



Yoga for Cancer Recovery

with Sabrina Samedi, LMFT, RYT

January 13th to March 30th



TIME & PLACE:

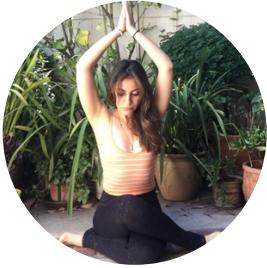
IN-PERSON TUESDAY, WEEKLY 10:30 - 11:30 AM

CANCER SUPPORT COMMUNITY

**4195 E THOUSAND OAKS BLVD., #107
WESTLAKE VILLAGE, CA 91362**

NO COST TO PEOPLE IMPACTED BY CANCER

This class offers a holistic approach to supporting individuals with cancer and their loved ones by addressing not only physical symptoms but also emotional and psychological well-being. It provides a safe space for individuals to nurture their bodies, minds, and spirits as they navigate the impacts of cancer. It invites you to slow down, holding poses for extended periods to enhance flexibility, joint circulation, and deep relaxation. This class provides modifications for all levels, emphasizing mindful stretches and fascia release for a restorative experience. 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:

Sabrina, affectionately known as Sabi, wears two hats: she's a therapist and a dedicated yogi. What initially drew her to therapy – the healing and connection – is precisely what she finds on the yoga mat when surrounded by fellow practitioners. In her classes, Sabi strives to create a welcoming and nurturing environment, akin to a home, where students can move mindfully and breathe intentionally. Her approach is not about perfection but about discovering the magic and inspiration that exists within each practitioner on the mat, just as they are.



To register and learn more:

cancersupportvvsb.org

email: programs@cancersupportvvsb.org

call: 805.379.4777