is boosted the more we get out of our rigid sitting position, hunched over a computer, and MOVE.

Come learn to do Yoga At Your Desk. Your heart and your soul will be glad you did!

Valerie Ehrlich
Facilitator

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