

The Breast Cancer Class at Clear Yoga in Rhinebeck
17b, 6423 Montgomery Street
Rhinebeck, New York 12572

845 876 6129



For Breast Cancer Patients

Saturdays:

March 10th

June 9th

September 15th 1.30-3pm.

Breast Cancer surgery often results in decreased mobility and numbness in the arm, shoulder and chest, and can be accompanied by an overall loss of balance, energy and strength. Women can also feel increased levels of anxiety and fatigue.

These classes are tailored to the physical, psychological and emotional needs of those going through Breast Cancer treatment.

We will present a program of asanas (poses) and pranayama (breathing exercises) to:

- Cool, calm, and restore the nervous system.
- Promote a state of ease and freedom in the body and ease the mind.
- Aid the healing process.
- Improve and boost general health.

This class is offered free of charge. Pre-registration is suggested, but drop-ins are welcome if space is available. No previous yoga experience is necessary.

If you have questions, please call Clear Yoga at: 845 876 6129 or email clearyogarahinebeck@gmail.com

