

Yoga for Well-Being

Intended Audience - All members including people living with cancer, family members and significant caregivers.

Program Description – This program combines gentle stretching, strengthening and range of motion movements with breath awareness practices and the mindfulness – based meditative practice of Intregative Restoration (iRest*) yoga nidra.

Benefits and Impact – This program promotes greater ease in body, mind and spirit. A holistic practice for well-being, classes focus on the interconnection of all body systems.

- relaxes the body and releases tension
- boosts energy and vitality
- improves mobility and flexibility
- builds muscle strength
- drains lymph and boosts immunity
- develops mindful attention and increases power of concentration
- soothes the nervous system
- helps with sleep
- cultivates self compassion and inner peace
- deepening self awareness

What to Expect at a Session – Following a short centering meditation, participants move and stretch while lying on the floor, sitting in chairs or standing. Each class invites participants to explore a variety of conscious movements and poses adapted to meet their own capacity. Breath awareness exercise are incorporated throughout the class. iRest* meditation practices are done lying down with the use of props for support and comfort.