

**SUMMER 2019**

**HUMBOLDT STATE UNIVERSITY**

*HSU Staff & Faculty Discounts on these classes!*

# Restorative Yoga Series

Restorative Yoga is a peaceful, healing practice that will teach how to “rest in the pose” using everyday props at home. Restorative Yoga is great for athletes wanting that deeper stretch, beginners, or for those just seeking a safe relief from tight and sore muscles.

**Wed., June 12-July 24**

**5:30-7 p.m.**

**HSU Campus: Kinesiology Building, Dance Studio, Rm. 202A**

~~\$85~~ **\$70 for HSU Staff & Faculty!** • **Class #: 31171**



KAREN COMPTON, INSTRUCTOR



# Chakra Series

This series introduces the theory of the chakras, their function, purpose, and tools to manage each one. Each week, one chakra will be introduced and yoga asanas for that particular chakra will be practiced. The last week in the series will review and practice the seven chakras together.

**Thurs., June 13-Aug. 8**

**5:30-6:45 p.m.**

**HSU Campus: Kinesiology Building, Dance Studio, Rm. 202A**

~~\$90~~ **\$80 for HSU Staff & Faculty!** • **Class #: 31172**

**Karen Compton**, RYT200 with additional restorative training, is owner of Yoga with Karyn. She teaches various yoga classes from restorative, intermediate, chair yoga, and meditative yoga to groups and Individuals, sharing healing experiences of yoga since 2010.

REGISTER TODAY: **Call (707) 826-3731**  
OR VISIT **[humboldt.edu/extended/register](http://humboldt.edu/extended/register)**