

# YOGA FOR CHRONIC PAIN

Yoga asanas | Meditation | Breathing techniques  
Mind | Body | Soul

Every Tuesday 4:30pm - 5:30pm  
Physiotherapy Department, 2<sup>nd</sup> Floor, North Wing  
Building 35, Dubai Healthcare City  
Please bring a mat and a towel  
Wear comfortable clothing

**Cost: AED 82 for drop ins/AED 200 per month**

To register, please email [Zarin.Dumasia@mediclinic.ae](mailto:Zarin.Dumasia@mediclinic.ae)

