



heal yoga & cancer

Therapeutic yoga for cancer patients, survivors
& caregivers in a supportive environment.



FREE WEEKLY Yoga Classes

*"When I first came to **Yoga & Cancer** classes nearly two years ago, I was hoping to find a way to become stronger and more flexible. What I also found was a sanctuary. This practice, the community and our teachers have helped deepen my self-care and cherish my life."*

— Jennifer

brought to you by:



YOGA IN ACTION
connect • transform • heal • thrive

Formerly: SATYA: Seacoast Area Teachers of Yoga in Action

MONDAYS

Gateway Taiji, Qigong & Yoga •
Portsmouth, NH • 10:30am

Yogalife Institute • Exeter, NH • 4:30pm

Live Free Yoga • Epping, NH • 4:30pm

TUESDAYS

Yoga on York • York, ME • 3:30pm

Yogasmith • Dover, NH • 4:00pm

Village Yoga of the Kennebunks •
Kennebunk, ME • 5:00pm

WEDNESDAYS

Prasada Yoga Center •
N. Hampton, NH • 4:30pm

THURSDAYS

Yoga East • Kittery, ME • 4:00pm

www.YOGAandCANCER.org