

Stress Less Yoga



Stress Less Yoga I

Mondays: September 18 – December 4

10:30AM – 11:30AM

Room C 401

Class Description: This class will focus on alignment, opening up space in the body, and using the breath to release tightness and increase concentration. Open to ALL levels: beginners to practiced professionals.

Kristen Gallagher is a certified Hatha Yoga and Kali Natha Yoga teacher at the 200-hour levels and has studied Iyengar Yoga extensively. She trained at East Meets West Yoga in Philadelphia and at the Kashi School of Yoga in Florida. She has practiced yoga for 30 years.

Stress Less Yoga II

Wednesdays: September 20 – December 6

10:30AM – 11:30AM

Room C - 401

Class Description: This class will teach how to move body and breath with precision to comfortably embody yoga poses, avoid injury, and meditate with ease. Open to ALL levels: beginners to practiced professionals.

Sumanth Inukonda is a certified yoga teacher in Yogasanas, Pranayam, Shatkarm and Sukshma Vyayam. He received his training through Better Health Services in Hyderabad, India.

No Food, Drinks and Shoes are allowed. If you have a yoga mat/block, please bring them.

For more information, please contact Matthew S. Joffe at matthewj@lagcc.cuny.edu.

Like us on Facebook at <https://www.facebook.com/lagccwellnesscenter/>



The Wellness Center
Room C-249
718-482-5471
WellnessCenter@lagcc.cuny.edu
www.laguardia.edu/WellnessCenter

