

OLLI at DU Syllabus

Facilitator Name	Lisa Theis
Facilitator Email Address	apanayogi9@gmail.com
Course Title	Gentle Hatha Yoga
Site	OLLI On Campus
Term	Winter 2025
Course Sessions	8 Weeks

This class will be organized as a stand-alone yoga class where anyone can join at any time & not miss anything. They will not have to attend all classes to get the benefit of one, however, attending all will create a greater overall effect.
