



Yoga for Healing after Breast Cancer

Adapt Your Practice & Accept Your “New” Body

with Helene Saidi, E.-R.Y.T.

Wed 5/11/2011 • 6:30 PM - 8:30 PM • \$30

This Yoga class is designed for women who are currently experiencing breast cancer or are survivors. It will deal with such issues as muscle tightness, loss of range of motion, and lymphedema as a result of breast cancer–related treatments. The focus of the physical practice will be on breath work and on adapting asanas that may be too difficult or challenging, so that a mainstream practice may continue without causing injury.

Includes Yoga: New Beginners and All Levels.



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