

Chair Yoga - Online



This chair yoga class is designed to safely provide caregivers and patients with a set of moderate, stretching, strengthening, and balance exercises. This yoga sequence proceeds with gentle breathing, attitude bolstering, warmups, and standing balances (with chair support). For deepening relaxation, it uses a mindfulness bell to promote one-pointed focus.

Registration required. To register, click [here](#) or call us.

-
- Date:** Every Wednesday
No class: 9/9, 11/25, 12/23, 12/30
- Time:** 10:30 am – 11:30 am
- Location:** Zoom
- Questions:** Neuroscience patients 650-721-8500
Cancer patients 650-725-9456 or 669-233-2807
- Website:** www.stanfordhealthcare.org/nscp
www.stanfordhealthcare.org/CancerSupportiveCare

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