



Piedmont Yoga Studio and 4th Street Yoga are pleased to present:



Yoga for People **Living with Cancer**

with Cheryl Fenner Brown

Tuesday ♦ 1:00 - 2:15 pm ♦ 4th Street Yoga

Thursday ♦ 12:00 - 1:15 pm ♦ Piedmont Yoga Studio

Being diagnosed with cancer can be a confusing, frightening and stressful time in anyone's life. Regular practice of gentle yoga can help to relieve stress, restore the spirit, relax the body, and may even ease the side effects of various treatments. Join therapeutic yoga instructor Cheryl Fenner Brown for two weekly classes that incorporate gentle postures, mindful breathing, and relaxation to bring balance to the body, mind and emotions.

These classes are appropriate for anyone who is living with any type of cancer; whether you have just been diagnosed, are receiving treatments, or are in remission. No prior experience with yoga is required and the classes include gentle restorative asana (yoga poses), mudras (hand gestures) for healing and relaxation, stress-relieving pranayama (breathing). There will also be a monthly Yoga Nidra session which guides your body and mind into deep relaxation.

Both classes are offered on a sliding scale to meet the needs of the community and donations are greatly appreciated. The regular class price is **\$15 for a drop-in**, or **\$50 for a series of four classes**. No one will be turned away for lack of funds and please come as you are. Partial funding is provided by the Yoga Dana Foundation.

Contact the instructor for additional information at (510) 290-2641 or email Yoga.Cheryl@yahoo.com. Find out more about the *Living with Cancer* yoga program at www.YogaCheryl.com/cancer.html.

Cheryl is a graduate of Piedmont Yoga Studio's Advanced Studies training and is currently studying to become a Professional Yoga Therapist. She teaches in the Hatha tradition with humor and compassion. After finding yoga as a way to ease the pain of scoliosis she has become enchanted by the subtle connections between the breath, body, mind, and emotions. Cheryl encourages her students to honor where they are in their bodies and helps her students use their practice as path to self-healing.



Tuesday ♦ 4th Street Yoga ♦ 1809-D 4th Street ♦ Berkeley, CA 94710 ♦ www.4thstreetyoga.com
Thursday ♦ Piedmont Yoga Studio ♦ 3966 Piedmont Avenue ♦ Oakland, CA 94611 ♦ www.piedmontyoga.com