

# Yoga



The mindful poses that focus on stretching, strengthening, postural alignment, relaxation, and breathing help to increase physical well-being and psychological balance.

## **Location:**

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

## **Workshop Dates and Times:**

**Tuesdays and Thursdays**  
5:45pm - 7:15pm

Yoga can be enjoyed by people of all ages and levels of fitness.

### **Please bring to class:**

- Yoga mat
- Twin blanket

**Make sure to wear comfortable clothing.**

*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 or email [MMCM-CommunityHealth@dignityhealth.org](mailto:MMCM-CommunityHealth@dignityhealth.org).*