

Micro Course Monday – Chair Yoga

Micro Course	Chair Yoga
Date	Monday, December 11th
Time	3:00-4:00pm
In-Person Location	Dana Hall 228 – campus map – parking in lot 5
Online Link	Live online in Collaborate
Presenter	Farren Lobdell

Micro Course Monday

CHAIR YOGA

**Join Farren Lobdell
on Monday, December 11th
at 3:00pm in Dana Hall 228
or live online in Collaborate**





Join Farren Lobdell, certified 220-hour Yoga Instructor for Chair Yoga (designed for beginners+). Wear comfortable clothes that allow you to move. Bring yoga blocks if you have them. A limited supply will be available for in-person participants

Still interested in the topic?

Each semester SUNY Canton offers 1-credit and 3-credit courses on the topic of wellness, including mindfulness and yoga. [Wellness course list](#)

Enroll in the [Foundations in Mind-Body Wellness minor](#), which includes 6 courses (18 credits) dedicated to the integration of theory and practice of mind-body wellness and health.