

# 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 Nov. 6th – 27th, from 12:00pm – 1:15pm

Thursday (except Thanksgiving Day) Nov. 2nd – 30th, from 6:00 – 7:15pm

Call Laura Woodall 919-618-1396 or [llwoodall62@gmail.com](mailto: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.

Laura recently completed the y4C training for Yoga instructors. This training focuses on improving the immune system for cancer patient who are currently, or have had, treatments.

A \$5.00 donation is appreciated.

