

Northwest Permanente Wellness Passport Guidelines

September - November 2016

Spiritual: 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 or send via interoffice mail to NWP Health & Wellness, KP16.

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 KP16 on Tuesdays & Thursdays from 12:15PM to 1PM in the first floor fitness activity room.**

Yoga classes are offered twice a week at West Interstate on Tuesdays & Thursdays from 12:30PM to 1:25PM in LL2. Contact Ginny at ginny.kauffman@gmail.com to be added to distribution list to be notified of each class location (usually held in WIN LL2).
\$7 drop-in, \$32.50/5 classes, \$60/10 classes.

Please submit all documentation to
NWP Health & Wellness, KP16
or e-mail: nwpwellness@kp.org