



invites all researchers to a specialty Yoga Class:

Chair Yoga

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, November 20, 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.



MASSACHUSETTS
GENERAL HOSPITAL



Center for
*Faculty
Development*

www.massgeneral.org