

Breast Cancer Resource Group

If you have been affected by breast cancer,
join Tracie on Wednesdays.

With Tracie's support, you will learn to
integrate the principles of yoga for bringing
healing to body, mind & spirit.

Wednesdays 1-2 pm

Begins July 20 and will meet through the summer
Suggested Donation: \$10/session



*“A woman is the full circle.
Within her is the power to create, nurture and transform.”*

~ Diane Mariechild ~



Yoga & Breast Cancer research studies show...

Studies indicate that evidence is quite strong that mind-body
therapies improve mood and quality of life in people with cancer.

Study participants report feeling in better health, being less
fatigued and having far fewer problems with daytime sleepiness.
Those involved in yoga report significantly more satisfaction with
their lives than the women not involved with yoga. They were
also found to have greatly improved overall mental health. They
showed particular improvement in the specific areas of being less
depressed and more having more positive emotions. They also
exhibited a greater spirituality in general by comparison to their
non-yoga practicing counterparts.

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