



Breath & Balance Wellness Class

with Bren Ohta, PhD, MS, MSW, LCSW, C-IAYT, RYT-500

January 15th to April 30th

(no class on 3/26/26 and 4/2/26)



TIME & PLACE:

IN-PERSON THURSDAY, WEEKLY 10:00 - 11:00AM

CANCER SUPPORT COMMUNITY

4195 E THOUSAND OAKS BLVD., #107

WESTLAKE VILLAGE, CA 91362

NO COST TO PEOPLE IMPACTED BY CANCER

Reengage with the present moment, refocus on your breath, calm your nervous system, slow your heart rate, and bring balance to mind and body. Learn healing yogic breathwork techniques, gentle body stretching/strengthening, and balance postures. Understand important functional movements; coordinating breath and mind with movement in order to navigate daily life with greater peace, well-being, and safety. Appropriate for all levels – beginners to experienced yogis; using supportive props such as blocks, straps, blankets. Please bring these if you have them along with your yoga mat. This class is offered free of charge to people with cancer and their loved ones. **Before joining the class speak with your doctor to see if this class is right for you.**



Instructor:

Bren Ohta, PhD, MS, MSW, LCSW, C-IAYT, RYT-500, is a behavioral scientist/therapist providing counseling and yoga therapy for cancer, advanced illnesses, injury, grief, and trauma. Prior to a diagnosis of a life-threatening brain tumor, Dr. Ohta worked in healthcare leadership and academic research at major university health centers. Her cancer experience radically changed her perspective on living. Yoga was a key factor in helping her to heal and continue to grow in body/mind/spirit. She looks forward to sharing these healing yoga practices with others.



To register and learn more:

cancersupportvvsb.org

email: programs@cancersupportvvsb.org

call: 805.379.4777