



Mindful Yoga for All Abilities:

A Virtual Class from
Spaulding Outpatient Center Medford

This class is geared towards those with injuries or health conditions. Participants will be instructed on how to modify yoga postures to meet their individual needs and abilities. No previous yoga experience necessary. Can participate sitting (in chairs or on floor) and standing. Not necessary to be able to sit/lay on floor.

Required

Computer, or tablet with web camera, ability to access Zoom website or application, ample quiet space in your home to position device so you can be seen. Please dress comfortably.

When

Thursdays, 1:00-1:45 pm

Cost

Payable for full month of classes at a time, at rate of \$10 per class (We will take non-refundable credit card payment over the phone prior to the first class.)

Instructor

Rick Frank, OT, Registered Yoga Teacher, rfrank@partners.org or 857.238.4942

To register or for more information, please [click here](#)