



**SPRING SEMESTER  
KEMETIC YOGA FOR  
EMPLOYEES & GUESTS!  
JANUARY 30- MAY 22, 2018 AT THE  
DOWNTOWN CAMPUS.  
PLEASE PRE-REGISTER BY  
COMPLETING THE REGISTRATION  
FORM AND SUBMITTING PAYMENT**

Kemetic (Egyptian) Yoga is an ancient system of yoga enlightenment, redeveloped in the 1970s by Dr. Asar Ha-pi and Master Yirser Ra Hotep. Certified Kemetic Yoga Teacher, Lomax R Campbell, will facilitate exploring the African origins of yoga science and practice, standing and seated yoga postures, deep breathing, guided meditation, and aromatherapy.

Lomax earned his Registered Yoga Teacher certification with Yoga Alliance after completing 200-hours of training in Negril, Jamaica under the YogaSkills School of Kemetic Yoga.

*Minimum 15 participants required by second week of instruction for class to run. Attend as your schedule allows, it is not mandatory to attend all sessions.*



**Kemetic Yoga  
For Employees and  
Guests!**

**Tuesdays  
5:15pm-6:15pm**

**Certified Instructor:**

**Lomax Campbell**

**Registration fee  
\$45.00 Employees  
\$60.00 Guests  
15 classes**

**January 30 –  
May 22, 2018**

**No Class**

**Feb 20 & April 3**

**Room 250, Dance Studio,  
Downtown Campus**

**Registration is open to  
MCC, MCC Association Inc.,  
MCC Foundation employees  
& their guests**