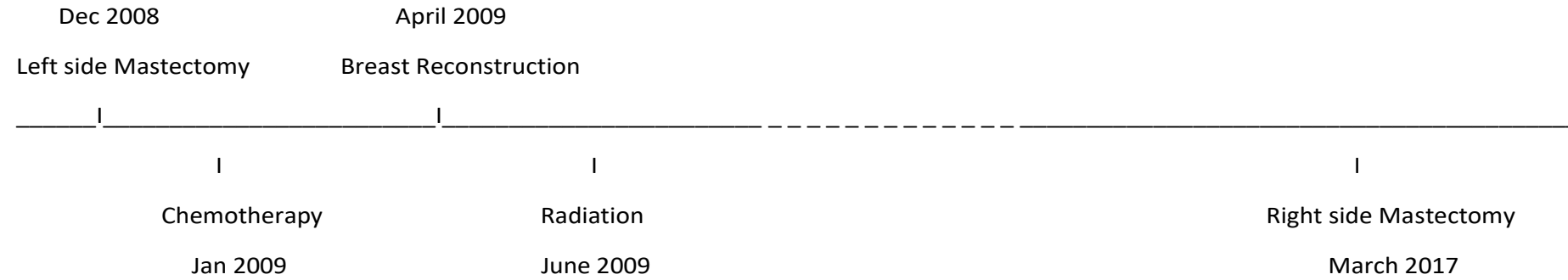


# Surgery/ Treatment Timeline



## Survivorship

3 year trial with Clodronate Disodium

5 years on Tamoxafin

5 years on Anastrozole

Yoga, Yoga, Yoga



# Sanskrit

**Pranayama** – Breath

**Asana** – Poses

**Yoga** – to yolk or unite

**Namaste** – “The light within me recognizes and bows to the light within you”

## YouTube

Lots of general search options!

Home Yoga Recovery: 10 minutes Week 1 and 15 minutes Week 2

[www.youtube.com/channel/UCRghZ6hB\\_uO7uyMvYFijeaQ](http://www.youtube.com/channel/UCRghZ6hB_uO7uyMvYFijeaQ)

## Gym Memberships

YMCA, 24 Hour Fitness, Figures, etc

## Local Studios

### Tuladhara Yoga

[www.tuladharayoga.com](http://www.tuladharayoga.com)

7304 Lakewood Drive

Lakewood

### Yoga Wild

[www.beyogawild.com](http://www.beyogawild.com)

1102 A Street

Downtown Tacoma

### Source Yoga (two locations)

[www.sourceyogaonline.com](http://www.sourceyogaonline.com)

2712 N 21<sup>st</sup> St Suite A

Tacoma

6720 Regents Blvd Ste 102

University Place



Yoga is better with friends 😊

