

Accessible Yoga



This yoga class welcomes all bodies into a gentle environment. Going at your own pace and letting your body be the teacher in this all levels class, you'll learn the importance of breathing and self-awareness.

Location:

Mercy Outpatient Center
Community Health Classroom - 1st Floor
2740 M Street
Merced, CA 95340

Dates and Time:

Wednesdays
9:15am

*To register for this class, email MMCM-CommunityHealth@dignityhealth.org.
For more information call the oncology social worker at **209.564.3669**.*

Learn how to put yoga for all bodies and minds into an everyday approachable practice.

Please bring to class:

- Yoga mat
- Twin blanket

Make sure to wear comfortable clothing.