



healing **yoga** foundation  
SAN FRANCISCO

# Living with Cancer

## Healing Yoga for the Cancer Journey

JULY 14TH – SEPTEMBER 1ST, 2010  
AN 8 WEEK SERIES



**TEACHER:** Norma Hoshide

**CLASS TIME:** Wednesdays | 5:30-6:30pm

**LOCATION:** Healing Yoga Foundation

**COST:** \$140

**T**HROUGH THE PHASES of diagnosis, treatment, and recovery, living with cancer affects each person individually and on many levels. At every stage of cancer, a yoga practice can relieve the strain, stress, and soreness from treatment to provide a renewed sense of strength and energy. Yoga helps connect the natural resources of body, breath, mind, and spirit to live in greater harmony and with peace of mind.

This series offers an introduction to restorative healing yoga which includes gentle movement, breathing, sound, gesture, deep relaxation, and meditative practices. Classes will be adapted and modified to the needs of the participants so they can gently explore and experience the various techniques available. The goal of the series is to provide an experience of the benefits of the various techniques each week, and by the end of the series to empower each participant to begin using the tools of yoga on their own in support of their own healing.

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