

Therapeutic Yoga Classes

For Women experiencing all phases of Breast Cancer treatment, recovery, healing and thriving



5 Koshas
yoga and wellness

and



Surgical Associates, s.c.
General and Vascular Surgery

*In collaboration with the
Aspirus Regional Cancer Center*

Tuesdays, 10:30a – 11:30a
IN-PERSON AND ONLINE at
5 Koshas Yoga & Wellness

Women experiencing all phases of treatment, recovery, healing and thriving are joining class and offering genuine insight and support.

IN-Person: Six students socially distanced; bring your mat, mask, blanket and water bottle. The mountain studio at 5 Koshas is a beautiful space to practice.

ONLINE: Class will be streamed live via zoom

REGISTER: Email or call Heather for easy steps, and affordable class pass options
Heather@5koshasyoga.com 715-574-8787

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



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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
- Setting personal intentions

“Whether you are new to yoga or have practiced before, feel supported as you learn how to practice and apply yoga techniques during each phase of your treatment, recovery and thriving.

Class intention is to learn & practice foundational yoga techniques & integrate them into daily life. Each week we'll refine the practice and develop a personal practice that fits your priorities. Dress comfortably, have a pen and journal ready to use. Practice sequences and hand-outs shared.

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 the 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.