



Yoga Basics for Survivors

Samyama Yoga Center

Fundamental yoga practices such as alignment, steadiness, and breathing are designed to assist survivors in rebuilding strength, awareness, grace, and balance. Survivors are encouraged to challenge themselves while maintaining gentle, accepting attitude. This free program is open to all cancer patients and caregivers.

This class is our most physically demanding yoga.

Please wear comfortable clothing and feel free to join this class at any time.

Dates:	Every Thursday No class 11/26, 12/24, 12/31 - Holiday
Time:	1:30pm – 2:45pm
Location:	Samyama Yoga 2995 Middlefield Road Palo Alto, CA 94306
Led by:	Lorien Neargarder
Questions:	Please email cancersupportivecare@stanfordhealthcare.org or call 650.725.9456 .