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March 3, 1999

For Immediate Release:

EIU TO OFFER "YOGA FOR DAILY LIVING," BEGINNING MARCH 29

CHARLESTON -- People interested in improving their bodies through special posture and breathing techniques are invited to participate in "Yoga for Daily Living," sponsored by Eastern Illinois University.

S.K. Dey, an EIU mathematics professor, will instruct participants from 6:30 to 8 p.m. on Monday evenings, March 29 through May 3, in the aerobics room of the university's Recreation Center. The cost is \$30 per person, and participants have to be 18 or older.

Yoga involves standing or sitting in a special posture and breathing gently following a slow rhythm. The class will begin and end with a few minutes of meditation.

For information or to register for the class, contact the School of Adult and Continuing Education, Office of Conferences and Non-Credit Programs, at 217-581-5116. Registration should be made prior to noon on March 29.