



Yoga.

Dennise Gackstetter has been studying and practicing yoga since 1984. She is a ceramics artist and faculty member of the USU Art Department. This class will explore the tradition of Hatha Yoga, focusing on breath, physical alignment, and inner awareness. Through this practice you will develop strength, flexibility, and a deep sense of ease as you quiet your mind and relax your body. You will leave class energized and rejuvenated.

Fall Class 2009: September 1 – December 3
Tu & Th 12–1 pm
USU ID: \$ 120 & Non USU: \$140

Meets in HPER 209

Register at Campus Rec. Service Desk / Pool Cage in HPER

Website: www.yogawithdennise.com