



Yoga For Caregivers

With Eddy Alzheimer's Services

Wednesday, March 29th -- 11:00- 11:45 am

A 45 Minute Gentle Kripala Yoga Sequence, suitable for all levels including beginners, using a mat or a chair. Join us for a virtual session which includes Breathwork, Movement and Meditation.

This is a free program; however registration is required. For more information, or to reserve your seat, please call (518) 238-4164.

*If you are new to Yoga, check with your Health Care Provider before practicing for the first time.

Led by: Jackie Weckesser, LMSW, RYT-200

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