

A Mini-Retreat

For individuals experiencing any phase of Breast Cancer treatment, recovery, healing and thriving



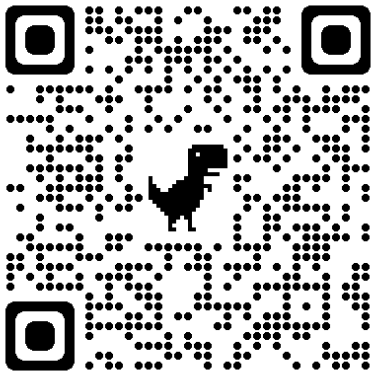
5 Koshas
yoga and wellness

Take time to 'retreat' and reconnect to what is important to you
Saturday, November 4
9:30-1:00pm; \$65/Person

We will:

- Take time to prepare a space to 'retreat' & learn
- Move & breathe with a Yoga practice that supports you
- Reflect, rest and connect with yourself & others
- Pause for a light lunch-healthy snacks
- Take time to create & express yourself with an accessible art project using words, color & stones

REGISTER: with QR Code here:



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:

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

"This time to 'retreat' will support you whether you are new to yoga or an experienced practitioner. Feel supported as you practice and integrate foundational yoga techniques into daily life.

Healthy foods and the option of creating a fun 'piece of art' that honors you will complete our time together. Dress comfortably, have a pen and journal for reflections if you so desire.

May this mini-retreat support you as we move into the colder, holiday months.

Call or email, I can share information & easy registration steps. I look forward to practicing with you." -Heather

"I was very grateful to have participated in therapeutic yoga supporting breast cancer individuals during treatment, recovery & survivorship.

The atmosphere is so supportive - joining together to learn and heal with Heather's guidance. This is much needed 'my time!'"
-Lori S.