

# Northwest Permanente Wellness Passport Guidelines

July – September 2019

## Spiritual/Emotional: 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 Wellness, KPB16.

**OR**

Click here to fill out the online yoga, Pilates or tai chi self-report form

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

Yoga classes are offered once a week at West Interstate on Tuesdays from 12:30PM to 1:25PM in LL2. Contact Alesha at [aleshapalmer@hotmail.com](mailto:aleshapalmer@hotmail.com) to be added to distribution list and for further questions (usually held in WIN LL2).

Please submit all documentation to NWP Wellness, KPB 16  
or e-mail: [nwpwellness@kp.org](mailto:nwpwellness@kp.org)