

GENTLE YOGA



Phone Registration:
281.542.2020

On Campus Registration:
Central Campus
8060 Spencer Hwy.
Pasadena 77505
Suite C-1.128

North Campus
5800 Uvalde Road
Houston 77049
Suite N-12.212

South Campus
13735 Beamer Road
Houston 77089
Suite S-8.1052

GENTLE YOGA

Gentle yoga is a practice for maintaining, restoring, and promoting wellness through a series of physical postures and stretches.

Gentle yoga techniques may include breathing and relaxation exercises in light of a more holistic approach to health.

August 2018

Tuesdays August 7 to August 28 - 5:30 pm to 6:30 pm

Central Campus C-18.116

Course Number 95423

Four weekly sessions of one hour.

Course Fee: \$40

*Special 10% Discount for Seniors (55+)

Additional information: 281.998.6150 ext. 3672

Email: Shaun.Stacey@sjcd.edu

www.sanjac.edu/cpd

Note: Please wear comfortable clothing. All fitness levels are welcome.