

**Washington Women's Center**  
**Gentle Yoga for Health and Healing**

This class is intended for women seeking a gentle practice to support their overall health as well as the healing process.

Each class will include the basic principles of movement, structural alignment and breathing awareness.

Yoga is a healing modality which can assist the student's ability to cope and improves one's sense of well-being.

No previous yoga experience is necessary. Chair only classes are also available.

**Class series begin every 6 - 8 weeks throughout the year. Call the Wellness Desk at (510) 608-1301 for next series dates.**

**Location:**

Washington Women's Center  
Conference Room  
2500 Mowry Avenue  
Washington West (1<sup>st</sup> floor)  
Fremont, CA 94538

Classes meet for six weeks:

Tuesday: 6:00 to 7:00 p.m.

Wednesday: 2:00 to 3:00 p.m.

Thursday: 4:30 to 5:30 p.m. or  
5:45 to 6:45 p.m.

Friday: 10:00 to 11:00 a.m.  
(Chair only Friday)



Please call the Women's Center Wellness Desk at (510) 608-1301 to register or for more information.

**Fee: \$75 for the six class series.**

Visit [whhs.com/womenscenter](http://whhs.com/womenscenter) for information on all classes available.

*Wellness. Balance. Life.*