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Yoga for Caregivers

Date and Time

Weekly on Tuesday at 6:30pm for 6 times

Event URL

[Register Here](#)

Event Region

Harrisonburg/Staunton/Lexington

Event Type

Class

Event Cost

\$0.00

Event Description

Yoga for Caregivers is hosted by Hospice of the Shenandoah. Free to all caregivers in the community.

Yoga for Caregivers is designed and delivered to help you rest and reset, this relaxed yoga practice is focused on gentle stretching and breath work. No experience is required.

The class begins May 14th and will meet every Tuesday evening through June 18th from 6:30-7:30 pm at the Augusta Community Care Building Room 3.

Note: Registration is required, spots are limited. Please bring your own mat and water bottle.

Call 540-932-4190 for information or with questions.

Event Image or Sponsor Logo

Image

