

Gentle Yoga

Healing for People Impacted by Cancer

With Beth Cook and Phyllis Paul



Day/Time: Wednesdays 4-5pm

Location: In-Person at CSCVSB

Cost: Free to CSCVSB Participants

RSVP: 805.379.4777

programs@cancersupportvvsb.org

cancersupportvvsb.org/events/

Calm, restore, & rebalance body, mind and spirit through yoga postures, breathing exercises and meditation. This therapeutic, integrative class for people effected by cancer encourages participants of all practice levels to mindfully explore the healing effects of yoga practice for symptom relief from cancer and cancer treatment, flexibility & strengthening, and overall management of pressures of daily life. No prior yoga experience is needed. We recommend bringing a yoga mat, block, blanket, and bolster to support comfort and alignment. Before joining the class speak with your doctor to see if this class is right for you.

Instructors:

Beth Cook: Beth Cook (retired speech therapist) is a certified Therapeutic Yoga Instructor through Yoga Alliance. She has taught gentle yoga and led retreats for twenty+ years since accessing yoga herself during breast cancer. She greatly enjoys bringing peace to body, mind, and spirit through the practice of yoga.

Phyllis Paul: Phyllis Paul is a certified Yoga Instructor and certified Relax and Renew Instructor. She has been teaching yoga since 2007 through different community centers including the Goebel Adult Center. She enjoys improving people's lives through yoga.