



YOGA FOR HEALING



A 60 minute, gentle, yoga class for individuals recovering from, or working with, a long-term health diagnosis such as cancer, Parkinson's, multiple sclerosis, or a similar challenge.

Exploring a combination of mind-body practices to bring greater health and wellness into all levels of being. We will begin each practice in chairs and progress to standing poses, ending with a deep relaxation on the floor.

WHEN: Thursdays, 11-Noon
WHERE: Studio 2
COST: FREE with Y membership

Please bring the following:

- Yoga mat
- Blanket
- Yoga block
- Strap

**BRING A YOGA MAT, BLANKET,
YOGA BLOCK AND STRAP**

WHATCOM FAMILY YMCA
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