

# Therapeutic Yoga Classes

## For Women experiencing any phase 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**  
**January 18, 25, February 1, 8 15, 22**  
**IN-PERSON at 5 Koshas**  
**and ONLINE + Video Recording of Class**

**IN-PERSON:** Six students socially distanced; bring your mat, blanket and water bottle. If vaccinated mask optional, mask required if not vaccinated. The mountain studio at 5 Koshas is a beautiful space to practice.

**ONLINE:** Class will be streamed live via Zoom

**Registrants receive video recording of class to practice again as needed!**

**REGISTER: Email or call Heather for easy steps and affordable class pass options**  
**[Heather@5koshasyoga.com](mailto: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 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 Dalfsen**  
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C-IAYT, Certified Viniyoga  
Teacher & Yoga Therapist  
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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 an experienced practitioner, feel supported as you practice and integrate foundational yoga techniques into daily life. Each week we’ll refine a practice and develop a personal practice that fits your health priorities. Dress comfortably, have a pen and journal for reflections if you so desire.

Available to you:

- Video recording of classes to all registrants
- Practice sequences & educational hand-outs or PDF’s

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.*