



CHICAGO STATE UNIVERSITY

YOGA & BODY MOVEMENT

Hosted by the Division of Continuing Education and Nontraditional Programs

This program blends yoga & body movement (waist hooping, Pilates, Diaspora flow) somatic healing, journaling, and mindfulness to support individuals—especially women and girls with hidden disabilities—in navigating stress, trauma, and nervous system regulation.

Class dates:

- Sept 6
- Sept 20
- Oct 4
- Oct 11
- Oct 18
- Oct 25

Classes will be held on Saturdays only.



Time: 10:00 - 11:00 AM

Location: Gift of Hope, 7936 S. Cottage Grove Avenue

Cost: \$75

Seniors receive a 15% discount.

Visit the Cashier's Office in the Cook Administration Building to pay.

REGISTER IN-PERSON AT:

- CSU Cashier's Office: 8:30 am - 5 pm, M-F, Cook Administration Building – Room 212
- Options Program Office: 9 am - 4 pm, M-F, Jacoby Dickens Athletic Center, Room 201

Both locations are on CSU's campus: 9501 S. King Drive, Chicago, IL 60628

Call Continuing Education at **(773) 995-4466** or email continuinged@csu.edu to register or for more information.