



# ONCOLOGY YOGA CLASSES

WITH ASHLEY STACHON  
STARTING JAN. 19TH

MONDAYS 9:15 AM - 10:30 AM  
TUESDAYS 6:45 PM - 8:00 PM  
AT METTA MAMA SAN RAFAEL

OUR **ONCOLOGY YOGA PROGRAM** OFFERS GENTLE, EVIDENCE INFORMED MOVEMENT, BREATHWORK, AND MEDITATION FOR PEOPLE DURING ACTIVE CANCER TREATMENT AND THROUGHOUT SURVIVORSHIP, INCLUDING YOUNG SURVIVORS. ROOTED IN THE YOGA4CANCER METHODOLOGY, CLASSES SUPPORT **STRENGTH, FLEXIBILITY, IMMUNE AND LYMPHATIC HEALTH, BONE DENSITY, SLEEP,** AND THE MANAGEMENT OF COMMON SIDE EFFECTS SUCH AS FATIGUE, LYMPHEDEMA, NEUROPATHY, AND CONSTIPATION.

EVERYONE IS WELCOME, WITH **NO PRIOR YOGA EXPERIENCE REQUIRED.** CLASSES EMPHASIZE NERVOUS SYSTEM REGULATION, SAFETY, AND EASE, AND ALL PRACTICES ARE TAUGHT WITH PROPS AND MODIFICATIONS TO SUPPORT EACH PARTICIPANT EXACTLY WHERE THEY ARE, FOSTERING CONFIDENCE, CONNECTION, AND COMMUNITY.

## **ACTIVE PATIENT ONCOLOGY YOGA**

MONDAYS 9:15 AM TO 10:30 AM

THIS CLASS IS FOR PEOPLE ACTIVELY IN CANCER TREATMENT WHO WANT A SUPPORTIVE, ADAPTABLE PRACTICE.

## **SURVIVORSHIP ONCOLOGY YOGA**

TUESDAYS 6:45 PM TO 8:00 PM

THIS CLASS IS FOR INDIVIDUALS WHO HAVE COMPLETED TREATMENT OR ARE LIVING IN LONG TERM SURVIVORSHIP, INCLUDING THOSE NEW TO YOGA OR RETURNING AFTER TIME AWAY.



METTA YOGA

CORTE MADERA, SAN RAFAEL & SAUSALITO

SCAN THE QR CODE  
TO LEARN MORE  
AND SIGN UP:

