

# Northwest Permanente Wellness Passport Guidelines

April – May 2015

## **Movement: Yoga, Pilates or Tai chi**

Participate in 5 Yoga, Pilates or Tai chi Classes:

E-mail a copy of your receipt for classes taken to [nwpwellness@kp.org](mailto:nwpwellness@kp.org) or send via interoffice mail to NWP Health & Wellness, KP B15.

**OR**

Click here to fill out the online Yoga, Pilates or Tai chi Self-Report

**\*\*Onsite Yoga Classes:** Yoga classes are offered twice a week at KP B on Tuesdays & Thursdays from 12:15PM to 1PM in the first floor fitness activity room.\*\*

Please submit all documentation to NWP Health & Wellness, KP B 15 or e-mail us at: [nwpwellness@kp.org](mailto:nwpwellness@kp.org)