

Re-inhabiting You!

Yoga Classes *for*

Cancer Patients and Caregivers



Gentle Yoga for Your Journey with Cancer
Thursdays, 1:45 pm – 3 pm

Let us help support you with a yoga class designed especially for the times when your health feels fragile and your emotions are challenged.

Gentle yoga includes relaxing breathing, guided visualization and meditation, and easy stretching to move life energy through your body and help you relax and renew yourself.

No experience necessary, no equipment required. Join us to regain peace of mind and calmness of body.

Cancer Survivors



Feeling Better & Stronger with Yoga!
Thursdays, 3:00 – 4:15 pm

Explore the connection between body, breath and mind, and move from focusing on your illness to reconnecting with health and wellness. Safe, gentle stretching and strengthening, combined with focused, rhythmic breathing helps you to bring balance back into your life. This class is suitable for women and men who have been cleared by their doctor for exercise.

Please eat lightly before class, wear comfortable exercise-type clothing, and bring a large towel.

Sponsored by the Cancer Center of Ventura County

At St. John's Regional Medical Center, Oxnard

Classes are taught by Audrey Walzer, Director of the Camarillo Yoga Center, and fees are by donation. Please call for more information and to register for these weekday classes:

(805) 484-8810 or (805) 988-2641