

FREE 6 Session Experience

Yoga for cancer

B R E A T H E • M O V E • H E A L

Join us for a Free 6 session course to support your body, mind and soul.

With the stress and anxiety of a cancer diagnosis, it is in movement and relaxation where we can find the healing process.

The first step is to breathe and the next is to join us for a 6 session yoga course to start your recovery.

BENEFITS & SUPPORTS

- Maintain a strong immune system
- Build strength and flexibility
- Reduce cancer related fatigue
- Improve sleep and reduce anxiety
- Manage treatment side effects
- Create self confidence
- Cultivate hope and a sense of well-being
- Support long term health goals
- Foster community and achieve the American Cancer Society's weekly guidelines for recovery and prevention.

How Can Practicing Yoga Support Your Well-Being?

yoga4cancer is a research based Oncology Yoga methodology addressing the specific needs of cancer patients and survivors. Classes are taught by a certified **yoga4cancer** teacher with the training experience to ensure safe and effective support.

More info at yoga4cancer.com

Oncology Yoga is not cancer treatment.

CLASS DATES
FRIDAYS
Oct. 18th through Nov. 22th
1:00 p.m. to 2:30 p.m.

Space is Limited

Preregistration required by Friday Oct. 11.

Call (907) 394-1148 or email laurie@yogatherapylaurie.com

Sponsored by



Instructor: Laurie Schaeffer, HWNC-BC RN, C-IAYT
(Certified Yoga Therapist), Y4C Certified Teacher

Place: **YOGASOL**

Located at 36273 Omega Drive, Soldotna

