



YOGA FOR CANCER

Wednesdays

11:30am - 12:30pm

This class is for anyone who has been touched by cancer, whether you are in the midst of treatment, in recession or a caregiver. It is a science based approach to offer breathing exercises, relief to side effects, and a boost to the immune system, through a yoga practice specifically designed to support anyone who is confronted with cancer.

The class is 60 minutes, includes work with the breath, lymphatic massage, and modified postures to build bone and muscle strength. Special considerations are made for surgeries, treatments and side effects. The class is designed to relieve anxiety, boost the immune system, increase mobility, and generally build a community of healing.

Preregistration preferred, Questions welcomed!

Contact: Robin Gucker
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