

Mind Body Happy Hour Yoga

Yoga is an evidence-based holistic health modality used for stress reduction, body relaxation, pain management, and resiliency while supporting the body's natural healing abilities. This program complements all types of treatment programs.

Instructor:

Zaquia Salinas

MWR Athletics Complex

Building 12

Upstairs in the Group Exercise Room

*Call the front desk in advance if wheel chair assistance is required. (619) 532-8516

- All physical conditions are welcome
- Mind Body Happy Hour is an ongoing class and may be joined at anytime.
- No preregistration necessary.

TUESDAYS & THURSDAYS 4:30-5:30 pm

Free to active duty, retirees, dependents and civilian staff. Wear loose and comfortable clothing.