

# healing yoga

**Tuesdays, Mar. 23<sup>rd</sup> – Apr. 27<sup>th</sup>**

**10:30 – 11:30 am**

*These classes are designed to support people living with cancer, whether in treatment or survivors, and their family or close friends. Together, we will explore gentle movement and stretching to gradually increase our range of motion and dissolve tension in our bodies.*

*Breathing and relaxation will also be an important component of the practice to help us calm our minds, invite more energy into our bodies, and assist in our overall sense of well-being.*

**Om Yoga Space**  
61 Elm St  
Sudbury  
(next to Grand and Toy)

Pre-registered  
6-Week Session  
\$60

Please call **523-7448** to register

Willa Paterson has been teaching yoga in and around Sudbury for 7 years, and specifically to people whose lives have been touched by cancer, for the last 2 years through Wellspring Cancer Support Services.



*2 hrs free city parking is available at the Farmer's Market or Christ the King*