

## Come breathe, stretch, and reset for *free*.

No Prior experience needed.

**Pre-registration required – contact [Kevin.N.Pham@kp.org](mailto:Kevin.N.Pham@kp.org)**

### What is yoga ?

Yoga is a form of exercise that combines deep breathing and gentle stretching. This on-site program is catered for gentle and easy stretches to rejuvenate the mind and body.

### How can it help me ?

The benefits of daily stretching and breathing include reduced stress, improved mood and awareness, and looking and feeling your best. Whether you are a gym rat or just starting an exercise program, yoga can improve your mental and physical well-being.

### How do I get started ?

To register and for more information, please email [kevin.n.pham@kp.org](mailto:kevin.n.pham@kp.org)

Please review the schedule and see which class is right for you.

### Folsom

5:15pm to 6pm,  
Tuesdays, starting 1/8/19

### Rancho Cordova

12:45pm to 1:15pm,  
Wednesdays, starting 1/9/19

### Roseville Medical Center

5:15pm to 6pm  
Mondays, starting 1/7/19

### Morse Medical Center

5:30pm to 6:15pm  
Thursdays, starting 2/7/19

### Arden Annex

5:30pm to 6:15pm  
Tuesdays, starting 2/5/19

### Downtown/DOCO

5:15pm to 6pm  
Tuesdays, starting 2/5/19

### Point West

5:15pm to 6pm  
Mondays, starting 2/4/19