



Self Care Studio

A space to enhance creativity
& focus on personal wellness

Gentle Chair Yoga

Join EACC yoga instructor Ashley Clarke (E-RYT 500) for a virtual gentle chair yoga practice designed to tune into the physical, mental, and emotional body and find peace in the present moment. When we nourish ourselves, we are more capable of being present in our day-to-day lives, as well as in our interactions with others. Our capacity to respond increases and our tendency to react decreases.

*This session is accessible to anyone who can sit and stand with assistance from a chair; **please use a stationary chair for safety.***

WHEN & WHERE:

Tuesday, September 9,
1-1:30 p.m., via Zoom

WHO:

Program is free and open to UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, i3 Academy, and Southern Research employees, and members of their immediate household.

REGISTRATION:

Visit go.uab.edu/EACC-Calendar and select a Self Care Studio date to register. Email HRAWARE@uab.edu to request disability accommodations.

Self Care Studio is a My Health Rewards points-earning opportunity.