



The Department of Family Medicine
Integrative Medicine Program presents

Gentle yoga

1st and 3rd Thursdays

5:30 to 6:30 p.m.

2nd Floor, Classroom A/B
UC Irvine Family Health Center
800 N. Main St.
Santa Ana, CA 92701

Patients, staff and physicians welcome!

Free!

Yoga mats available for use. Please bring your own water.

For more information or to sign up, call 657-282-6355.

About the class

Yoga is a mind and body practice that combines physical postures, breathing techniques, meditation and relaxation. Studies suggest that yoga may be helpful for a number of conditions, including pain, reducing heart rate and blood pressure, as well as relieving anxiety and

depression. This class is perfect for both beginners and those who practice yoga regularly. Our yoga instructors are happy to help you modify any poses to suit your needs. Join us in this exciting addition to the Family Health Center!

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UC Irvine Health

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