

Program runs from
June 7th—June 28th
Call to register today
1-866-980-EHMC



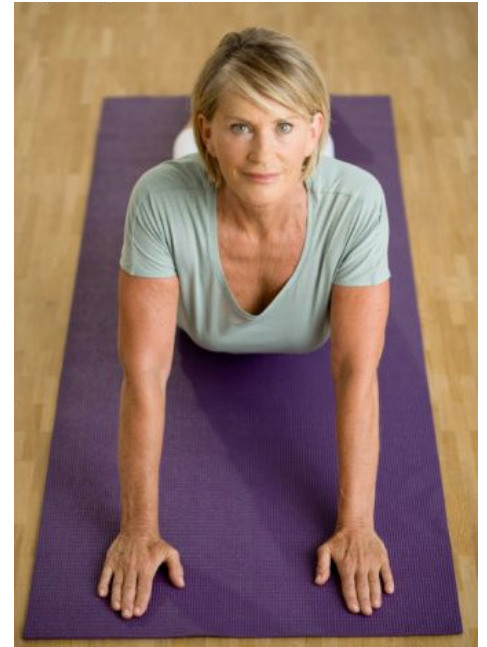
Introduces ...

Healthy Heart Yoga

Healthy Heart Yoga is designed for *anyone of any age* who is looking for a way to incorporate light exercise with techniques designed to induce relaxation.

No previous Yoga experience is necessary!

Taught by an experienced Yoga instructor in a supportive environment, Healthy Heart Yoga participants will learn breathing and relaxation techniques to help release tension and stress. Flexibility and well-being will be increased through the practice simple yoga postures aimed at reducing stress.



About your instructor:

Mary Ann Gebhardt has been studying yoga for 25 years, is a registered member of the Yoga Alliance 500 hours, and is a Chopra Certified Instructor. She creates a non competitive environment integrating movement and breathing. Her deep respect for yoga comes in part from her experience working in hematology and open-heart surgery as a Medical Technologist, where she witnessed the powerful connection between mind and body in the healing process. Mary Ann teaches at The American Yoga Academy, Ethos Woman's Spa in Midland Park, Englewood Hospital, MindBody Yoga in Waldwick and the Mahwah Senior Center.

Program Details:

- Four week program is \$60 (\$50 for EHMC Cardiac Rehab patients & EHMC Employees)
- Classes meet Monday from 10:30 AM—11:30 AM
- Program runs from June 7th through June 28th
- No previous Yoga experience necessary*
- Held in the Berrie Conference Room (off the Main Lobby) at Englewood Hospital
- Call 1-866-980-EHMC to register or click "Class & Event Registration" on EnglewoodHospital.com
- For more information about The Center for Integrative Healing, call 201-894-3767

*Participants are required to sign a waiver/release form stating they are fit to exercise. Please consult with your physician to ensure you are healthy enough to exercise.