

Mindful Yoga



Join Trish Hart, Yoga and mindfulness instructor for a 45 minute session of gentle yoga, meditation and breathwork to help you destress, relax, and restore at the end of your day. Please have a mat, blanket, and pillow to make your practice comfortable.

For more program details, visit the registration page.

Free to all MIIA:

- **employees and spouses**
- **retirees on a MIIA/Blue Cross health plan**



**6 Classes, Wednesdays,
September 30 to November 4
5:15 PM to 6:00 PM**

Zoom

**Trish Hart,
Certified Yoga Teacher**

**[Register Here](#)
by September 30**



**Register on
your MIIA Mobile App**

Download the app
from the App Store or Google Play

