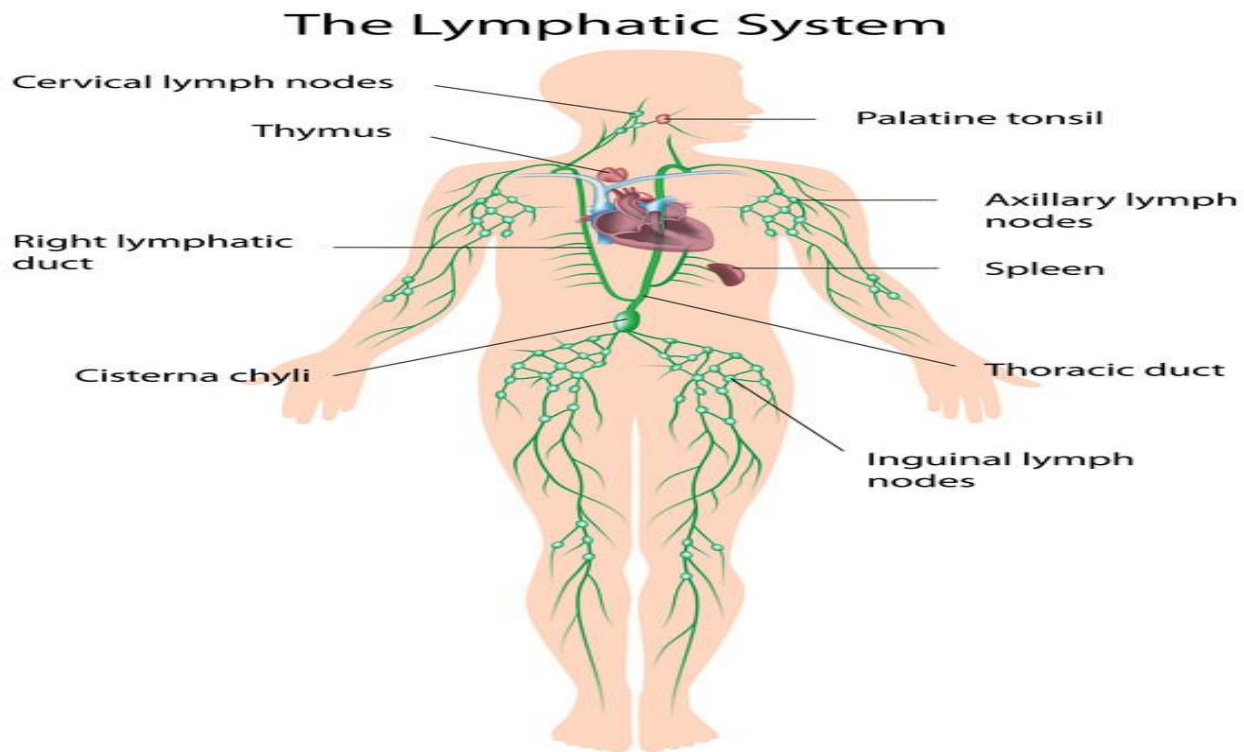


Monthly Yoga Workshop Series

With Alpa Raval

Yoga and Your Lymph Nodes



The lymphatic system is the body's network of vessels and nodes that circulates lymph—a transparent fluid rich in white blood cells that forms an important part of the body's immune system and helps remove toxins. The system pumps fluid through the body several times a minute, with assistance from the muscles.

Better understand the nature of your Lymphatic system, learn about yogic practices that can help relieve lymph congestion.

UCF Health Medical City
9975 Tavistock Lakes Blvd, Orlando, FL 32827

February 24th, Friday 9:00AM

UCF ♦ Health

College of Medicine Practice