

# Yoga for Public Health Staff

with Sandy Allen and Lauren Thie

**When?** Wednesday, 12pm-1pm

**Where?** Classes are usually held  
in Building 1, Reaves Room



- **Gentle Yoga:** 1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> Wednesdays with Sandy
- **Warming Vinyasa Class:** 2<sup>nd</sup> Wednesday with Lauren
- Dates and times can be confirmed in Outlook Calendar:

DHHS\_DPH.SIXFORKS.REAVES.CONF

## First Come, First to Exercise

Here's what you'll need:

- comfortable stretchy pants and top
- towel or yoga mat
- warm layer for cool-down

Come and sample a yoga routine to improve your mobility, flexibility, and strength as well as release stress/tension and improve lung capacity.

Do not eat anything 2 hours prior to class.

If you would like to be added to the reminder list,  
e-mail Diane Beth at [diane.beth2@dhhs.nc.gov](mailto:diane.beth2@dhhs.nc.gov)