

OPTIONS IN HEALTH & WELLNESS

INTRO TO YOGA

**REGISTRATION
DEADLINE: SEPT 9**

ABOUT YOUR INSTRUCTOR:

DONNA SCIMECA

Donna began developing her Iyengar Yoga (Hatha) practice in 2000 and has been teaching yoga since 2007. She is also a full-time administrator in the Office of the Dean of Humanities & Social Sciences at CSI, is an adjunct Lecturer, and Coordinator of Core 100, a US civics course at the College.

This class is for students new to yoga, continuing beginners, and those who need a refresher of the basics of Hatha yoga. We will focus on fundamental postures (asanas) including standing and seated poses, twists, and forward bends.

- Please bring your own yoga mat.

Note: This class is open to both Options students as well as CSI Staff/Faculty.

- **7 WEEKS** - 9/28, 10/5, 10/19, 10/26, 11/2, 11/9 & 11/16
- **IN-PERSON** CLASSES AT CSI
- **\$40**
- **STARTS 9/28/26**



MONDAYS



5:30 PM



[CSI.CUNY.EDU/OPTIONS](https://csi.cuny.edu/options)



[OPTIONS@CSI.CUNY.EDU](mailto:options@csi.cuny.edu)



[718.982.2394](tel:718.982.2394)