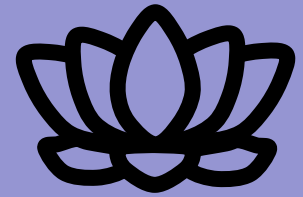


NeuroWell Mindful Yoga

REGIONS HOSPITAL REHABILITATION Neuroscience Center



The Mindful Yoga classes are therapeutic yoga classes created by our neuroscience team. We promote well-being in a safe environment that allows each individual to explore breath, posture, and gentle, guided movements. You will balance the body through lengthening, stretching, and strengthening as we bring awareness to both the body and the mind. Learn how connecting your mind and body through yoga will allow you greater function in your daily life.

Benefits of Practicing Yoga

- Improve posture, body awareness and improve the body-mind connection
- Improve physical components of strength, balance and mobility
- Helps to achieve general relaxation and overall well-being
- Decreases limitations for those who experience chronic pain

Mindful Yoga – Light

Goal >>> Relax the body and mind with breath and gentle, guided movements

Positions >>> Most poses are done on the floor, with some standing poses

Level >>> All are welcome, no previous experience required

Taught by: Julie Williams, Yoga Therapist

When: Mondays >> 4:30-5:30 p.m.

Location: Neuroscience Center Conference Room

Mindful Yoga - Moderate

Goal >>> A dynamic, empowering class designed to improve your balance, strength and flexibility

Positions >>> Most poses will be in standing; *participants should feel comfortable getting up and down from the floor*

Level >>> All who are able to navigate the above positions are welcome

Taught by: Danielle Berres, DPT, RYT

When: Tuesdays >> 5:15-6:15 p.m.

Location: Neuroscience Center Conference Room

What does it cost?

NeuroWell Mindful Yoga:

- **Drop in:** \$12/session
- **1 class per week:** \$40/month
- **2 classes per week:** \$80/month

How do I start?

Reserve your spot

- **Call** 651.495.6704
- **Email** neurowell@healthpartners.com
- **Schedule online:** <https://clients.mindbodyonline.com>
Studio ID: 722549



For more information:
651-495-6704

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