

Gentle Yoga for Cancer Survivors



Fridays (6 weeks)
July 12 - August 16
Life with Cancer at
Inova Schar Cancer Institute
8081 Innovation Park Drive
Fairfax, VA 22031

This class is best for those in active treatment or recovering from surgery. Blending gentle movement, breathing and relaxation you'll increase stamina and flexibility. You'll learn movements that stretch, strengthen and relax muscles. Bring a blanket. Bring a signed waiver to your first class. Registration is required.

Life with Cancer classes and groups are offered at no charge.
Registration is required.

**Register online at lifewithcancer.org
or call 703-698-2820**