Compassionate care focused on the whole person

Yoga Class Schedule

Monday and Thursday
11:00 a.m. - 12:30 p.m.

Cost of class is $5.

Private Sessions

For people currently practicing yoga and looking for more individual instruction or modifications to their current practice, private sessions and consultations are available by request. Fee based.

Please call (919) 966-3494 for an appointment

Integrative Medicine Services

UNC Comprehensive Cancer Support Program

Carolina Point II

6011 Farrington Road, 3rd Floor

Chapel Hill, NC 27517

(919) 966-3494

Visit us at:

http://cancer.unc.edu/ccsp/events/

UNC CANCER CARE

unclineberger.org

UNC CANCER CARE

Yoga for People Living with and Surviving Cancer

Complementary therapies for both patients and caregivers at the UNC Comprehensive Cancer Support Program

unclineberger.org

Yoga for People Living with Cancer and Caregivers

More research is being done on how the practice of yoga can have positive health effects for people living with cancer, cancer survivors and their caregivers.

Studies of the effects of yoga on quality of life in people with cancer have shown encouraging results.

Yoga has been shown to improve insomnia, decrease fatigue, and reduce stress as well as the side effects of cancer treatment. People with cancer who practice yoga have experienced improvements in their physical function, overall mood, as well as a decrease in depressive symptoms and anxiety.

Benefits of Yoga

- Relief of Anxiety and Depression
- Reduction of Treatment Induced Fatigue
- Stress Reduction
- Improved Quality of Life
- Enhanced Sleep Quality
- Pain Relief
- Better Breathing
- Improved Flexibility and Balance
- Improved Strength
- Improved Sleep Quality
- Improved Blood Flow
- Improved Digestion and Immune System
- Lowered Blood Pressure & Heart Rate
- Sharper Mind & Inner Peace

UNC CANCER CARE

Class Description

Join us for an exploration of poses and breathing practices for stretching, strengthening and revitalizing the body, while bringing calm to the mind and heart. A welcoming class for people who are new to yoga or who want to increase their flexibility, strength, and stamina.

All are welcome, including those in treatment, caregivers and cancer survivors. Our yoga instructors are trained and experienced to work with people living with cancer and cancer survivors.

Instructors:

Doreen Stein-Seroussi
Lynne Jaffe