



# Yoga for Caregivers

Take some time for yourself to relax and recharge your body, mind, and spirit.

These gentle, nurturing classes incorporate breath work, gentle movement, guided relaxation, and silent meditation to support increased awareness and mindfulness of the breath and body, and quieting of the nervous system.

Mats are provided and classes are suitable for all levels with no prior yoga experience necessary.

Join us Thursdays  
from 10:00-11:00 a.m.  
in the Art Studio

