

LIMITED TIME

35
CELEBRATING
YEARS

**CANCER SUPPORT
COMMUNITY**
VALLEY/VENTURA/SANTA BARBARA

RESTORATIVE YOGA FOR *Breath and Balance*

BREN OHTA, PHD, LCSW, C-IAYT, RYT-500

Thursdays September 17th - December 10th (no class on 11/26/26)



TIME & PLACE:

IN-PERSON THURSDAYS, 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

Slow down and reengage in the present moment!

Join us for this fall yoga class where you will learn healing yogic breathwork techniques, gentle body stretching/strengthening, and balance postures. Follow along with Bren in mindful breathwork and movement to calm your nervous system, slow your heart rate, and bring balance to your mind and body. This class is open for all levels – from beginners to experienced yogis; using supportive props such as blocks and straps. Please bring these if you have them along with your yoga mat.

Before joining the class speak with your doctor to see if this class is right for you.

INSTRUCTOR:

Dr. Bren Ohta is a behavioral scientist and 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 own cancer experience radically changed her perspective on living. Yoga was a key factor in helping her heal and continue to grow in body, mind and 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