



YOGA

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AMERICAN UNIVERSITY of BEIRUT MEDICAL CENTER

المركز الطبي في الجامعة الأميركية في بيروت

Health and Wellness Center

Introduction

“Yoga” is a group of mind and body practices that is known for combining different types of physical postures, breathing exercises, and meditation.

Inspired by the Ashtanga yoga series of poses, we offer yoga classes which focus on practicing different postures that yield a dynamic flow of movement called “Vinyassa” while using your breath to create harmony between the mental and physical channels of the body. Through this practice of breath-synchronized movements, you will improve your flexibility and posture, build muscle strength and tone, and relax your system.

This class is suitable for all fitness levels.

Registration

For more information and registration, please contact us at 01-350000 ext. 8030 or email us at wellness@aub.edu.lb

Registration fees

One session: 20,000 LL

Monthly membership: 50,000 LL

Schedule and Location

Yoga sessions are given every Tuesday from 5:30 pm till 7:00 pm at Saab Medical Library, 3rd floor, Professor Jaber I. Sawaya Lecture Hall.