

UW Oshkosh Women's Center Presents  
**YOGA Classes**

Open to University and Community

Discover the joy, inner strength and relaxation of yoga. Participants will work at their own pace and abilities focusing their attentions on breathing, balance, strength, and stretching. While perfect for beginners or those who want to come back to the practice of yoga, people of all levels are welcome.

Registration Required. (Class size limited to 10 people per session)

Classes Facilitated by Jelka Cucuz

Fridays from 10AM to 11:30AM

Session 1: 2/8/08 thru 3/21/08

Session 2: 4/4/08 thru 5/16/08

**Cost:**

- Students - \$5 per session
- Faculty/Staff - \$10 per session
- Community Members - \$10 per session

**To Register:**

Stop by the Women's Center during normal business hours (M-Th 11AM to 4PM) to pay for the session and register.



For more information please contact:  
The Women's Center ♦ (920) 424-0963 ♦ [womenscenter@uwosh.edu](mailto:womenscenter@uwosh.edu) ♦  
[www.uwosh.edu/womenscenter/](http://www.uwosh.edu/womenscenter/)

