Gentle Pilates

Practicing core stability can improve your range of motion, reduce musculature pain, improve back strength, and increase flexibility. The mindfulness aspect of this training renews energy, reduces stress and anxiety, and rejuvenates awareness of the body, mind, and spirit. This is the first step to regaining overall physical confidence and comfort.

No registration necessary, just drop in.

Dates: Every Friday
No classes in May, or 7/3

Time: 2:00pm–3:15pm

Location: Yoga Source
16185 Los Gatos Blvd
Los Gatos, CA 95032

Questions: Call 669-233-2807

Website: www.stanfordhealthcare.org/cancersupportivecare

The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all neuroscience patients regardless of where they receive their care.

Current as of 5/2020
Stanford Health Care Patient Experience/Health Education, Engagement, and Promotion
© 2020 Stanford Health Care

Stanford HEALTH CARE