



CHRISTOPHER & DANA REEVE FOUNDATION

TODAY'S CARE. TOMORROW'S CURE.®

Seated Therapeutic Yoga Presented by the Reeve Foundation

FREE ONLINE

Tuesday, July 21, 2020
10:00 - 11:00 AM MST

Rocky

To participate virtually from your home or office, you'll need a camera-enabled device and internet access.

For more information or to RSVP:
Contact Mindy at 406-457-7362
or mdiehl@rmdc.net

Who should attend?

- People who have or anticipate having mobility concerns.
- Those who want to maintain their independence at home.
- People who may be living with one or more chronic health conditions.
- People who are interested in improving their health and well-being.

Seated Tele-Yoga Clinic

Yoga and mindfulness can be helpful for over 100 health conditions. This live, online event will share adaptive yoga techniques to help rejuvenate your body and mind.

Jay Gupta, RPh, MS, C-IAYT and Terry Gupta, MSW, C-IAYT, E-RYT500, YACEP of RxRelax are healthcare professionals and yoga therapists who love bringing these evidence-based practices to people across the USA.

What they share is easy-to-do, effective, and a lot of fun! Upon completion of the seminar, registered attendees can opt to receive a gift pack, including a FREE DVD, to continue the practice at home.

*No special clothing or flexibility level is required for the yoga portion.

