

Yoga

for survivors



Cynthia Latimer, Registered Yoga Teacher

Quiet Your Life...

Wednesdays,
April 4 through June 6

11:00 a.m. to Noon

St. Charles Bend

Free to cancer survivors

Join Us!

Come prepared to stretch your body and mind and to strengthen your muscles and your ability to meditate/relax. Enjoy a relaxing/restorative/rejuvenating practice filled with stretching,

Bring a
yoga mat or
floor towel

Perfect for stress relief and overall well being.

Don't
forget water!

Open to all levels of practice and abilities, our soothing gentle class focuses on an exploration of basic yoga poses and how to connect them through attention to breathing, alignment and mindfulness.

RSVP
541-706-7743

Class size limited to 15 participants