

FORESTVILLE

Wellness Center

Yoga Basics Gentle Movement with Breath

group medical visits



What:

This ongoing group is a yoga method with a three-point emphasis on posture, breath, and mindfulness. Focus is placed on moving with the breath, learning the wavelike motions of the spine and gentle core strengthening. The instructors will guide you to cultivate a quiet mind and a relaxed body through gentle yoga postures, simple meditation techniques, and breathing practices. This group benefits everyone, beginners to advanced and especially helpful for those persons with chronic health conditions. Bolsters and props are used to ensure comfort and correct alignment. Wear loose, comfortable clothing.

When:

Call for Date and Time

Where:

Forestville Wellness Center
6550 Front Street, Forestville, CA
(easy to find downtown) 707-887-0290

Who:

Any **West County Health Centers** patient who wants to learn daily practice tools to help alleviate symptoms of chronic conditions, stress management, and a gentle approach to exercise.

How:

Call the **Forestville Wellness Center** today for more information and/or to save your spot in this helpful group.

Education

Support

Resources

Alternatives

Community



wchealth.org

707-887-0290

FORESTVILLE WELLNESS CENTER: 707-887-0290

RUSSIAN RIVER HEALTH CENTER: 707-869-2849

SEBASTOPOL COMMUNITY HEALTH CENTER: 707-824-9999

GRAVENSTEIN COMMUNITY HEALTH CENTER: 707-823-3166

OCCIDENTAL AREA HEALTH CENTER: 707-874-2444



**West County
Health Centers**

Caring for our Communities

a california *health*.center

FORESTVILLE WELLNESS CENTER
6550 Front Street Forestville, CA 95436

PAYMENT: We accept most insurance,
Medi-Care, Medi-Cal, and current sliding scale.

CONTACT US TODAY:
707-887-0290 . fax: 707-887-2790

HOURS: Mondays: Closed | Tuesdays through Thursdays: 8:30 am – 5:30 pm | Fridays: 10:30 am – 5:30 pm