



Be Well Yoga for Cancer Recovery

Join us for an **8-week Yoga for Cancer Recovery** series. This gentle yoga class, led by a certified **Be Well Yoga for Cancer Recovery** teacher, is designed to support your healing journey. Based on clinically proven techniques for reducing stress and anxiety, it will give you time and space to “just be” with an emphasis on breath and gentle movement.

Open to individuals currently going through cancer treatment or in recovery. Participants must have doctor/physician clearance to resume gentle activity and be able to transition to/from sitting/standing with or without the use of blocks.

Wednesdays

October 15-

December 3

1:15-2:15pm

No Cost to Participants

No yoga experience necessary. Wear loose, comfortable clothing.

Mats, blocks, and straps are available for use or bring your own.

Please bring 1-2 small blankets (4ftx6ft)

Address:

6391 76 Street, Red Deer Alberta T4P 3E9

Call today to register

403.967.9622

Registration required and space is limited

