

NEW TIME

GENTLE YOGA

FREE

SAN Cancer Support Centre

Tuesdays 13 February - 10 April

1.30 pm - 2.30 pm

A weekly class specifically designed for cancer patients, survivors and caregivers. Gentle restorative yoga poses, breathing techniques, meditation and relaxation. Classes are run by Natalie Berger, a qualified and experienced yoga teacher with advanced training in teaching yoga to people with cancer.

No previous yoga experience is necessary

COST: Free

BYO: Yoga mat/blanket

BOOKINGS: Cancer Support Centre 9487 9061 or support@sah.org.au



Current evidence suggests exercise is beneficial during cancer treatment and can also lower the risk of cancer returning