



The Gentle Hour

Yoga for Cancer Recovery Series

with Sabrina Samedi, LMFT, RYT

July 21st to October 6th (12 sessions)



TIME & PLACE:

IN-PERSON TUESDAYS 7/21-10/6, 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

We invite you to slow down, heal, and reconnect. 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. Practicing mindful movement, gentle stretches, and breathwork allows the individual 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. **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