## Surgery/ Treatment Timeline

<table>
<thead>
<tr>
<th>Dec 2008</th>
<th>April 2009</th>
</tr>
</thead>
<tbody>
<tr>
<td>Left side Mastectomy</td>
<td>Breast Reconstruction</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Jan 2009</th>
<th>June 2009</th>
</tr>
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<tbody>
<tr>
<td>Chemotherapy</td>
<td>Radiation</td>
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<table>
<thead>
<tr>
<th>March 2017</th>
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<tbody>
<tr>
<td>Right side Mastectomy</td>
</tr>
</tbody>
</table>

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### Survivorship

- 3 year trial with Clodronate Disodium
- 5 years on Tamoxafin
- 5 years on Anastrazole
- 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_uO7uyMvYFjjeaQ

Gym Memberships
YMCA, 24 Hour Fitness, Figures, etc

Local Studios
Tuladhara Yoga
www.tuladharayoga.com
7304 Lakewood Drive
Lakewood

Source Yoga (two locations)
www.sourceyogaonline.com
2712 N 21st St Suite A
Tacoma
6720 Regents Blvd Ste 102
University Place

Yoga Wild
www.beyogawild.com
1102 A Street
Downtown Tacoma
Yoga is better with friends 😊