



Mindful Reflections During Health Changes

The experience of changes in health due to illness, accident, or chronic issues can be stressful mentally, emotionally, and physically. Creating a regular practice to pause, breathe, reflect, and re-center provides a way to release stress and anxiety. Experience peace and calm in this class and learn effective ways to manage some of the challenges of life. This course meets once a week for six weeks and is led by certified yoga therapist Winter Brown.

**For questions or to register,
wbrown@stanfordhealthcare.org**

Spring Session:

Mondays
April 11 – May 16, 2022

Fall Session:

Mondays
September 19 – October 24, 2022

Time:

11am – 12:30pm

Cost:

Free

Where:

Online Zoom