



Yoga at the VOI Fitness Center

Yoga is an ancient practice that offers techniques for improving the efficiency of the body and for handling the stresses of everyday life.

Yoga at the Vanderbilt Orthopaedic Institute Fitness Center focuses on postural alignment and uses props to achieve better alignment for a safe and effective yoga practice.

The physical benefits of yoga include stretching and toning of muscles, which will lead to greater joint mobility and stability as well as enhancing the function of the internal organs.

You will find this to be a slower paced class, designed for increasing hip and shoulder flexibility and learning basic yoga poses. Ideal for stiff bodies and for those brand new to yoga.

Class Times

Starting March 4th: Wednesday Evenings at 5:30 p.m.

Starting April 6th: Mondays at 6 a.m. and Wednesday's at 5:30 p.m.

