



Sacred Heart Hospital on the Gulf

Arts In Medicine

Free Yoga Class for Community

Yoga is a contemplative arts exercise that can increase balance, flexibility and reduce stress. This introductory yoga program will be open to the community for those who register.

Space Is Limited in this Pilot Program. Register by calling 229-5627.

Dates: Mondays, Jan 24th– Mar 7th

Location: Sacred Heart Hospital Conf Rm A/B

Times: Two times are offered, 5:30 and 6:45

What to Wear: Comfortable clothes

What to Bring: Bring a towel and a yoga mat if you have one (yoga mats will be available in limited quantity for \$15)

