

"The greatest mistake in the treatment of diseases is that there are physicians for the body and physicians for the soul, although the two cannot be separated." ~Plato



LIVING WITH CANCER

with Cheryl Fenner Brown

*"We cannot direct the wind but we can
adjust the sails." ~Unknown*

Receiving a cancer diagnosis can be confusing, frightening and stressful. Life's pace is turned upside down with medical appointments and consultations. Studies have shown that gentle yoga can help to relieve stress, relax the body and restore empowerment to the spirit during this challenging time.

Join therapeutic instructor Cheryl Fenner Brown for two weekly classes that blend restorative yoga, mindful breathing, and mudras that stimulate your body's natural ability to heal and will compliment your treatment plan. Monthly yoga nidra is offered which guides body and mind into a state of deep relaxation where you can regain a sense of inner equanimity.

Both classes are appropriate for everyone, whether newly diagnosed, undergoing treatment, or in remission. No yoga experience is required. Generous funding is provided by the Yoga Dana Foundation and Pacific Yoga Institute. Classes are offered on a sliding scale and donations are greatly appreciated. Full class price is **\$15 for a drop-in**, or **\$50 for a series of four classes**. No one will be turned away for lack of funds and please come as you are.

Cheryl teaches in the Hatha yoga tradition with humor and compassion and is enchanted by the subtle connections between the breath, body, mind, and emotions. She is the director of the Living with Cancer yoga program and is training to become a Professional Yoga Therapist through IYT.



TUESDAYS, 12:00-1:15 pm



Alameda Yoga Station
2414 Central Avenue
Alameda, CA
www.alamedayogastation.com

THURSDAYS, 12:00-1:15 pm



Piedmont Yoga Studio
3966 Piedmont Avenue
Oakland, CA
www.piedmontyoga.com