

# YOGA IS ON!!!

*Monica Demello-Patterson* will be leading EAP Faculty/Staff Yoga this semester!

I know that many of you, who have been asking and who have grown to appreciate this midday stress relief and wellness break will respond with a deep sigh of relief in hearing that news! We will begin on Friday, January 29<sup>th</sup> at 12:10pm in Dod's Gym. Wear stretchy/comfortable clothing and bring your own mat. Normal class times are-

Wednesdays - class starts at 1:10pm and finishes at 1:50pm in Dod's Gym

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Fridays- class start at 12:10 pm and finishes at 12:50pm in Dod's Gym

*Monica has been sharing her yoga practice with the people of Fredonia for a very long time and I have learned that she taught yoga for faculty and staff years back before my time here! I have taken a couple of classes with her and have great faith in the fact that she will lead us well!*

*When I asked her what she would like me to highlight about her yoga teaching and style she responded that she is...*

*\*Very versed in modifying postures to accommodate people w injury or back issues, knees etc.*

*\*Emphasis on the breath*

*\* Providing students with an over all sense of well being*