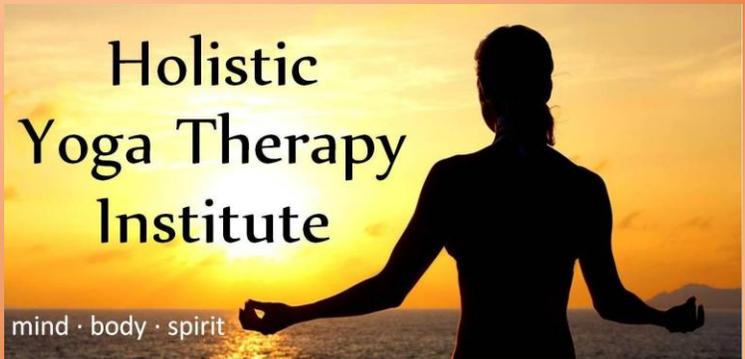




Therapeutic Yoga for Cancer



With Kristy Price
E-RYT 200 RYT 500
Certified Yoga Therapist

Therapeutic Yoga for Cancer

City: Charlotte, NC

Dates: Friday June 12 -
Sunday June 14

Times: 6 pm - 9 pm Friday
9 am - 6 pm Sat & Sun

Cost: \$300 thru April 12
\$325 thru May 12
\$350 after

Where: HYTI TBD
Charlotte, NC

Info: www.yogaclub.us
(Under Teacher Training)

22 Hrs YA CEC's or towards your 200 HR, 500 HR, or Therapeutic Yoga Teaching Certificates, member IAYT

Holistic Yoga Therapy Institute
200 HR / 500 HR, Yoga Alliance RYS
Yoga Therapy, member school IAYT

- * Review pathology of common cancers & evolution of disease
- * Oncology diagnosis/treatment/complications
- * Explore meditation, yoga nidra, pranayama, adaptive asana prescription, & benefits
- * Discuss yoga sutras and healing manifestations
- * Explore physiological & mental stress reduction techniques
- * Learn to create a safe therapeutic yoga class for oncology survivors undergoing treatment