

Virtual yoga therapy sessions



Join us for free live, virtual yoga therapy sessions focusing on breathwork, gentle movement, meditation and comfort that can be practiced seated, standing or lying down. The sessions are open to anyone interested in learning simple techniques that help manage discomfort and promote overall well-being. Participants are invited to dress in relaxed clothing and sit in a comfortable chair. No prior experience is necessary.

When: All sessions are on Tuesday evenings from 6 to 7 p.m.

2025 class dates

- Jan. 14, 21, 28
- Feb. 4, 11, 25
- March 4, 11, 18
- April 8, 15, 22
- May 6, 13, 20
- June 3, 10, 17
- Sept. 9, 16, 23
- Oct. 7, 14, 21
- Nov. 4, 11, 18
- Dec. 2, 9, 16

You will be sent a MS Teams log in link the day prior to the session.



To register, complete a one-time registration form at <https://forms.office.com/r/j2hk2QH3wH>, scan the QR code or call **248.551.9888**

