

Outdoor Movement Therapy (YOGA) Appointments at IPMC

- 1) Before Class, bring all necessary equipment (Mats, Bolsters, and Pillows etc.) with you to the garden.**
- 2) After Class, Clean all equipment and return to IPMC.**
- 3) Bring your own Sunscreen and Hats as needed.**
- 4) Bring your own Water.**
- 5) If you are Allergic to Bee Stings bring your EpiPen.**