

Yoga for Veterans



We explore asanas for releasing and toning muscles while discussing the benefits of poses to alleviate uncomfortable medical and mental health symptoms. No experience necessary.

Participants must be able to navigate a staircase. Veterans with mobility impairments are offered a class/group at the accessible space of the VOC Studio/Group Room-minimum 4 to register and start the group. Call for more information. Veterans and immediate family members must register with VOC before attending.



Thursday
Sept. 6, 13, 20, 27
Oct. 4, 11, 18, 25



10:30-12PM



Open Sky Yoga Center
5 Arnold Park
Rochester, NY 14607



Free

Contact

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