



# News Release

*Contact:*  
**Jason Parent**  
Development and  
College Relations Office  
33 Edgemont Drive  
Presque Isle, ME 04769  
Phone: (207) 768-2808  
Fax: (207) 768-2813  
jparent@nmcc.edu

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## Yoga Course to be Offered at NMCC

**Aroostook County** - Northern Maine Community College is hosting a yoga course on Tuesday evenings, beginning January 15, from 5:30-7:30 p.m. in the Edmunds Conference Center. These sessions will focus on strength, endurance, flexibility and relaxation.

This course is ideal for both beginners and those with prior experience with yoga. Whether you are doing yoga for the first time or the 100<sup>th</sup> time, it is a matter of being open to let go of what you learned and to learn something new or relearn something in a new way. Participants will explore the foundations of breath, alignment and meditation with a “beginners mind” so that the mind, body and breath can be in harmony, which promotes health on all levels. They will learn and review foundational postures as well as experiment with more intermediate postures. All levels of experience are welcome.

The instructor for the course is Linda Rowe, who brings a wealth of experience and knowledge to this energizing course. Students are asked to bring a yoga mat. Cost for this course is \$65 and will be held every Tuesday evening from January 15 – March 4.

For more information or to register for this or other courses being offered through the College’s continuing education division, please call 768-2845 or 760-1155.

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