

Gentle Yoga on Saturdays

Gentle Flow Yoga

Starting Saturday, July 13

9:30am-10:45am

Join us for a weekly gentle, flowing yoga class that will strengthen and stretch your body. The class will incorporate some standing and seated postures, plus breath work and guided meditation. Join Amy Wang for an invigorating and easy-to-follow morning yoga class to improve your mood, circulation, and relaxation. Some yoga experience is helpful but not necessary. Registration required.



Gentle Restorative Yoga

Starting Saturday, July 13

11:15am-12:30pm

Join Amy Wang for a weekly gentle, restorative yoga class. This class incorporates gentle movements, breath work, guided meditation, and supported restorative postures to improve your circulation, relaxation, and reduce stress. No prior yoga experience is required. All levels of health are welcome. Registration required.



Location: Cancer CAREpoint Resource Center
2505 Samaritan Dr., Building 400, Suite 402, San Jose 95124

Space is limited and advanced registration is required. Please register online at: CancerCAREpoint.org or call Cancer CAREpoint at: 408.402.6611 or email info@cancercarepoint.org.