

Yoga

for Cancer patients and survivors

Dealing with the side effects of cancer therapies impacts the body physically, emotionally, and mentally. This class will focus on Yoga poses that may aid in strengthening the immune system and alleviating side effects. Blankets, bolsters and props will be used to make poses accessible.

*Please note: Students need to be able to move to and from the floor unassisted.

Dates: Every Monday beginning Sept. 18th – Oct. 30th 12:00pm – 1:30pm

Call Laura Woodall 919-618-1396 or llwoodall62@gmail.com for a place in class.

Location: Raleigh Yoga Center, 619 Oberlin Road, Raleigh, NC , 27605 (behind Burnie Batchelor photography). The building is between Snipes Insurance and Carolina Business Interiors and the entrance to the studio is on the side of the building.

A \$5.00 donation is appreciated. Money collected will be given to Cornucopia Cancer Support Center- a non-profit, non-clinical cancer support center.

For more information about Cornucopia Cancer Support, please go to:

www.cancersupport4u.org

