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Hatha Yoga Workshop

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MORRIS (3/19/76) -- A beginning workshop in Hatha Yoga is slated at the University of Minnesota, Morris Spring Quarter.

The seven week session will be offered Thursday mornings from 8 to 10 beginning April 15 with Dr. Joseph Jesseph of the UMM Counseling Center serving as facilitator.

Designed to introduce participants to beginning exercises for improved physical and mental health, the workshop will include work with the body breathing and meditation as well as recommendations for diet.

The system of Hatha Yoga is sometimes viewed as preparation for a meditative life style, although it is useful for physical health alone. Religious beliefs are not taught or required.

The workshop is open to all interested persons. There is no charge. Those wishing to register may call the UMM Counseling Office at 589-2929.

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