



*Successful Aging*  
Institute



***Beginning Yoga***

**Date:** Wednesdays, Jan 18-Feb 22  
**Time:** 10:30 - 11:45 a.m.  
**Location:** Eugene Yoga  
 3575 Donald St #120



Learn commonly practiced yoga “asana” poses and how to practice them safely, honoring your own level of strength and flexibility. Each class starts with centering and ends with relaxation.

***Guided Meditation***

**Date:** Wednesdays, Jan 18-Feb 15  
**Time:** 7:00 - 8:15 p.m.  
**Location:** Eugene Yoga  
 3575 Donald St #120



Yoga Nidra, also known as yogic sleep, in an ancient practice that is rapidly gaining popularity in the West. Learn and practice this healing guided meditation through imagery, body scanning and deep relaxation.



Contact Eugene Yoga for cost

Lane is an equal opportunity/affirmative action institution.

***For additional information or to register and pay, please call 541.520.8771***