

# Restorative Yoga for Female Cancer Survivors

Benefits of restorative yoga include:

- Enhanced flexibility
- Improved health
- Relaxation
- A better attitude
- Increased energy & strength
- Enhanced social support

Two different types of classes are offered:

- Restorative/Gentle for beginners  
Moves slowly and mindfully to accommodate individual range of motion.
- Hatha yoga for beginner to intermediate  
Designed for those who would like a little more of a challenge.

Participants will move at their own pace; slowly, safely and mindfully in their pain-free range of motion. Wear comfortable clothing; bring a blanket and water, if desired. Eat lightly before class. All other equipment will be provided.



**When:** Tuesday mornings from 10:30 to 11:30 a.m.  
**Restorative/Gentle**

**Where:** Memorial Leighton Center (upstairs)  
(Parking available on the south side of the building)

**Instructor:** Suzanne Makielski, MS, OTR,  
Registered Yoga Teacher

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**When:** Thursday evenings from 6 to 7 p.m.  
**Hatha, Beginner/Intermediate**

**Where:** Memorial Leighton Center (upstairs)  
(Parking available on the south side of the building)

**Instructor:** Kim Sellers, Registered Yoga Teacher; Reiki Master;  
Thai Yoga Massage Practitioner

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**When:** Friday mornings from 10 to 11 a.m.  
**Restorative/Gentle**

**Where:** Memorial Leighton Center (upstairs)  
(Parking available on the south side of the building)

**Instructor:** Suzanne Makielski, MS, OTR,  
Registered Yoga Teacher

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**Fee:** First six classes are FREE.  
A donation is requested for sessions following.

You may begin anytime. Registration is required. To register, or for more information, call the Memorial Regional Breast Care Center at 574-647-6850.