



In-Person 4-Week Class

YOGA *for Strength and Vitality*

Building strength during cancer treatment helps maintain muscle mass, improve energy levels, support recovery, and enhance overall quality of life. This class will help with developing a strong and flexible spine, help ease the joints, and steady your balance. Each class includes movements/postures, breathing exercises, and meditation woven together for an integrated experience. A slower pace will allow for modifications and adjustments to fit all experience levels.

DATES:

THURSDAYS
SEPTEMBER 10TH-OCTOBER 1ST

TIME:

1:00PM-2:00PM



PLACE:

CANCER SUPPORT COMMUNITY
VALLEY/VENTURA/SANTA BARBARA
4195 E THOUSAND OAKS BLVD #107
WESTLAKE VILLAGE, CA 91362

NO COST TO ANYONE
IMPACTED BY CANCER

Jenny Klossner, MA, IAYT certified Yoga Therapist

Jenny has been teaching Yoga and Fitness to students of all ages and abilities since 2008. She is an IAYT certified Yoga Therapist and works with you to develop a personalized practice using the tools of Yoga and Ayurveda to support healing and long-term well-being. She enjoys helping others improve their strength, balance, and a sense of well-being.



To register and learn more:

Scan the QR Code

Call: 805.379.4777

Email: programs@cancersupportvvsb.org