

# Yoga for Women with Breast Cancer

*Learn how to increase mobility, deepen the breath,  
and live in the moment!*

## Two 6-week sessions

**Dates:** *Mondays,*  
Nov 5-Dec 17, 2007  
Jan 14-Feb 25, 2008  
(no class on Feb 18 Holiday)

**Time:** 10-11:30 am

**Location:** Thrive Yoga  
1321 B Rockville Pike  
Rockville, MD

### To Register

Call: 301-294-9642

online: [www.thriveyoga.com](http://www.thriveyoga.com)

**Each session: \$120**

\*Participants must be cleared by their doctor for exercise. The instructor will speak to each student individually prior to the session.

Whether newly diagnosed, still in treatment or recovering from breast cancer, yoga can help you. Studies show that yoga increases range of motion, lymphatic flow, and general well-being while decreasing stress, insomnia, and scar tissue.

### Classes will include:

- Asanas (yoga postures) to increase flexibility and strength
- Pranayama (breathing exercises)
- Relaxation and meditation

**Explore yoga's benefits in a safe, supportive environment with classes and an instructor dedicated to your needs.**



**Maura Kibbey**, RYT200, is certified in Integrative Yoga Therapy and has experience teaching students recovering from breast cancer and living with other chronic conditions. Maura has a PhD in Anatomy, Cell Biology, Neurobiology and did cancer research for many years before starting her yoga career.