



Gentle Stretch YOGA FOR CANCER



Every Tuesday | 5:30 - 6:30PM

This class is free of Charge. Just stop by and join us!

Danville Christian Church
180 W. Main St. | Danville, IN 46122

Gentle stretch yoga for cancer is for those newly diagnosed, in treatment, gathering strength, a survivor or one who supports another journeying through cancer. Through gentle movements will assuage symptoms and balance energy, build bone density and stimulate the lymphatic system.

This class offers various breathing techniques, restorative postures and guided meditation. All postures are done either in a seated position on the mat or in a chair. Arrive at least 5 min early.

BENEFITS

- REDUCES STRESS, ANXIETY & DEPRESSION
- IMPROVES PHYSICAL FUNCTIONS
- MANAGES PAIN AND FATIGUE
- ENHANCE OVERALL WELL-BEING
- IMPROVES SLEEP
- SUPPORT IMMUNE SYSTEM

Questions? Call Meaghan at 317.650.0740.

