



YOGA AFTER BREAST CANCER

The Do's and Don'ts and what you need to know

OCTOBER 23RD, 2010

Saturday 1-4:00pm

LOCATION

Costa Mesa

PRICE

\$45 by 10/15

\$55 after

REGISTER

949.642.7400

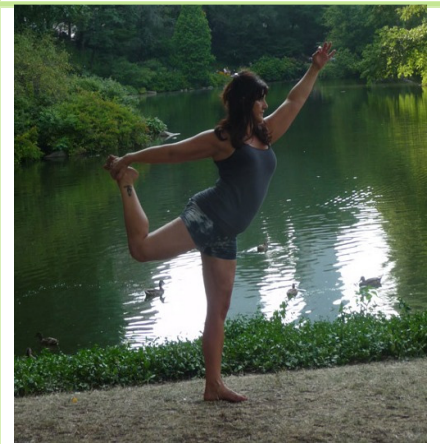
After a Breast Cancer diagnosis and treatment, a woman can be left with issues such as restricted arm movement and muscle tightness which can lead to muscle imbalances and loss of strength. This unique training will focus on asanas for rehabilitation and modifications of certain ones during time of recovery, to prevent further complications such as Lymphedema.

Ideal training for instructors to be able to guide returning students safely back to a mainstream class after breast cancer as well as help new students who are seeking the therapeutic healing effects of yoga for the first time.

Helene Saidi is a E-RYT, Yoga presenter and a breast cancer survivor. With over 15 years experience in yoga and the fitness industry, Helene combines the best of both worlds in her trainings which have made her one of the most sought out instructors in Southern California. Helene has conducted trainings on both coasts and has currently taken up part-time residency in New York City, a place close to her heart. Through her own journey with breast cancer and the challenges after surgery and treatment, Helene became an "expert" on post breast cancer rehabilitation, the do's and don'ts and life after breast cancer. Helene's mission now is to educate others instructors and breast cancer survivors alike, in asana recommendations and modifications, and to integrate the Mind, Body, Spirit philosophy of yoga for complete healing for life AFTER breast cancer.

with

HELENE SAIDI



All Levels

