



## Kaiut Yoga for Chronic Conditions

**Thursdays 9-10:00AM on Zoom**

Kaiut Yoga is taught at a slower pace to connect you to the natural rhythm inside the body. Many of the poses take place on the floor, and can be adapted to use a chair. The poses focus on the joints as a way to connect to the nervous system.

Kaiut Yoga is designed for all body types, all levels of experience, and can be modified to fit all conditions.

**For information on how to register email:**

**[Julia.OShea@uvmhealth.org](mailto:Julia.OShea@uvmhealth.org)**

**There is no charge for this program. This offered as part of the community exercise classes, through the UVMHC Rehab Therapies Department.**



*Julia has been teaching yoga to various populations for several years. She started teaching the Kaiut Yoga Method to people with chronic conditions at the UVM Medical Center in November 2017. Julia was drawn to Kaiut Yoga because it supports the body and mind's potential to work through injuries and various conditions. She connects with people in a safe gentle way which comes from her work as a respiratory therapist.*



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