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**Serenity Now:** Yoga instructor Jillian Szafranski leads Avital Shavit into the energizing Utthita Parsvakonasana or, extended side angle pose, at noontime class sponsored by Metro Yoga, an employee club of Yoga enthusiasts.



### Metro Yoga Club Offers Noontime Class

(Feb. 6, 2008) Avital Shavit has practiced Yoga since childhood, literally at her mother's knee. The transportation planner continues to incorporate Yoga into her workout program and, now, thanks to the interest of fellow employees and the new program from Employee Activities to provide funds to employee clubs, Shavit can incorporate the blissful routine into her workday.

After a round of inquiries to gauge the interest of others, Shavit, and co-worker Nicole Casalino put together a noontime class for club members and invited Jillian Szafranski, a certified Yoga instructor astute in all things asana, to teach the class.

Szafranski has designed an hour-long class of Yoga poses that feature stretching and energizing breathing techniques that simultaneously increase energy levels while reducing the effects of stress. "Breath work provides the tools to handle workday stress," she advises. "Being active is an important part of being healthy."

Suitable for all levels and open to all employees, the class meets at noon every Tuesday in the Windsor Room on the 15th floor of Metro Headquarters. Yogis are advised to bring comfortable clothing. Mats are provided if needed. The fee is \$10.

For more information, call or e-mail Metro Yoga organizers Avital Shavit, Programming and Policy Analysis, or Nicole Casalino, Transportation Development and Implementation.

-- from Gayle Anderson