

# yogaTHRIVE



## *Yoga for Cancer Patients & Survivors!*

Presented by Mary Kay Marquart:

Nationally Certified ERYT500, RCYT, RPYT with the Yoga Alliance Org., CESYoga (Advanced Cancer Exercise Specialist) Certified with the Cancer Exercise Training Institute, and Certified Hanna Somatics Instructor.

### **You have survived and now it's time to THRIVE and regain life!**

What is yogaThrive? This is a research-based yoga program, conducted at the University of Calgary (since 2002) specific to those who have or had cancer. This gentle 7-week yoga program is based on hatha yoga, but has been modified to meet the specific needs of participants on and off treatment.

Past participants have found significant benefits in overall mood, stress level, physical strength, reduced pain and the side effects of treatments and scar tissue, and an over-all improvement in their functional movement so they could pick up the pieces and move forward with their lives. Yoga strengthens the immune system, enabling cancer patients to fight their disease from a platform of greater health and well-being.

### **Even years after surgery and treatments, yogaTHRIVE can help you...**

- Regain and maintain your full range of motion
- Relieve the condition known as “frozen shoulder”
- Restore your physical and emotional balance
- Reduce your risk of developing lymph-edema and associated swelling
- Raise your energy and confidence
- Relieve depression and release emotions of loss and fear
- Improve awareness of your body, thoughts, and feelings, ultimately guiding you to a healthier life

yogaTHRIVE is open to all cancer survivors, on or off treatment. Class sizes are kept small to ensure individual attention and safety. No previous yoga experience is necessary. This program is progressive (i.e. each class builds on the previous).

Now being offered at a special reduced rate (50% less) than our regular class prices!

### **7-Week Session for only \$35 - You must preregister!**

Next Session: March 12, 2019 ~ April 23, 2019

11:30 AM - 12:45 PM



**Call to Reserve Your Spot Today! (920)412-0038 MaryKay**