

Live Online Yoga Classes — From Home!

A new yoga program for Health New England members

Classes include:

- Vinyasa Yoga
 - Ashtanga Yoga
 - Forrest Yoga
 - Restorative Yoga
 - Pre-Natal Yoga
 - Post-Natal Yoga
 - Chair Yoga
 - Tai-Chi & QiGong
 - Yoga for Back Pain
 - Yoga for Neck Pain
 - 20 Min. Meditations
- and more!**

All levels welcome!

Questions?

Please check your plan materials for details, or contact Health New England Member Services at (800) 310-2835.

Tired, stressed, overworked, or in pain? Yoga and meditation have been proven to reduce stress, improve sleep, reduce pain, and enhance mental clarity and well-being. The key is to practice regularly.

That's why **Health New England** and **Ompractice** are teaming up to offer eligible Health New England members **discounted and, in some cases, completely reimbursable access** to unlimited live yoga and meditation classes that can be taken from home (or anywhere else). The classes are taught using **two-way video** so you are seen and supported by a great teacher. All you need is a mat and the camera on your laptop or cell phone.

Whether you are a **complete beginner** or a long-time practitioner, you will enjoy and benefit from these classes.

Health New England Member discount: Try it free for 7 days. If you like it, it's only \$19.99/mo or \$149/yr.

Sign up at ompractice.com/healthnewengland