

Gentle Yoga for Healing

(Chairs Available)

Beth Cook and Phyllis Paul



TIME & PLACE:

IN-PERSON WEDNESDAY, WEEKLY 4:00 - 5:00 PM

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

NO COST TO PEOPLE IMPACTED BY CANCER

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. No prior yoga experience is needed. Instructors also welcome participants who prefer modified, upper-body movements, including Chair Yoga. **Before joining the class speak with your doctor to see if this class is right for you.**



Instructors:

Beth Cook (retired speech therapist) is a certified Therapeutic Yoga Instructor through Yoga Alliance. She has taught gentle yoga and led retreats for 20+ years since accessing yoga herself during breast cancer.



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.



To register and learn more:

cancersupportvvsb.org

email: programs@cancersupportvvsb.org

call: 805.379.4777