

# Yoga Seeds

with Dara Harper



Join yoga instructor Dara Harper every Monday during the fall 2017 semester to strengthen your body and mind with yoga.

Dara's specialty is in creating a strong foundation for beginners and designing powerful classes for seasoned practitioners. Her expertise is in teaching "pose precision" and helping students to achieve anatomical alignment.

This free class is open to all SU students, staff and faculty. Advance registration not required. Wear comfortable clothing and if you are able bring a yoga mat or towel.



Mondays from 4:00-5:00pm  
Miron Room, Newhouse 1, Rm. 303

August 28

September 11

September 18

September 25

October 2

October 9

October 16

October 23

October 30

November 6

November 13

November 27

December 4

Visit the Healthy Monday Syracuse Facebook page for class announcements including cancellations or room changes.

Dara has been teaching yoga for 20 years! For more info, visit:

<http://yogawithdara.com>.

**Healthy Monday Syracuse**  
The day all health breaks loose

Sponsored by [Healthy Monday Syracuse](#) and the [Contemplative Collaborative](#).