



HEALING AND YOGA

A weekly class that integrates
mindfulness meditation, gentle yoga, healing exercises and
supportive group discussions



Who?

Anyone who has been given a cancer diagnosis. Accompanying family member /friend welcome.

When?

Saturdays 4-5:30pm
First 8 Week Program: 01/21 - 05/03
Second 8 Week Program: 05/24 - 03/05

Teaching & Curriculum Team

Dr. Rob Rutledge, MD, Radiation Oncologist
Dr. Timothy Walker, Ph.D. (<http://thehealingcircle.ca>)
Leanne Whiting, E-RYT (www.growalotus.com)
Sheryl Gray, RYT (www.pranapathyogatherapy.ca)

Therapeutic Approach Yoga Studio | 6156 Quinpool Road, Suite 202 | Halifax, NS

More info: leanne | 902. 403.9630 | leanne@growalotus.com | Healingandancer.org

Suggested donation - \$60 for 8 weeks