Yoga & Tai Chi

Tai Chi at Decatur Wellness Center
September 9, 2022 at 4:00pm
Group Exercise Room
Register for in-person or Register for Virtual

Yoga at Emory Midtown Hospital
September 14, 2022 at 12:10pm
Glen Auditorium
Register for in-person or Register for Virtual

Tai Chi at Emory Midtown Hospital
September 22, 2022 at 12:10pm
Glen Auditorium
Register for in-person or Register for Virtual

Yoga at Johns Creek Hospital
September 29, 2022 at 7:30am
Classrooms A&B
Register for in-person or Register for Virtual
Live & On Demand Webinars

Managing Stress: Building Awareness and Resilience
September 7, 2022 at 12:00pm-1:00pm
Register

Managing Stress: Awareness and Skill Practice of Self-Care
September 14, 2022 at 12:00pm-12:30pm
Register

Managing Stress: Practicing Mindfulness
September 21, 2022 at 12:00pm-12:30pm
Register

Finding More Margin in Your Day
September 28, 2022 at 12:00pm-1:00pm
Register