

Yoga for Strength



Yoga for Strength will incorporate the mindful practices of yoga, breath work and meditation to build physical, mental and emotional strength and stamina. In the process, the class will help increase mental and physical flexibility, loosen tight and painful muscles, and create an opportunity to relax. The class is appropriate for all levels and will utilize both chair and standing postures.

Walk-ins welcome.

- Dates:** Every Tuesday starting 9/10
No class: 11/26, 12/24, 12/31
- Time:** 11:45am–12:45pm
- Location:** Stanford Neuroscience Health Center
213 Quarry Road
Wellness Room 1511
Palo Alto, CA 94304
- Questions:** 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.

