



YOGA



A PATH TOWARD WELLNESS

A SUPPORT CONNECTION WELLNESS PROGRAM

Free. Open to people who have or have had breast, ovarian or gynecological cancer.

Saturdays - Noon to 1:30 pm

Club Fit, Jefferson Valley, NY

You must register in advance with Support Connection!

Appropriate for beginners or more advanced students!

Taught by a Certified Yoga Instructor.

Emphasis is placed on movement with breath awareness
as a way to achieve a more tranquil mind.

Experience the benefits of yoga, including a stronger, healthier body
and a calmer, more focused mind.

**Please obtain your doctor's approval before participating in any wellness program.*

To Register Please Call Support Connection

914-962-6402 or 800-532-4290

www.supportconnection.org



*This program is funded in part by
a grant from the Miles of Hope
Breast Cancer Foundation.*

