

# Yoga Wellness

The Therapeutic Choice

#10, 8925 - 82 Ave.

## YOGA THERAPY for CANCER RECOVERY

Practises are Structured to:

Lower Fatigue

Reduce Anxiety

Alleviate Pain

Improve Physical Function

Enhance Sleep

Increase Appetite

Decrease Stress

April 20th – June 15th

8 weeks – \$160.00 No class May 18th

Monday 10a.m. – 11:30a.m.

OR

Thursday 5:30p.m. – 7p.m. Ends June 11th

Register with Edie at (780) 466-6548

or [www.yogawellness.ca](http://www.yogawellness.ca)

Individual Therapy also Available

Edie Cassidy, Registered Yoga Therapist

[www.yogawellness.ca](http://www.yogawellness.ca)