

YOGA FOR CANCER SURVIVORS

**FREE
CLASS!**

a weekly class with Kimberly at North on Tuesdays
and with Kelly at Westgate on Wednesdays

NORTH

TUESDAYS 12:00 - 1:15 KIMBERLY

WESTGATE

WEDNESDAYS 12:00 - 1:15 KELLY



Cancer survivors in all stages of their healing journey are welcomed to attend this free class that offers practices and teachings of Hatha Yoga. Classes include breath work, deep relaxation and meditation.