

## Medical and Cardiac Yoga

Available 24/7

No

Documents Required

Call for details

Family

No

Intake Contact Email

info@cardiacyoga.com

Intake Process

Call for information.

Intake Contact Telephone

(434) 296-7100

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Positive Health Solutions

<http://www.cardiacyoga.com>

<http://www.cardiacyoga.com/medcialyoga/index.html>

<https://www.facebook.com/cardiacyoga>

Main

(434) 296-7100

1110 Rose Hill Drive

Suite 100

22903 VA

United States

Additional Availability Comments

Call for time of classes, workshops and retreats

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

The Medical Cardiac Yoga program focuses on the special needs of heart patients and their families. Retreats and special classes are available for patients and families. All components of Cardiac Yoga have been tailored specifically for the health and well-being of heart patients.

Medical and Cardiac Yoga retreat programs are available and offer gentle and modified yoga postures, deep relaxation, stretching, breathing, guided imagery, stress reduction and healthy eating tips.

Also offers yoga training programs. Medical personnel and yoga instructors can benefit from Teacher Training programs. See the website for specific scheduling throughout Virginia and the United States.

Service Area(s)

Albemarle County

,

Charlottesville City

,

Fluvanna County

,

Greene County

,

Louisa County

,

Orange County

Email

[info@cardiacyoga.com](mailto:info@cardiacyoga.com)