

Yoga

Private and Group Training

Yoga combines strengthening, breathing, and relaxation to help you get fit, de-stress, and experience a higher quality of life.



Yoga can help you:

- Tone your muscles, increase your flexibility & strengthen your core
- Recover from injury and illness, manage chronic pain & ease back issues
- Reduce your stress and improve the quality of your sleep
- Improve your focus, concentration & mental clarity

Group Exercise

Center for Health also offers a variety of yoga classes for all levels.

Drop-In \$15 or \$120 ten pack

Private Yoga Individual 60-minute sessions

\$75 per session

\$420 package of 6 (save \$30)

\$650 package of 10 (save \$100)

Buddy Yoga (2 participants)

\$75 per session

\$420 package of 6 (save \$30)

\$650 package of 10 (save \$100)

Private Group 60-minute sessions (3 or more participants)

\$75 per session

\$420 package of 6 (save \$30)

\$650 package of 10 (save \$100)

For more information or to schedule, please call (530) 587-3769

or email wellness@tfhd.com

Follow Tahoe Forest Health System!



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