

# Chair Yoga



This chair yoga class is designed to safely provide caregivers and patients with a set of moderate, stretching, strengthening, and balance exercises. This yoga sequence proceeds with gentle breathing, attitude bolstering, warmups, and standing balances (with chair support). For deepening relaxation, it uses a mindfulness bell to promote one-pointed focus.

**Walk-ins welcome.**

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- Date:** Every Wednesday  
(no class 1/3, 5/30)
- Time:** 10:45am–11:30am
- Location:** Stanford Neuroscience Health Center  
213 Quarry Road  
Wellness Room 1511  
Palo Alto, CA 94304
- Questions:** Call 650.721.8500
- Website:** [www.stanfordhealthcare.org/nscp](http://www.stanfordhealthcare.org/nscp)

*The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all neuroscience patients regardless of where they receive their care.*

