

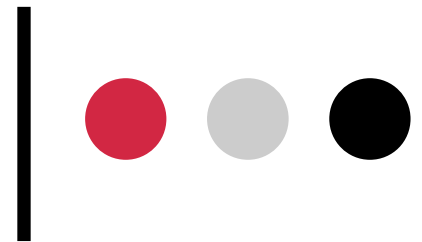
GENTLE YOGA

(seated yoga)

Mondays, beginning June 6
11:00 AM - 12:30 PM
(6 weeks)

Michelle Stortz leads this class that adapts traditional yoga poses and movements to meet individual needs. Participants are seated for much of this class which makes it comfortable for those still in active treatment and for anyone starting out with yoga. Recent research suggests Yoga may decrease symptoms such as fatigue, pain, insomnia, and negative mood and increase energy level, ability to relax and face stressful situations during cancer treatment. Each class in the series will include learning and practicing postures and gentle movements, breathing and relaxation techniques, as well as imagery and meditation.

RSVP by June 2.



Formerly The Wellness Community of Philadelphia

**The Suzanne Morgan Center
at Ridgeland
4100 Chamounix Drive
Philadelphia, PA 19131**

The Cancer Support Community of Philadelphia is dedicated to providing, at no cost to members, a comprehensive and professional program of emotional support and education designed to enhance the mind, body, and spirit of people whose lives have been impacted by cancer.

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