

# Yoga Body and Soul

**Employee Wellness Committee**

Walker Complex room 101

## **Fridays at 10 – 11am** **Teacher: Donna Fulcher**

This class is designed for all levels. Learn Yoga Asanas (poses) in a 3-tier flowing sequence. Become more peaceful, focused, balanced and centered.

- In the warm-up, we will loosen and stretch the body, build heat and release toxins through the breath.
- In the work phase, we will become stronger and more flexible by deepening the poses.
- In the cool down and meditation phase, you will learn the true meaning of Yoga. Yoga means union! Learn meditation and creative visualization techniques that allow you to develop the true you by bringing the body, mind and soul together in union.



### **Donna Fulcher**

Has been practicing Yoga for 7 years, and is a certified YogaFit instructor and Licensed Massage and Bodywork Therapist. She was led to Yoga at the age of 10 by her Mother who taught her and her younger sister how to catch the train from the Bronx to Manhattan, NYC. In a little brownstone apartment she was introduced to Yoga and Juicing as a way of life. Donna had her first experience with meditation at the age of 14, after watching the movie “**Out on a Limb**” starring Shirley MacLain.

Donna's belief is *“the universe is always broadcasting, it took me some years to tune in to the message! Yoga & meditation have always been a part of my life I just hadn't realized it. My former teacher and friend Eva Morgan (Liberia Africa) and current teacher/friend and mentor Bryan Carey continue to nurture and fuel my vision of teaching Yoga to everyone in everybody in every community.”*

Donna teacher at Patanjali's Place Community Yoga Space located downtown Durham, the

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Senior Center for Living, the YMCA (downtown branch) and Treyburn Country Club.