Releasing tension in your hip joints can help give you a greater range of movement, soothe your lower back, and grant you increased comfort in all your movements. Easing your hips can be rewarding emotionally, too. Intense experiences are often stored in the body as tension, and releasing those tensions can liberate and lighten your mind in surprising ways.



Yoga for Stress Relief

Spring 2020 | Instructor: Laurie Ferris Fridays 12:10-1pm | 251 Hearst Gym February 14, March 20, April 10, May 1

Yoga Passport Challenge Spring 2020

Bring this passport to each session you attend and have a square stamped for each date.

See reverse for instructions.

1 ysM	01 linqA
March 20	February 14

Attend these classes, get a stamp for each date to and receive entries in the drawing!

Spring 2020 Yoga Passport Challenge

Dept:	
:lism3	
Name:	

lake a clear snapshot or scan your stamped Yoga Passport Challenge and email it to corievans@ berkeley.edu by Friday, May 8th. Winners will be notified by email.

How to enter drawing:

Instructions:

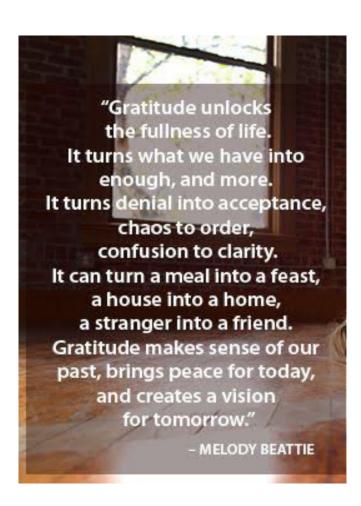
1 entry for attending each of the scheduled classes. Fill out the evaluations after each class for more chances to win!

the gentle power of yoga

Yoga is a living tradition, an ancient Indian physical and mental system for self-exploration and growth that is as effective today as it has been for centuries. In Sanskrit, the classical language of India, the word *yoga* means "union," from the root *yuj*, "to yoke or join together." Practicing yoga harmonizes or "joins together" mind, body, and spirit.

Studies show that yoga practice can help increase cardiovascular and respiratory efficiency, aid in normalizing endocrine and gastrointestinal function, and improve posture, strength, endurance, and immunity. They also show that yoga offers benefits for mental health, such as improvements in mood, concentration, and memory. When your body and mind function with clarity and efficiency, your natural wellbeing can shine through.





May all beings be free.

May all beings be peaceful.

May all beings be happy.

May all beings be safe.

May all beings awaken to the light of their true nature.

May all beings be free.