

Mindful Yoga – The Art of Integrating Yoga Asana with Mindfulness



Neuroscience Supportive Care Program

This class is designed to bring your awareness to your body, breath and mind (mindfulness) while stretching and strengthening the body with gentle yogic movements with or without yoga props and chair support. We will end each class with guided meditation to relax the body and calm the mind.

Patients, family members, and caregivers are welcomed. No prior experience is necessary.

Walk-ins welcome.

Dates:	Every Monday <i>No class: 1/21, 5/27</i>
Time:	10:00am–11:00am
Location:	Stanford Neuroscience Health Center 213 Quarry Road Wellness Room 1511 Palo Alto, CA 94304
For information call:	Call 650.721.8500
Website:	www.stanfordhealthcare.org/nscp

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.



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