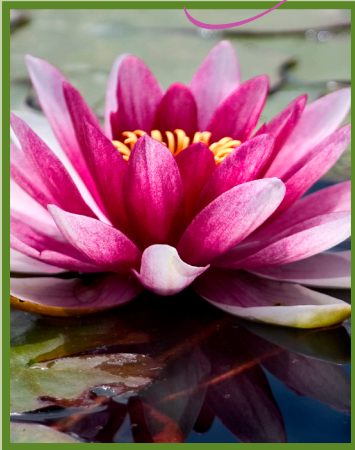


YOGA

for breast cancer



To schedule an appointment, please call the Beverly Yoga Center at 773-239-9642.

Private classes range from \$30 - \$65.

A PRIVATE class that includes breathing exercises, slow arm stretching, HEALING yoga sequences, balancing and RESTORATIVE yoga appropriate for women during and after cancer treatment.

Daniela received her certification, to teach women survivors of breast cancer, at OM yoga in New York City, under the guidance of Tari Prinster and Cyndi Lee. OM yoga has successfully been offering a survivors class for five years. In that time, the demand for more classes has increased, creating the need for more teachers with knowledge in this area. The OM Yoga Training for Women Breast Cancer Survivors, is one of the first of it's kind and was created in collaboration with The Libby Ross Foundation, which provides support for women survivors.

benefits....

- Strengthen the immune system
- Stimulate lymph flow
- Regulate the endocrine system
- Increase range of motion
- Reduce scar tissue post op
- Improve circulation - cleansing the body of toxins
- Being able to better endure side effects due to treatment
- Healing not only the body, but the mind as well - improving mental clarity and mind control