

# Virtual Yoga Workshop for Cancer Survivors

Classes are slow-paced, easy to follow, with a focus on relaxation, stress-relief and gentle stretching. This style of yoga is suitable for both the experienced and inexperienced yoga student. You'll feel like you just had a massage and your nervous system will thank you as well! All this in the comfort of your own home.

**Saturday, September 11, 10 a.m.**

For more information or to register, contact Diane DeMars  
at [ddemarsyoga@gmail.com](mailto:ddemarsyoga@gmail.com)

