

Linn-Benton Community College

Introduction to Somatic Anatomy

Instructor: **Georgia Mitchell**

Email: **mitcheg@linnbenton.edu**

Suggested supplies: If you do not have some of these supplies at home, and it is difficult to get them you can get by with the materials you do have.

Supplies:

- Yoga mats for select classes
- Journal (optional)
- Paper and writing implements for note taking in class