

# FREE YOGA CLASSES *for* CANCER SURVIVORS

## CARY (TWO LOCATIONS)

**GREWAL CENTER FOR MIND BODY MEDICINE**  
with **Alisha Nissenfeld**  
1003 High House Rd #103,  
Cary, NC 27513

**Starts September 10:**  
**Tuesdays, 1:30-2:30 pm**

**Register:**  
help@grewalcenter.com

The Grewal Center for Mind Body Medicine an intimate Functional Medicine practice

**WHITE PLAINS UNITED METHODIST CHURCH**  
with **Michaele Woodhouse**  
313 SE Maynard Rd,  
Cary, NC 27511

**Starts September 17:**  
**Tuesdays, 6:30-7:30 pm**

**Register:** healthmovementsyogafall19.  
eventbrite.com

Waverly Hematology/Oncology  
a non-hospital based community clinic

## DURHAM

**THE WELLNESS STATION**  
with **Cheryl Brown**  
3001 Academy Rd #130,  
Durham NC 27707

**Starts September 16:**  
**Mondays, 6:00-7:15 pm**

**Register:**  
yogacheryl.com/yoga-for-people-  
managing-cancer.html

The Wellness Station  
a wellness and therapy business

**SAHAJA SPACE**  
with **Cheryl Brown**  
2007 Chapel Hill Rd,  
Durham NC 27707

**Starts September 19:**  
**Thursdays, 1:00-2:15 pm**

Sahaja Space  
an inclusive community that  
inspires full spectrum living.

**Register:**  
yogacheryl.com/yoga-for-people-  
managing-cancer.html

## RALEIGH

**STUDIO BYO**  
with **Jamie Banwell**  
12333 Strickland Rd Suite 104,  
Raleigh, NC 27613

**Starts September 8:**  
**Sundays from 2:00-3:00 pm**

**Register:**  
yogijamie919@gmail.com

Studio BYO for yoga and fitness needs

## GARNER

**YOGI OASIS**  
with **Kristen Rae**  
74 Son-Lan Pkwy #103,  
Garner, NC 27529

**Starts September 6:**  
**Fridays, 10:45-11:45 am**

**Register:**  
yogioasisfreeyogaforcancersurvivors.  
eventbrite.com/

Yogi Oasis  
an intimate, inclusive,  
yoga community

CONTACT FOR QUESTIONS:  
[shannan@youcallthisyoga.org](mailto:shannan@youcallthisyoga.org)

<https://youcallthisyoga.org/events/2019-09/>

You call this **YOGA.**