

College of the Siskiyous

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PRESS RELEASE

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FOR IMMEDIATE RELEASE

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TRY YOGA FOR LUNCH!

Weed / COS – Join instructor Debbie Desrochers this fall semester to clear your mind and recharge your energy for those afternoon or evening tasks. Beginning Monday, August 17, College of the Siskiyous will offer Yoga (PEFI 39 / #10752) from 12:15 to 1:05 p.m. every Monday, Wednesday and Friday in the Kenneth Campus Kenneth W. Ford Theater, room 4.

Don't let injuries stop you from exercising! Yoga may be adapted to accommodate your particular body and challenges. All body types, all fitness levels, and all levels of experience are welcome.

Registration for this class is now open. For more information, call the Weed Campus Welcome Center at 938-5555 or the instructor at (530) 926-2913. The Weed Campus can also be reached by calling toll-free: (888) 397-4339. Students may also register for classes by visiting the COS website at www.siskiyous.edu and click on "COS Online Services."