Healing Yoga
Facing Cancer Together

A slow-paced, deeply relaxing class for all people touched by cancer—pre, post, or during treatment, and their caregivers. People of all fitness levels welcome—including beginner & experienced yoga students. Safe after surgery.

Come experience:

- A peace of mind that many feel they’d lost forever
- A better sense of wellbeing & reduced stress
- Better quality and quantity of sleep
- Increased energy, flexibility, strength, balance, range of motion
- Lymph flow, bone density
- A certified yoga instructor who specializes in yoga and cancer
- A community of people who understand

Remote Classes—via Zoom
Monday: 10-11:30am
Tuesday: 10-11:30am
Thursday: 10-11:30 am
Friday: 10-11:30 am

In Person Class—Get Real and Heel Facility
(410a Country Club Rd, Chapel Hill)
Wednesday: 10-11:30am

Call 919-445-4255 for more information

Please visit www.unclineberger.org/ccsp