

Yoga Care For Cancer

Classes **WEDNESDAYS 2.30 - 3.30pm**
in **SOMERCOTES PARISH HALL**

ALL are welcome who are going through a cancer journey, and who are looking for gentle movement, relaxation and support:



- Yoga is a nurturing practice for ease and well-being of **body and mind**
- It gently **improves flexibility, strength and balance**
- It **reduces stress and anxiety** with breathing techniques
- These classes are run by a qualified 'Yoga For Cancer Academy' teacher and are for those going through treatment, or post-treatment for cancer

Mats provided, but please bring a cushion and blanket

Contact: Sue 07765 625413

Somercotes Parish Hall, Nottingham Rd., Somercotes. DE55 4LY