



invites all researchers to a specialty Yoga Class:

Chair Yoga for Researchers

Yoga that you can practice in the office or lab.



Strengthen and relax your body. Quiet your mind.

Benefits include improved sleep, an overall sense of well-being and an enhanced sense of control over stress.

Friday, October 23, 12:00 - 1:00 p.m.
Simches 3.120

Laura Malloy
Certified Kripalu Yoga Teacher
MGH Benson Henry Mind Body Institute

Space is limited, and you must register. No walk-ins, please.

To sign up: email orcd@partners.org.



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