Office Yoga Workshop

with Jasmin Cromwell

Office Yoga is something you can practice in just a few minutes a day right at your desk at work or at home. This yoga practice will help to keep you more calm and productive at work as it stills your mind and helps you stretch your body after hours of sitting at your desk.

You will learn breathing techniques to help calm you when you are having a stressful day and techniques that will help to rejuvenate you so you can avoid that mid-afternoon cup of coffee or piece of candy as you start to crash.

This is a wonderful compliment to your existing yoga practice, however, no previous yoga experience is necessary. All these mat yoga poses have been modified for the chair so you can start your own Office Yoga practice.

Comfortable clothing or office attire is appropriate for this workshop...

This workshop is offered at...

Troy Community Ed – Thursday, January 17th, 2013 6:30 – 7:45 p.m. – Call (248) 823-5100 to register

Birmingham Community Ed Tuesday, February 12th, 2013 7 – 8:15 p.m. - Call (248) 202-3800 to register

Utica Community Ed – Tuesday, March 12, 2013 6:30 – 7:45 p.m. – Call (586) 797-6900 to register