



Integrated Center for
Group Medical Visits

360 Merrimack Street
Lawrence, MA 01843
978 - 655 - 6660

integratedcenterforgmv@gmail.com

Community Yoga Program

Yoga for everybody!
Open to the community of South
Lawrence starting June 1st!

To join, please call:
978-655-6660

Yoga Schedule & Team

June 1, 2021 - September 17, 2021

MONDAY

2:30 - 4:00 pm Mindful Yoga and Counseling
with Glavy & Jennifer

TUESDAY

8:30 - 9:30 am Rise & Shine Yoga
with Loida

1:00 - 2:00 pm Yoga for Chronic Pain
with Lourdes

5:30 - 6:30 pm Soothing Sunset Yoga
with Lourdes

THURSDAY

8:30 - 9:30 am Rise & Shine Yoga
with Loida

1:00 - 2:00 pm Yoga for Chronic Pain
with Lourdes



Glavy



Jennifer



Loida



Lourdes