CHA YOGA
Experience strength, compassion, and mindfulness
On-site yoga classes for CHA employees and patients

Class Schedule & Registration: www.wellnessliving.com/schedule/chayoga

CHA Employee Wellness subsidizes 30-60 minute on-site classes for CHA employees and patients to reduce stress and to improve mindfulness and physical strength.

Classes are taught by certified yoga instructors and designed for all ability levels. Instructors offer a variety of poses for different physical abilities. But at a minimum, attendees should be cleared for exercise by their doctor and able to get up and down from the ground without assistance.

Classes take place in CHA conference room spaces which sometimes require last minute changes. Be sure to register for your class online to reserve your space and receive notifications about location changes.

Rates
The first class is free!
1 class pass - $5
5 class pass – $22
10 class pass - $44

All payments must be made online before class. No checks, cash, or in-person payment. Purchases expire 18 months from the date of purchase

Schedule
Below is a general class schedule. Visit the online registration page to purchase classes, reserve a spot in class and find the conference room location.

<table>
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<tr>
<th>Date</th>
<th>Location</th>
<th>Open to...</th>
<th>Class Times</th>
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| Tuesday    | Somerville Hospital  | Employees and Patients  | 12:15 - 12:45 pm  
1:00 - 1:45 pm |
| Tuesday    | Cambridge Hospital   | Employees and Patients  | 5:30 - 6:15 pm  
6:15 - 7:00 pm |
| Tuesday    | Assembly Square Rehab| Employees and Patients  | 5:30 – 6:30 pm       |
| Wednesday  | Malden Care Center   | Employees and Patients  | 5:15 - 6:15 pm       |
| Thursday   | 1035 Cambridge St    | Employees Only          | 12:00 - 12:30 pm  
12:45 - 1:30 pm |

Questions? Email wellness@challiance.org or call 617-591-4588
Frequently Asked Questions

This is my first yoga class, what should I do?
If you are new to yoga, please talk to the instructor before the class starts. They can help you set up your mat and feel comfortable.

Do I have to have previous yoga experience?
Our yoga classes are designed for all levels. You will never be encouraged to do any position you are not comfortable with and alternative poses are available.

What should I wear?
We recommend students wear lose, form fitting clothing that you feel comfortable moving in. Shoes and socks are not recommended as they can cause you to slip. For consideration of others, please do not wear perfumes and scented fragrances to yoga class.

What supplies should I bring?
Yoga mats, blocks, and straps are available at all yoga locations and free for students to use. You are welcome to bring your own as well but note on site storage is not available. A water bottle and small towel are also recommended.

Where are the classes located?
Yoga classes are available at a number of CHA locations and typically take place in a conference room. Please visit the "yoga registration and sign up page" for the most up to date schedule including room location, changes, and cancellations.

Can I attend if I speak little English?
While no formal translators are available, participants who speak little English often find a welcoming home in classes. Often other students translate - much of the CHA student body is bilingual or even trilingual.

Are chair yoga classes available?
Chair yoga classes are not available at this time. However if you have limitations but are cleared to exercise by your doctor, please talk to the instructor about accommodations.

How intense are classes?
Our yoga classes are designed to be inclusive for all levels. You will never be encouraged to do any position you are not comfortable with and alternative poses are often available. Instructors offer a variety of poses to accommodate all ability levels.

How many people are in class?
Class sizes vary by location and are limited by conference room sizes. Most classes have a maximum occupancy of 10-12 people (but some are smaller).

How do I pay for classes?
Please register and pay for classes in advance by visiting the "yoga registration and sign up page." Please note our instructors do not take cash and cannot charge credit cards at the time of your visit.

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