

UAB EMPLOYEE ASSISTANCE & COUNSELING CENTER

# GENTLE YOGA



Join the EACC's certified yoga instructor Amy Stein (RYT 200) for Gentle Yoga, a slow-paced yet challenging experience in a judgment-free environment. Gain flexibility, strength and coordination, and enhance your heart health, mental health and overall wellbeing.

## WHEN & WHERE:

**Tuesdays and Thursdays,  
starting Sept. 1, 5:30-6:30 p.m.,  
Medical Towers Room 419A**

*Please note, Medical Towers  
closes daily at 5:30 p.m.*

## WHO:

Program is free and open to UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, i3 Academy, and Southern Research employees, and members of their immediate household.

## REGISTRATION:

Visit [go.uab.edu/EACC-Calendar](https://go.uab.edu/EACC-Calendar), select "Gentle Yoga" and follow the Group Me link for registration information and class announcements. A registration link will be posted in Group Me on Saturdays at 7 a.m. You must register each week to attend.

If you are unable to attend a class, please cancel at least 24 hours in advance. Same day cancellations or no-showing two times in a two-week period will disqualify you from registering for upcoming classes for a period of two weeks.

**UAB** The University of  
Alabama at Birmingham

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