

## Yoga Policies

### Yoga Classes at Boston Medical Center

The Program for Integrative Medicine and Health Care Disparities at Boston Medical Center is able to offer yoga classes to patients and staff through generous donations and grants from community supporters. The cost of a typical yoga class in the Boston area is \$15-\$20 but we have been fortunate enough for the past several years to offer yoga free of charge.

So that we may continue to offer these classes to the BMC community, we are implementing a sliding scale donation program. With the sliding scale system, we ask that you pay what you are able at the time of the yoga class. No one will be turned away due to inability to pay. ***Although the suggested donation for each yoga class is \$5.00, we ask that you consider the value that you feel you have received in the yoga sessions when making your donation.*** A locked donation box will be kept near the sign in sheets prior to each yoga class where contributions may be made.

Thank you for participating in this program. Your payment goes in direct support of maintaining the Program for Integrative Medicine and Health Care Disparities.

**Yoga classes are offered on Tuesdays and Thursday from 6:00-7:15 pm in the Moakley Lower Level. They are open to all BMC patients and staff.**