



Yoga for Healthy Living

Yoga for Healthy Living is a therapeutic yoga class designed to improve mobility, strength, balance, and endurance. It also promotes well-being by integrating movement and breath work through calm, consistent and habitual movements. Poses in this class require that you are able get down and to stand up from the floor as we transition between seated, standing and lying positions. This class is great for beginners and beyond. Classes are taught by Physical Therapists/Certified Yoga Teachers.

Benefits

Participants will learn ways to connect mind and body through their practice resulting in improved function in your daily life.

- Increase strength
- Improve balance
- Build endurance
- Decrease pain
- Reduce stress
- Strengthen mind-body connection

Program Details

- Appropriate for all ages
- Must be able to get up and down from the floor
- Every Wednesday, 4:00 p.m. - 5:00 p.m.

Location

- Classes held virtually

How do I start?

Please call **651-495-6704** or email **neurowell@healthpartners.com**



Visit myneurosciencecenter.com to view the full guidebook or scan the QR code to download.