

For several years Virginia has been involved with the study of yoga as a means to regain balance and flexibility lost during

cancer therapies, and then as a means to retain and build on strengths developed during her yoga practice.

Virginia was diagnosed with breast cancer in June of 2002 and took up yoga as a first step back to physical wellness after completing her chemotherapy and radiation therapy in April 2003. Since then she has become a yoga teacher herself and volunteers her time to teach other cancer survivors.

Through a grant funded by Breast Cancer Focus, Inc, Anchorage, Alaska, Virginia worked with a physical therapist to develop Gentle Yoga for Breast Cancer Survivors. It is offered to any woman with a breast cancer diagnosis and is free of charge.

For more information, please call 586-2231.

Virginia Smiley
Phoenix Rising Yoga

P.O. Box 22067
Juneau, AK 99802-2067



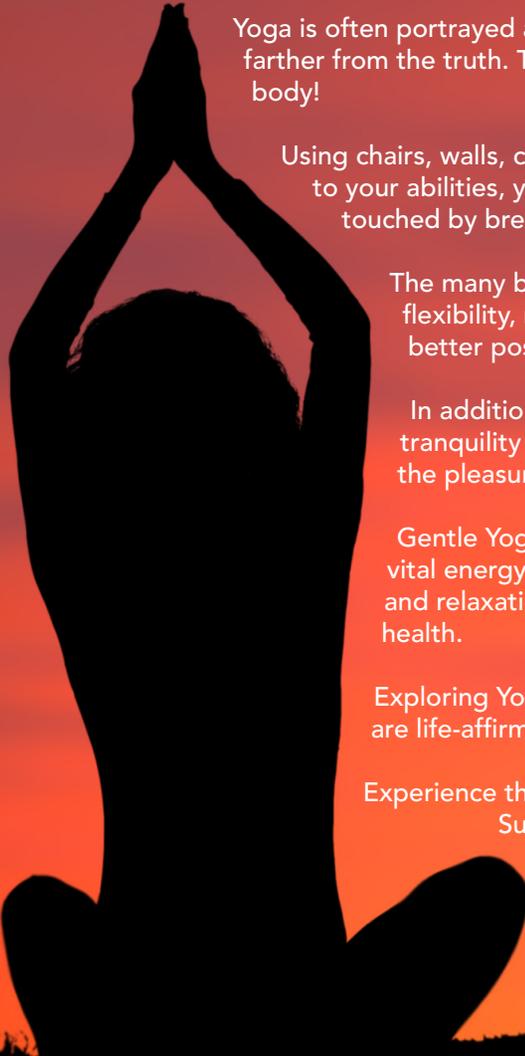
Phoenix Rising



Yoga is for
Every Body

Gentle Yoga for Women
Living with Challenging
Conditions

Yoga is for Every Body



Yoga is often portrayed as suitable for the fit, flexible and young. Nothing could be farther from the truth. There is virtually no limit to Yoga practice. Yoga is for every body!

Using chairs, walls, counter-tops and other props, and by adapting the postures to your abilities, you can reap all the benefits that Yoga offers. Women touched by breast cancer can practice Yoga safely and comfortably.

The many benefits of Yoga practice include increased strength and flexibility, more stable balance, improved digestion, stress reduction, better posture, sound sleep and more smiles.

In addition to these physical benefits, Yoga brings the mind to tranquility and peace filling the years beyond diagnosis with joy and the pleasure of self-discovery.

Gentle Yoga for Breast Cancer Survivors will help you restore your vital energy and expand your possibilities in movement, breathing and relaxation regardless of your current physical condition or state of health.

Exploring Yoga at your own pace and capacity inspires discoveries that are life-affirming and liberating.

Experience the healing benefits of Gentle Yoga for Breast Cancer Survivors in a small group of women living with the same condition. The personalized sessions allow for individual attention that helps you to find joy in the present moment.

What people are saying

"Yoga in a small, friendly group gave me a safe place to regain my self-confidence."

"I discovered yoga was comfortable for my body even when my body was still recovering from therapy."

"In group yoga the members support each other and share information... we've all experienced many of the same trials of cancer and its treatment."

"Gentle yoga soothed my soul while reawakening the strength in my body."

"When my strength and balance began to improve the group noticed before I did and cheered me on."

I feel I've always benefited from the class...even when I had just completed chemotherapy and was new to yoga.

Gentle Yoga for Women with Challenging Conditions

For more information, call 586-2231