

Gentle YOGA FOR CANCER

A FREE 12-week series

For individuals living with a cancer diagnosis



Wednesday, 12 –1:30 p.m.

Winter term: January 10, 2018-March 28, 2018.

Spring term: April 4, 2018-June 27, 2018

YMCA, Greenfield, MA

Come as you are to classes for adults at any stage of the cancer journey. Classes includes stretching and strengthening exercises, mindful breathing, and a guided deep relaxation practice.

No experience is necessary and all abilities are welcomed.

Facilitator: Pam Roberts is a breast cancer survivor, writer, artist, and a certified Kripalu Yoga instructor. She is also certified in Yoga of the Heart Therapy for Cardiac and Cancer Patients. Pam has been leading programs for people affected by cancer in New England since 2003.



Pre-registration required:
contact Pam Roberts at
413-625-2402 or
pamro@aol.com

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