

BREATHE TO RELAX

Upcoming Sessions:

January 10, 24; February 7, 21 2013

March 7, 21; April 11, 25 2013

Time: 6 - 7 p.m.

**All held in ARB Room EG-013
UConn Health Center, Farmington, CT**

*Please bring two blankets or a yoga mat and a blanket,
and try not to eat 1/2 hour before coming to class.*

Session description: The one-hour session consists of 10 minutes of instructions, health information and discussions followed by 45 minutes of relaxation techniques.

Registration: Free and is open to all :Registration is requested in order to save the space. Space is limited.

For similar and other programs, please visit our websites:

<http://casc.uchc.edu>

www.ayurvedahealth.org

Directions to University of Connecticut Health Center (UCHC)

from Greater Hartford: Route 84 to Exit 39. Turn right onto Route 4-East (Farmington Avenue). Drive about 1-1/2 miles

For Conference Room EG013:

Turn right into University of Connecticut Health Center. At first stop sign continue ahead veering off to the right

At the stop sign turn to left into academic entrance, Enter Parking lot AB (Unrestricted parking on Saturday and Sunday and after hours)— Park at the end of the lot, take the stairs, go through glass door and turn right. First door –EG013

*For more information, email Dr. Amala Guha;
Director, Complementary and Alternative Supportive Care
Neag Comprehensive Cancer Center
UCHC, Farmington, CT
<http://casc.uchc.edu>
e-mail: aguha1@att.net*

