

COMMUNITY RESTORATIVE YOGA CLASSES

Every Wednesday
from
5:00 p.m - 6:15 p.m.



Dignity Health Cancer Institute
625 N. 6th St,
Phoenix, AZ 85004 (4th floor)

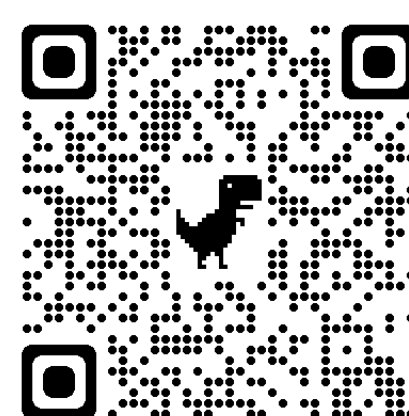


GENTLE YOGA

Practiced at a slower, gentler, and less intense pace, gentle yoga is designed to relieve stress and cultivate peace. Join us in deepening your connection to your mind, body and spirit.

**INTRODUCTORY CLASSES ARE FREE AND
OPEN TO EVERYONE**

REGISTER HERE



Call us : 602.406.2288

Email: healthierliving-sjhmc@dignityhealth.org