

Yoga Classes at Boston Medical Center

Where: Moakley Building, lower level – take the stairs or elevator down to basement

When: Every Tuesday & Thursday 6-7:15 pm

Who can attend: BMC patients and staff

Bring: loose fitting clothing (we supply the rest)

Cost: By donation (suggested amount \$5.00)

No need to sign up! Just stop by 10 minutes early to get your mat.

Yoga is a gentle exercise that uses stretching, deep breathing, and relaxation. Yoga may be helpful for many conditions such as back pain, insomnia, and anxiety. Geared for beginners, you'll learn safe practices and discover how to use yoga to release stress and tension.

