

Yoga

for Cancer patients and survivors

Yoga for Cancer classes address the specific physical and emotional needs for those who have been touched by this experience.

In a supportive atmosphere, we will focus on improving strength of the body and immune system while helping to create a sense of calm and nurture self-confidence.

Laura is a cancer survivor and a certified y4C instructor – www.y4C.com.

New Year 6 week session:

Sundays – January 7th – February 11th at 7:15 pm – 8:30pm

Mondays – January 8th – February 12th at 12:00 pm – 1:30pm

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

Class fee is \$10 and is collected at class time.

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

Please contact Laura Woodall 919-618-1396 or llwoodall62@gmail.com with any questions about this class and to reserve a place in class. Read Laura's bio on www.raleighyoga.com under Instructors.