



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, Yoga Therapist Intern

Jenny has been teaching Yoga and Fitness to students of all ages and abilities since 2008. She is certified in Yoga, Pilates and is a Yoga Therapist Intern. She enjoys helping others improve their strength, balance, and a sense of well-being. She offers group classes as well as one-on-one private sessions to help achieve one's personal goals and what matters most using the tools of Yoga Therapy.



To register and learn more:

Scan the QR Code

Call: 805.379.4777

Email: programs@cancersupportvvsb.org