

12-5-1995

## 12/05/1995 - Yoga Classes At EIU.pdf

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### Recommended Citation

University Marketing and Communications, "12/05/1995 - Yoga Classes At EIU.pdf" (1995). 1995. 528.  
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95-362

December 5, 1995

FOR IMMEDIATE RELEASE:

YOGA CLASSES AT EIU

CHARLESTON -- Eastern Illinois University's Office of Conferences and Non-Credit Programs in the School of Adult and Continuing Education will offer beginning and advanced yoga classes on Mondays and Thursdays during the spring semester.

An advanced class, focusing on meditation, will be offered Mondays, from Jan. 22 through April 1. A beginner class will be offered on Thursdays, from Jan. 25 through April 11. Both classes meet from 7:30 to 8:30 p.m. and are open to persons 18 years old and up.

Yoga involves standing or sitting in a special posture and breathing gently following a slow rhythm. All yoga sessions should begin and end with a few minutes of transcendental meditation, according to instructor Suhrit Dey, professor of mathematics at Eastern and author of "Yoga for Daily Living" with an emphasis on meditation. Copies of Dey's book will be available during class.

Each 10-session class costs \$50. For more information or to register, call Eastern's Office of Conferences and Non-Credit Programs at 581-5116.