

Introduction to Yo-Chi © Non-Credit Course Offering Fall 2018

Course Number: HLTH 056

CRN Number: See Below

Yo-Chi © is a fusion of standing and floor based yoga postures with the slow, flowing movements of Tai Chi. This fusion gives you the strength and stability of yoga, the balance and mobility of Tai Chi, and the added benefits of mind/body programming which enhances calmness and reduces stress throughout our bodies. The class format cycles these 2 disciplines in 5 minute sections throughout the class period. Class meets for 45 minutes. 5 sessions

Mary Shelasky is an A.F.A.A. approved Yo-Chi © Instructor and is A.F.A.A. certified in Group Exercise.

Fridays: 4:45PM – 5:30PM

Session I: Sept. 7 – Oct. 5, 2018

Session II: Oct. 26 – Nov. 30, 2018

Non-credit Tuition		<u>CRN#(1)</u>	<u>CRN#(2)</u>
Bartley Center Members	\$19*	35813	35942
General Public	\$34	35812	35941

To register, complete a registration form on-line at www.hcc.edu/bce, visit the non-credit registration desk in the Kittredge Center, 2nd floor, or phone (413) 552 – 2500.

*All David M. Bartley Center current members who register for this class will receive a Bartley Center Gift Certificate for \$5 toward your next Bartley Center Membership renewal. The certificate will be issued by the Bartley Center upon proof of registration and payment.

