

VIRTUAL GENTLE YOGA CLASS

All our classes are FREE for Santa Clara Valley Medical Center (SCVMC) patients and patients from community partner clinics who seek Specialty care at SCVMC

Practice yoga in the comfort of your own home by sitting, standing or lying down

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Gentle yoga can help patients with cancer and chronic conditions. It can reduce stress, calm the mind, and improve your well-being.

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Every FRIDAY
2 PM - 3 PM

- All classes are **FREE** and offered virtually using the MS Teams app.
- To register, please call **408-885-5436**
- For more information, please visit our website at www.scvmc.org/AHED

