**FREE YOGA CLASSES**

**IN ITALIAN**

**Spring 2019**

**In need of exercising, relaxing and keeping up with your Italian?**

**You can do all three in just one hour!**

**Classes will be conducted mostly in Italian with some English to illustrate poses.**

**With Professor of Italian and Registered Yoga instructor Tiziana Serafini.**



**WHEN:**

**Friday, February 15 - 3:30-4:30pm.**

**Friday, March 22 - 3:30-4:30pm.**

**Wednesday, April 24 - 3:30-4:30pm.**

**WHERE:**

**Smith Center Studio 1**