



## Yoga for Scleroderma Free Resources

Webpage: <https://www.yogaforscleroderma.com>

YouTube: <https://www.youtube.com/c/YogaforScleroderma>

Podcast: <https://yogaforscleroderma.buzzsprout.com/>

Facebook: <https://www.facebook.com/YogaForScleroderma>

Instagram: <https://instagram.com/yogaforscleroderma>

Zoom Wednesday Wind-down US, 6:30pm US EST, 3:30pm US PST

Live Guided Relaxation in English

<https://us02web.zoom.us/j/82635317704>

Zoom Wednesday Wind-down India, 6:30pm India Standard Time, 8am US EST:8am US EST

Live Guided Relaxation in English

Third Wednesday of the month in English and Hindi

<https://us02web.zoom.us/j/83716985833>

Email: [kathy@yogaforscleroderma.com](mailto:kathy@yogaforscleroderma.com)

[lori@yogaforscleroderma.com](mailto:lori@yogaforscleroderma.com)