



MERCY MEDICAL CENTER

Yoga

Yoga is known for its positive effects on the mind and body and can be enjoyed by people of all ages and levels of fitness.

Why should I practice Yoga?

Yoga, meaning “union”, is an age old method of exercise originating in the East. The mindful poses that focus on stretching, strengthening, postural alignment, relaxation and breathing help to increase physical well-being and psychological balance.

What should I bring to class?

Please bring a yoga mat and a twin blanket. Make sure to wear comfortable clothing.

Classes are held at:

Mercy Outpatient Center
Multi-purpose Room (Garden Level)
2740 M Street
Merced, CA 95340

Tuesdays and Thursdays
5:30pm - 7:00pm

This class is free and does not require registration.

For more information contact Claire Osborne, our Yoga Alliance Certified Yoga Teacher at 209.564.4260.