

# College of the Siskiyous

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## PRESS RELEASE

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FOR IMMEDIATE RELEASE

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### **ENERGIZE YOUR DAY FOR A BETTER QUALITY OF LIFE**

Weed / COS –College of the Siskiyous is offering a morning Yoga (PEFI 39 / #0290) class at the Weed Campus beginning Tuesday, August 18 from 8 to 9:15 a.m., in the Theater Building, room 4. The class will continue to meet on Tuesday and Thursday mornings until December 17, 2009. Jan Cowan is the instructor.

On Mondays and Wednesdays beginning August 17, Cowan will teach Chair Yoga (PEFI 39 / #0754). This class will meet weekly from 9 to 10:15 a.m. in the Theater Building, room 4 until the end of the semester. This class has been specially designed for those with limited mobility.

“These classes are the cheapest yoga classes around aside from doing it yourself and is way more fun,” said Cowan who has over 38 years of practicing and teaching experience. Tuition is as low as \$26 for the full semester. The classes have been designed to provide learning in how to gently ease aches and pains, gain greater flexibility, and feel better overall.

“I’m a 70-year old man and have only been doing yoga with Jan for a few weeks. I’m already amazed to have fewer aches, improved posture and more flexibility. Not to mention I feel more relaxed.” - Neil H., Weed, CA

“The first thing I notice is how much better my back feels after yoga class with Jan. During class, I feel my body stretching and releasing tension I’ve been holding. My posture has improved, and I have a greater sense of well-being.” - Yonnie L., Yreka. CA

For specific information about the class, contact Instructor Cowan at (530) 926-5839 or email me at [jscowan@nctv.net](mailto:jscowan@nctv.net) or visit her website at [www.YogaToHaveHeart.com](http://www.YogaToHaveHeart.com). To register, visit the Weed or Yreka Campuses or call the COS Welcome Center at (530) 938-5555. Online registration is also available by visiting the COS website: [www.siskiyous.edu](http://www.siskiyous.edu) and clicking on “COS Online Services.” The Weed Campus can also be reached by calling toll-free (888) 397-4339.