

Rest and Recover: Chair Yoga for Strength and Mindfulness

Chair yoga is a modified form of yoga practiced while seated in a chair or using a chair for support, and it is designed for all ability levels. This class focuses on building skills like breathwork, mindfulness, form, strength, self-compassion, and balance. Whether you're new to yoga or experienced, you'll leave feeling empowered, grounded, and ready to integrate the skills into your daily life.

Space is limited, so please register online.

PLACE:

**CANCER RESOURCE CENTER
ST. JOHN'S HOSPITAL CAMARILLO
2309 ANTONIO AVE. CAMARILLO,
CA 93010**



DATE:

**THURSDAYS
4/16/26 - 5/21/26
10 AM - 11 AM**

**NO COST TO PEOPLE IMPACTED
BY CANCER**

Elissa Caruth, 200 hr-RYT, MA, MA, EdD

Elissa Caruth has been practicing yoga for over 15 years and teaching yoga for 12 years. Elissa teaches her classes compassionately from a resilience-informed perspective and her specialties include mindfulness, breath work, self-compassion, gratitude, and resilience. As a cancer survivor herself, Elissa has firsthand experience from diagnosis through recovery. Additionally, she cared for her parents when they were diagnosed with cancer. She is also a dedicated educator with over 30 years in the classroom serving students in Ventura County. Elissa enjoys reading, cooking, exercise, meditation, and traveling. She is happily married and has three kitties who own her.



To register and learn more:
cancersupportvsb.org/events/
email: programs@cancersupportvsb.org
call: 805.379.4777