

Therapeutic Yoga Classes

To Support Breast Cancer Patients during Treatment, Recovery & Survivorship



5 Koshas
yoga and wellness



Surgical Associates, s.c.
General and Vascular Surgery

*in collaboration with the Aspirus
Regional Cancer Center*

Therapeutic Yoga 6-Week Class Series at 5 Koshas Yoga & Wellness

Mondays 11am – 12:15pm or:
Wednesdays 5:15pm – 6:30pm

July 22 through August 28, 2019

**\$75/Person; For Information & Registration
Link, Contact Heather: 715-574-8787
or Heather@5koshasyoga.com**

How Therapeutic Yoga Can Help

Therapeutic Yoga can support you in all phases of your treatment and recovery. Through Yoga, you can take an active role in how you heal, survive and thrive.

Yoga Therapy is an adapted use of the techniques of yoga to promote healing, manage symptoms and to improve function. It can also help to shift attitude and perspective to promote general health and well-being.

With your yoga practice, you can:

- Improve muscle tone and range of motion/ decrease scar tissue
- Manage pain, numbness, tingling
- Support mental clarity/ decrease brain fog
- Improve energy/ decrease fatigue
- Support healthy perspectives with physical changes and body image
- Manage stress and anxiety
- Cultivate a support system



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Yoga techniques you will practice:

- Yoga movements and postures adapted for your needs with standing, a chair or mat
- Awareness of breath and the practice of breathing techniques
- Meditation and self-reflection
- Guided relaxation
- Setting personal intentions

“During these 6-week class series, feel supported as you learn how to practice and apply yoga techniques during each phase of your treatment and recovery.

You have the option of taking notes or journaling. Tea, water and a healthy snack will be provided as we gather to learn and develop therapeutic yoga practices that fit your needs for home, at work, travelling and within your daily activities. Home practices, research and handouts will be available; Dress comfortably. Call or email and I can share information and easy registration steps. I look forward to practicing with you.” -Heather

“I was very grateful to have participated in the 6-week therapeutic yoga series supporting breast cancer patients during treatment, recovery & survivorship.

This was a supportive atmosphere— joining together to learn and heal with Heather’s guidance. I want to continue; this is much needed ‘my time!’” -Lori S.