



Meditative Yoga

Please note: This information is correct as of January 2024. Times may change, so visit our website at www.cscatlanta.org for the latest information.



A deep and gentle practice of movement, meditation & breath, focused on creating ease in body & mind. Adaptive for all levels of experience and stages of treatment.

Led by:

Rebecca Leary, NMT RYT500 c-IAYT Y4C

Every Thursday Virtually

6:30 p.m.-7:30 p.m.

To participate in this class, please register at www.cscatlanta.org/calendar.



Registration Calendar

This program is made possible through a grant from It's the Journey, Inc. — Georgia 2-Day Walk for Breast Cancer.



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