



Mind Body Awareness

We will meet on Monday, Wednesday, and Friday
ED patients from 8:20-8:50
CD patients from 9:00-9:45

- ❖ You will be assigned a mat and blanket upon admission.
- ❖ Wear comfortable exercise clothing.
- ❖ Be on time. I want you to have the most time possible for your meditation. It is disruptive to others if you come in late.
- ❖ Enter the room in silence. It helps change gears from extroversion to introversion.
- ❖ We practice without shoes. Please remove them before you get on your yoga mat.
- ❖ Stay for the entire class. Coming in and out is disturbing to our relaxation.
- ❖ If you have a health issue (injury or medical condition which can interfere with you moving and stretching) please let me know.
- ❖ Please do not speak unless you are asked to. Maintaining silence during class allows us to have a more relaxing experience.
- ❖ No food or drinks are allowed in the room.