



Yoga Classes

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.

Chair Yoga

Wednesday, 11:00-12:00pm, In-person with Susan

Thursday, 10:00-11:00am, Virtual with Bev

These classes are perfect for those who prefer not to get down on the floor, who have difficulty with balance, who have some limitations in strength, or who want to ease in to yoga.

Yin Yoga

Wednesday, 5:30-6:30pm, Virtual with Susan

Yin yoga uses gentle, relaxing postures to alleviate tension, enhance breath awareness, and develop mindfulness. Yin Yoga poses apply moderate stress to the connective tissues of the body, with the aim of increasing circulation in the joints and improving flexibility.

Gentle Yoga

Thursday, 12:00-1:00pm, In-person with Bev

Gentle Yoga is performed at a slower pace, with less intense positions, and usually includes extended time for meditation and relaxation.

Meditative Yoga

Thursday, 6:30-7:30pm, Virtual with Rebecca

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.



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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