



Group Yoga Therapy Classes for People with Chronic Pain & Their Supporting Care Givers

Integrative Medicine

Wednesdays beginning March 21, 5:30 to 6:30 p.m.
Beaumont Health and Wellness Center, Royal Oak
4949 Coolidge Hwy, Royal Oak
Activity Room

Adapting the practices of yoga therapy for people experiencing chronic pain can help with:

- Stress management
- Structural, musculoskeletal issues
- Promoting restfulness and relaxation
- Improving flexibility
- Improving balance
- Depression
- Increasing energy, focus and concentration

What to Bring/What to Wear?

Please wear comfortable clothing and bring along some water to drink. Yoga mats are not necessary for these classes.

No prior yoga experience necessary.

**Drop-in rate: \$5 per class
(cash or checks accepted)**

A gentle practice in a safe environment

For more information please call:
248-551-9888

Beaumont