

Mat Yoga



Neuroscience Supportive Care Program

Mat yoga is for clients who can get up and down without another person's assistance. Caregivers are welcome to attend. Attendees will be guided through stretches and circulatory warm-ups, a complete set of joint-mobilizations, and several strengthening exercises, supplemented with classical yoga asanas (positions), and finishing with a few minutes of progressive relaxation. Brief mindfulness practice and a final healing affirmation are offered.

Walk-ins welcome.

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- Dates:** Every Friday
No class: 7/6, 9/7, 11/23, 12/28, 1/4/19
- Time:** 10:45am–11:30am
- Location:** Stanford Neuroscience Health Center
213 Quarry Road
Wellness Room 1511
Palo Alto, CA 94304
- Questions:** Call 650.721.8500
- Website:** www.stanfordhealthcare.org/nscp

The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all neuroscience patients regardless of where they receive their care.



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