



# VIRTUAL YOGA THERAPY

CULTIVATE YOUR RELAXATION RESPONSE

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Yoga therapy blends gentle physical postures with breathing techniques and meditation to achieve union of mind, body and spirit.

Practice from your home, office or outdoors. *No mat needed.*

The classes are led by **Julie Rowland**, C-IAYT, Certified Yoga Therapist.

**Time** 12:00PM – 12:30PM  
**Tuesday and Thursday**

CLASSES ARE **FREE**

**Meeting Information**

[uclahs.zoom.us/j/98332866743](https://uclahs.zoom.us/j/98332866743)

**Meeting ID**

983 3286 6743

**Or Visit**

[uclahealth.org/integrative-medicine/](https://uclahealth.org/integrative-medicine/)