



# Gentle Yoga for Recovery

Regular yoga practice allows those recovering from cancer to feel able again, strong, balanced, and confident. Come join us for carefully sequenced yoga postures, breath work and mindfulness designed to meet you at your level of ability and help you create a path back to wellness.

Gentle yoga postures are introduced to:

- Improve total body conditioning
- Increase mobility and range of motion
- Improve circulatory flow
- Relieve muscle tension

Breath work is emphasized to increase lung capacity, balance chemistry, strengthen immunity, and ease stress. Mindfulness and relaxation techniques are introduced as life-long tools for self-care.

This class is appropriate for all levels and no prior yoga experience is needed. Wear comfortable clothing and feel free to join this class at any time.

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Dates:	Every Wednesday <b>No class 12/23 and 12/30 - Holiday</b>
Time:	1:30pm – 2:45pm
Location:	Samyama Yoga 2995 Middlefield Road Palo Alto, CA 94306
Led by:	Lorien Neargarder
Questions:	Please email <a href="mailto:cancersupportivecare@stanfordhealthcare.org">cancersupportivecare@stanfordhealthcare.org</a> or call 650.725.9456.