



Cape Wellness

COLLABORATIVE

SIX WEEK YOGA SERIES

FIND YOUR FOCUS | FIND YOUR FLEXIBILITY
FIND YOUR FIERCE

INTERESTED IN LEARNING HOW YOGA CAN HELP
SUPPORT YOU WHILE DEALING WITH CANCER?

FOCUS: Using breath techniques and mindfulness, we can fine tune our ability to live in the present moment. Staying present allows us to see the past as it was, understand that the future has not yet arrived. We have the beauty of this moment, right now, today.

FLEXIBILITY: Yoga addresses not only physical flexibility, but flexibility of the mind and emotions. Through the physical practice, we learn to build resiliency in all areas. Movement helps build strength and mobility. The restorative practices allow us to “rest on purpose”, allowing you to bring balance back into the body on all levels.

FIERCE: Yoga fosters well being and is empowering! You are doing something for yourself that creates a stronger you, while teaching self compassion.

Students may experience reduction in pain, anxiety, depression.

Increase in strength, range of motion, overall well being.

Scan to learn more
& Register



Email Becca with questions
or help registering at
becca@capewellness.org

Led by Lisa Fein RYT 200
Subtle Movements Yoga

cape wellness collaborative

capewellness.org | 436B Station Ave., South Yarmouth 02664

