



Wellness Center for Healing Yoga for the Heart

“A Calm Mind is a Healthy Heart “

Our Cardiac Wellness Program "Yoga for the Heart" offers a variety of rehabilitation techniques that are designed to safely enhance the health and well-being of heart patients. These programs meet the patient's needs at various stages of treatment and recovery of heart disease.

Techniques include therapeutic post-surgery exercises, gentle yoga postures (asana), restful guided relaxations (meditations), and healing breath work (pranayama). The Institute's scientifically-based techniques enhance heart health, lower blood pressure, reduce chronic stress, boost the immune system, and enhance cognitive ability.

Clients pre-existing fitness level, rate of Post-Op healing, and other factors will determine individual treatment plan. Approval and guidance of client's physician and/ or physical therapist is requested.

These programs can be taken in pre-registered classes or private sessions. Call today to learn more about this wonderful complementary program!

Kachmann Mind Body Institute

1301 Lafayette St., Ft. Wayne IN 46802
Downtown & Lutheran Hospital Campus
info@kachmannmindbody.com
260-420-YOGA (9642)

Group Session Rates

Single Class Drop In	\$12
Student/Senior	\$8
(no guarantee of space availability)	
5 Class Pack	\$40
10 Class Pack	\$75
20 Class Pack	\$130

Yearly Unlimited Group Session

Annual Membership / 12 month commitment	\$49/mo.
One time enrollment fee	+\$49
Annual Membership Unlimited Classes	\$495
Family Membership Unlimited Classes (2 adults 3 children member limit)	\$695

To view all session rates and policies
visit www.KachmannMindBody.com

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