



SAINT JOSEPH'S

Cancer Survivors' Network

Gentle Yoga Class for Cancer Survivors



*Join us as we explore
gentle stretching,
breathing & meditation*



Every Sunday

9:30 AM - 11:00 AM

Saint Joseph's Hospital

5673 Doctors Building - 5th Floor

5673 Peachtree Dunwoody Road, Atlanta GA

Free Program



Call Shannon at 404-226-9283 to Register

Led by Shannon Myers, CYT
Certified Yoga Instructor and Cancer Survivor

Paid parking is available in the 5673 Doctor's Building Lot/Garage.

Please see the reverse for instructions.

Call 404-226-9283 with questions.



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Location: 5673 Doctors Building at Saint Joseph's Hospital, 5th Floor Training and Education Room

Day and Time: Every Sunday from 9:30 AM to 11:00 AM

Parking Directions:

You may park in the 5673 Doctors Building Lot/Garage, which is located behind/beside of the 5673 Doctors Building. **THIS IS PAID PARKING**

1. Enter off of Peachtree Dunwoody Road. Enter Saint Joseph's Hospital through the Main Entrance.
2. Get into the LEFT lane and bear LEFT. Make a LEFT at that stop sign. You will proceed between the 5667/5671 Buildings and the West Parking Deck.
3. At the stop sign, make a RIGHT. Drive between the 5673 Building (on your left) and the 5671 Building (on your right).
4. After you have gone between the buildings, at the next stop sign, make a LEFT into the 5673 parking lot. You will go through a ticket booth. Pull a ticket so that the arm rises for you. The lot is open air and the garage is attached below it. Park on that open air level (called the Plaza Level).
5. Enter the 5673 Building through its main entrance. (The elevators connecting the building and the parking garage are locked and cannot be used, so you must enter the building through its main entrance.) **You will need to knock on the main lobby doors so that Security can let you in.**
6. When you leave, you must drive all the way down to the lowest level of the garage (which is the P1 level), pull your car up to the gate and pay by credit card (there is NO attendant on Sundays). The prices are as follows (to attend the class, the cost for parking should be \$3):

<u>Time</u>	<u>Price</u>
1 min to 19 mins	Free
20 mins to 59 mins	\$2
1 hr to 2 hrs	\$3
2 hrs to 3 hrs	\$4
3 hrs or more	\$5

