



## Group Yoga Therapy Classes for People in Active Cancer Treatment & Their Supporting Care Givers

### Integrative Medicine

**Fridays beginning March 23, 2 to 3 p.m.  
Beaumont Cancer Treatment Center, Royal Oak  
3577 W. 13 Mile Road, Royal Oak  
First Floor Classroom**

**Adapting the practices of yoga therapy  
for people undergoing cancer  
treatments can help:**

- Reduce the side effects of cancer treatments
- Minimize stress, anxiety, fear and worry
- Develop the qualities of inner strength and endurance
- Promote restfulness and relaxation
- Improve balance and flexibility
- Assist with digestion
- Improve sleep
- Increase energy, focus and concentration

#### **What to Bring/What to Wear?**

Please wear comfortable clothing and bring along some water to drink. Yoga mats are not necessary for these classes.

*No prior yoga experience necessary.*

**Drop-in rate: \$5 per class  
(cash or checks accepted)**

*A gentle practice in a safe environment*

**For more information please call:  
248-551-9888**

**Beaumont**