

Gentle Yoga

When: Thursdays 5:30 - 6:30 pm



Where: Dr. Richard C. Ostenson Cancer Center
400 15th Avenue SE, Puyallup, WA 98372

Cost: Free!

For anyone affected by cancer...

This free Gentle Yoga class, brought to you by MultiCare Regional Cancer Center, is a nurturing relaxation program open to everyone of all ability levels. It is designed to help each participant find a comfortable path to movement, flexibility, strength, and relaxation. Yoga can help to still the mind and put the body into a calm and healing state that supports immune function. Wear comfortable, layered clothing. We have a limited supply of yoga mats so please bring your own mat, blanket, and pillow.

This free class is offered on a drop-in basis. For more information please call the Resource Center at 253.697.4899



Our instructor is **Melanie Hendershot**, R-YFT. She is certified in a variety of fitness formats for both youth and adults, one of them being Yoga. She says, "I believe we need to be healthy not only physically, but in the mind and spirit as well. Yoga enables us to take time out from all the busyness in life so that we can relax, recharge and be restored."

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