



CARE. COMMUNITY. CULTURE.

YOGA FOR WELLNESS

Interested to find positive ways to deal with stress and chronic pain?
Yoga can give you the tools to do just that!

The Yoga Seed is hosting Yoga for Wellness class each week
here at SNAHC!

These beginner classes are the perfect addition to any wellness
plan. Expect to leave feeling refreshed, energized, relaxed,
and with qualities we all need to live well!

Prizes, materials, and snacks will all be provided!

*Instructor can make accommodations for mobility.

Beginning October 6th!

Thursdays

1:00pm-2:00pm

All sessions will be held in the Sequoia Room

For more information contact

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All Are Welcome

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