

*"Cancer and associated treatments are like a big storm. Our yoga practice can be like the sun kissing the rain and turning the sky into a showroom of wondrous colors"*

Sabine Drescher

Join Sabine in her weekly 60-minute Oncology Yoga class.

**yoga4cancer** is a research based, specialized yoga methodology addressing the specific physical and emotional needs left by cancer and its treatments.

Because all yoga is not the same, finding the right yoga teacher is the best first step. Y4C classes are always taught by certified y4c teachers with knowledge and awareness of the special needs of cancer patients and survivors.

yoga4cancer (y4c) will help you:

- maintain a strong immune system
- build muscle strength, improve your bone density
- create self confidence
- find solutions for treatment side effects
- reduce stress and improve sleep
- give you a sense of well-being, cultivate hope and provide a supportive community

We have 7 essential elements in all our y4c classes:

- finding stillness
- warm-up Vinyasa
- movement module
- balance module
- dissolving body awareness
- sunset/resting pose
- closing

This Class is open to everyone.

This class is a donation based class.

All donations go to <http://www.lookfeelfab.org/>

*"The Looking and Feeling Fab Foundation mission is to provide comfort and relief to those with cancer, through integrative therapies, alleviating side effects and improving quality of life."*