

Mid Day Reset Candlelight Yoga Classes



Reduce stress and increase your happiness

Live Well Be Well will be offering two Candlelight Yoga Classes in November! These classes will be offered in person and virtually through Teams.

Please bring a yoga mat or towel and wear comfortable clothes.

In Person at Sacramento Med. Center

- November 14 from 12:30-1:00p
- Conference Room 1
- Rancho MOB CR1A–virtual broadcast
- All other locations: [log in via Teams for virtual class](#)
- Scan QR Code:



In Person at Roseville Med. Center

- November 21 from 12:30-1:00p
- MOBII Conference Room C46D&E
- All other locations: [log in via Teams for virtual class](#)
- Scan QR code:

