

# Wellness Yoga

**Mondays, 9:00 a.m. to 10:00 a.m.**

SCHEDULE SUBJECT TO CHANGE, CONTACT FOR DETAILS.



**Please join us for this free, LIVE event on our Facebook page: [www.facebook.com/shastache](http://www.facebook.com/shastache)**

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**This class will unite the mind, body and spirit by helping to:**

- Self-manage pain and reduce stress
  - Improve breathing and circulation
  - Manage weight
  - Be heart healthy
  - Increase strength and flexibility
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**For more information:**

(530) 229-5115 or

[patiented@shastahealth.org](mailto:patiented@shastahealth.org)

