



healing **yoga** foundation
SAN FRANCISCO

AND COMMONWEAL CANCER HELP PROGRAM PRESENT



CANCER SUPPORT RETREAT DAY

2010 Dates:

We are offering three retreats:

- July 10th
- August 28th
- November 13th

Day: Saturdays

Time: 8:30am-4:30pm

Cost: \$185

Location: Healing Yoga
Foundation, San Francisco

To register: 415-931-9642
admin@healingyoga.org

Limited to 12 participants

Retreat Details:

A day-long retreat for those living with a cancer diagnosis (open to spouses and loved ones as well!) to nourish the body, mind and spirit. Our aim is to provide resources, information, and various practices in support of healing and integrative care. The program will include the following:

- Yoga, meditation, and deep relaxation
- Group support session led by a specialized psychotherapist
- A session on nutrition, including a copy of the award winning "The Cancer Fighting Kitchen" cookbook and a gourmet vegetarian lunch
- Experiential healing practices

The **Commonweal Cancer Help Program** in Bolinas California offers week-long retreats for people with cancer. The Commonweal Cancer Help Program addresses the unmet needs of people with cancer. These include finding balanced information on choices in healing, mainstream and complementary therapies. www.commonweal.org

Healing Yoga Foundation is a nonprofit service, support, education, and research institution dedicated to health, healing, and personal development through yoga. We are committed to serving all who wish to benefit from yoga by respecting and meeting the needs of the individual regardless of physical capability, health, background, age, experience, or financial means. www.healingyoga.org

healing yoga foundation • 3620 Buchanan Street • San Francisco • California • 415-931-9642
www.healingyoga.org • info@healingyoga.org