



Take a stretch break!

check out the Sweet Sixteen Series
you can do anytime, anywhere!

**That's right, whether your office-based or working remotely,
check out 6 simple stretches with modifications for seated
or standing workstation positions.**

What have you got to lose—except the stress, and it's only 16 minutes! No mat or special gym clothes required!

To RSVP for the “Sweet Sixteen for Summer Series”, simply send your RSVP to rclowicki@uh.edu for the date/time offered and you'll receive an invitation to attend via Microsoft teams. That's it!

See you soon!



Disclaimer: Waiver and Release of Liability

The University of Houston Department of Human Resources provides wellness programming and information for educational purposes. This virtual yoga class is provided by a UH staff member who is also a Registered Yoga Teacher -200 hour (RYT-200) as certified by the international Yoga Alliance, the largest nonprofit association representing the yoga community, which fosters and support high quality, safe, accessible, and equitable teaching of yoga.

I understand that I must be in good physical health to participate in these classes, that my participation may cause an injury and that I should consult with my physician before I take a class. I am taking these classes at my own risk. I waive any claim for personal injury and any other damages that I may have against the school, studio and/or the teachers who are offering these classes. Please consult a healthcare professional before beginning this or any other fitness or recreation program to determine what is best suited for you and your needs. If at any point you begin to feel faint, dizzy, any physical pain, or shortness of breath, please stop participating immediately and if symptoms persist, call 911 or your health care provider.