

# yoga4cancer

*"Cancer steals your breath. Yoga gives it back."*™ – Tari Prinster

Starting January 2019!

FREE

y4c Monthly Yoga class at

The Cancer Support Community  
Benjamin Center

Thursdays - 11am - 12pm

January 10th  
February 14th  
March 14th

Location:

1990 S. Bundy Drive - Ste. 100  
Los Angeles, CA 90025

(310) 314-2555

<http://www.cancersupportla.org>

Open to anyone affected  
by cancer.

Caregivers Welcome

Drop-In Class  
(Sign-up Not Required)

Instructor: Sharon Holly, Yoga Therapist  
(C-IAYT, y4c Trained Teacher)

**yoga4cancer (y4c)** is a research based, specialized yoga methodology addressing the specific physical and emotional needs left by cancer and its treatments. Because all yoga is not the same, finding the right yoga teacher is the best first step. **yoga4cancer (y4c)** classes are always taught by certified **y4c** teacher with knowledge and awareness of the special needs of cancer patients and survivors. For more information go to: **y4c.com**

**yoga4cancer (y4c)** will help you:

- maintain a strong immune system
- build muscle strength
- improve your bone density
- create self confidence
- provide solutions for treatment side effects
- reduce stress
- improve your sleep
- give you a sense of well-being
- cultivate hope
- provide a supportive community
- be a path to a longer, happier healthier life.



DISCLAIMER: y4c programs are educational purposes and are not to be mistaken for long-term therapy or cure. It is recommended that you consult a physician or trusted counselor before you start any exercise programs. This program is not administered or monitored by Yoga 4 Cancer LLC. The provider is solely and fully responsible for all aspects of the program and class.