

You're Invited . . .

Yoga for Cancer Survivors

Bring your spouse or support friend and join us
for a gentle movement support group.

What: 60 minutes of Restorative Yoga with holistic therapy topics

Time: 5:30 p.m. - 6:30 p.m.

Dates: Thursday, September 8th
Thursday, September 22nd
Thursday, October 13th
Thursday, October 27th
Thursday, November 10th

Where: North Colorado Medical Center's Colonial Room (east side, entrance #6, downstairs or elevator to level "S", right to the colonial room)

Pre-registration preferred: call 970-350-6633 for registration or questions

Cost: FREE of charge



Restorative Yoga:

- Recommended for those recovering from cancer
- Chairs and mats only-no standing poses
- Focus is on gentle movements coordinated with breathing exercises to facilitate greater range of motion, flexibility and relaxation

About the Class:

- The instructor will address the full spectrum of student's needs by using a personalized approach. She will teach modifications of poses so that students can learn a safe and effective way to practice yoga.

About the Instructor:

- Robin Briggs, RYT, is a Yoga Alliance Certified Instructor. Robin has been teaching yoga at North Colorado Medical Center for the last 5 years and has completed continuing education with an emphasis in yoga therapy. She received her 200 hour yoga certification at the Shoshoni Yoga Retreat in Boulder, CO.

