



Yoga of the Heart

Brought to you by the Women's Heart Health Program of Dignity Health

If you are a woman who is pregnant, postpartum, with, or at risk for heart disease, join us! Yoga of the Heart is an artful blend of light movement and stillness, strength and flexibility, breath and awareness. Each class inspires students to unite body, mind and heart in the present moment, enhancing well-being on and off the mat.

Yoga offers physical and mental health benefits for women of all ages. If you are going through an illness, recovering from a procedure, or living with a chronic condition, yoga can support the healing process and empower healthier living. Regular yoga practice may reduce levels of stress, inflammation in the body, lower heart rate, and blood pressure, contributing to healthier hearts.

Free virtual practice

Every Tuesday 12:00 – 1:00 PM (MST)

For more information or to register contact Lindsey.Robertson@DignityHealth.org.

