



Gentle 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.



Gentle Yoga is performed at a slower pace with less intense positions. During this yoga class, the instructor will build in extended time for meditation and relaxation. Come relax and experience the benefit of yoga with others.

Led by: Bev Stegman, CR, RYT

**Thursdays In-Person
12:00 p.m.–1:00 p.m.**

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

We validate parking, so bring your ticket in with you. Our suite is located below the main lobby in Building 2.



**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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