



***Program for Deaf Adults is pleased to offer a NEW course for Deaf Adults***

## ***Yoga in ASL***

Learn the fundamentals of yoga and get started on a safe and effective practice in this class, taught in ASL and designed for Deaf students. Yoga brings flexibility and strength to the mind and body, cultivating awareness and calm. Suitable for students of all physical levels. \*\*

*\*\* Please inform the teacher prior to class of any physical or medical limitations. This class is for students fluent in sign language and not suitable for beginning sign language students. Please bring your yoga mat and wear comfortable clothes.*

Mondays, 6:00 – 7:30 pm  
October 19 – December 11  
10 sessions/15 hours  
Tuition: \$180.00

To register, please call Roxann Richards-Chattoo at (866) 553-3609 or email at [rrichards@lagcc.cuny.edu](mailto:rrichards@lagcc.cuny.edu) **no later than October 9th**. For directions, please visit [www.laguardia.edu/visit](http://www.laguardia.edu/visit).



**Jen Kagan** is a Certified Iyengar Yoga Teacher. She is a graduate of the Iyengar Institute of NY and studies with some of the nation's top teachers. She has been teaching Iyengar yoga in the NYC area for over 4 years. She has been teaching to Deaf students since 2007. Jen has studied in India, most recently with the Iyengar family in Pune, India. She is also a RID certified interpreter with more than 10 years in the field. Her goal is to bring the intelligent, systematic, visual method of Iyengar yoga in an accessible way so that the benefits of yoga can be experienced Deaf students.

