

# Therapeutic Yoga Classes

## To Support Breast Cancer Patients during Treatment and Recovery, Surviving and Thriving



**5 Koshas**  
yoga and wellness

and



**Surgical  
Associates, s.c.**  
General and Vascular Surgery

*In collaboration with the  
Aspirus Regional Cancer Center*

### Therapeutic Yoga 4 and 6-Week Class Series at 5 Koshas Yoga & Wellness

#### **Mondays, 11:00am – 12:15pm**

Foundational Therapeutic Yoga for Breast Cancer Patients

4-week series: January 6 - January 27

6-week series: February 17 - March 23

6-week series: April 6 - May 11

#### **Wednesdays, 5:15pm – 6:30pm**

Moving Forward – Therapeutic Yoga for Breast Cancer Patients

4-week series: January 8 – January 29

6-week series: February 19 – March 25

6-week series: April 8 – May 13

**\$50/Person for 4-week series**

**\$75/Person for 6-week series**

#### **How Therapeutic Yoga Can Help**

Therapeutic Yoga is an adapted use of the techniques of yoga that can support you in all phases of your treatment and recovery as you take an active role in how you heal, survive and thrive.

#### **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



#### **Heather Van Daltsen**

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Teacher & Yoga Therapist

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#### **Yoga techniques you will practice:**

- Yoga 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
- Setting personal intentions

“During these 4-6-week class series, feel supported as you learn how to practice and apply yoga techniques during each phase of your treatment and recovery.

The Monday, 11:00am class intention is to learn, practice and develop foundational yoga techniques and explore how to integrate the techniques into daily life. The Wednesday, 5:15pm class intention is to refine the foundational yoga techniques and develop a personal practice. Tea, water and a healthy snack will be provided; Dress comfortably.

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

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*“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.*