



Why We Gather

The NIH Yoga Club is a group of passionate people steeped in creating a community of NIH employees and affiliates who enjoy yoga, mindfulness, building resiliency and physical fitness.

Our Goals

We keep it simple: find a pause, practice self-care, foster social connection and empower a culture of inclusivity. We organize yoga and mindfulness gatherings, including occasional outdoor activities.

Our Community

- All ages and fitness levels, from beginners to advanced, are welcome!
- All NIH staff, and anyone over 18 who joins the club from outside NIH (i.e.: friends of NIH staff) are welcome.
- Anyone committed to maintaining a healthy lifestyle, self-care, social connection and fostering a culture of inclusivity.

How to Join

- [R&W Preferred Membership](#) (\$9) is required, whether as an NIH staff member or an affiliate joining the club.
 - Already an R&W member? Contact Leslie (below) to join the NIH Yoga Club.
- Contact [Leslie Pont](#), NIH Wellness Program Manager/NIH Yoga Club Facilitator for questions or reach out to become a co-facilitator of gatherings. We'd love to have you.
- Join the [NIH Yoga Club listerv](#) to stay up to date on gathering, or to simply chat with fellow yoga enthusiasts!
- **Gatherings are held** on Saturdays from 9 to 10 am, Rockledge II Fitness Center. Gym membership is *not* required to attend club gatherings. Weekday offerings will be added as club interest grows. Contact Leslie for details.

Join us - explore the practice of yoga, build community, reduce stress & stay active.