



For Immediate Release

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New Health and Fitness classes to be offered at the Terry Campus

DOVER- Delaware Technical & Community College, Terry Campus Corporate and Community Programs Division is offering non-credit health and fitness classes for anyone who needs help in keeping their New Year's resolutions.

The classes are open to anyone interested in learning how to improve their mind and body through yoga and core strengthening.

Participants who sign up for the campus's specialized Svaroopa Yoga course do not need to be able to twist into a pretzel to participate, according to Instructor Heidi Wagner. The yoga style fits all bodies and conditions.

Svaroopa Yoga is a unique style of Hatha yoga that focuses on releasing tension in the core of the spine.

Each pose is designed to change the body, mind and spirit. The basic Svaroopa practices also include a breathing practice that stimulates and balances the immune system, increases vitality, improves mental clarity and boosts overall health and mood.

Ms. Wagner is a triathlete who has been trained by the Master Yoga Foundation. She says her regular practice of yoga helped her remain injury-free during her intense Iron Man training.

Six sessions of Svaroopaa Yoga costs \$79 and includes a total of nine instructional hours. Classes will be held 6 to 8 p.m. every Tuesday Feb. 17 to March 24, every Wednesday Feb. 18 to March 25, and every Tuesday March 31 to May 5.

For those who want to target their mid sections and start healthier habits in the new year, Physical Therapist and Orthopedic Certified Specialist Carol Sheats will teach a workshop called Posture and Core Strengthening. The class will cover the basics of balanced posture and proper body mechanics for functional activities at home and work.

Ms. Sheats is the author of *Living Posture: a Simplified Approach to Improve Posture and Function Naturally* and *Please Don't Sit Like a Banana!*. This workshop will also teach you core-strengthening and whole-body-stabilization exercises to improve your health and appearance. The cost is \$69 and the workshop will be held Saturday, Feb. 21 from 9 a.m. to 4 p.m.

All classes are held on the Terry Campus. To sign up and find out more details about the Svaroopaa Yoga and Posture and Core Strengthening workshops, or other non-credit classes at the Terry Campus, please call 302-857-1400.