Oncology Yoga

with a **yoga4cancer**™ Certified Teacher

yoga4cancer is a research based Oncology Yoga methodology addressing the specific needs of cancer patients and survivors. Our classes are taught by certified yoga4cancer teachers with the training and experience to ensure safe and effective support.

For more information go to: yoga4cancer.com

yoga4cancer Classes help cancer patients and survivors:



- maintain a strong immune system
- build strength and flexibility
- reduce cancer related fatigue
- improve sleep and reduce anxiety
- manage treatment side effects
- create self confidence
- cultivate hope and a sense of well-being
- support long term health goals
- foster community

and achieve the American Cancer Society's weekly guidelines for recovery and prevention.

y4c CERTIFIED TEACHER

DISCLAIMER: *Consulting a physician or trusted counselor prior to participating in an Oncology Yoga program is recommended. This program is not administered or monitored by yoga4cancer LLC, and the provider is solely responsible for all aspects of this program. Integrative Oncology Yoga programs are designed to support treatment protocols and recovery. Oncology Yoga is not cancer* ***treatment.***