



YOGA

For *Breast Cancer Survivors, Family and Friends...*

“Moving Ahead In The *Pink* – Staten Island’s Breast Cancer Meet Up Group”

- organized by Catherine Putkowski-O’Brien, LCSW & Georgianna Diaz, Breast Cancer Survivor

Saturday May 3, 2014 @ 9:45 a.m. \$10.

**Come and join us for an inspirational and educational hour and fifteen minute Yoga class designed specifically for Breast Cancer Survivors. This class will help build core strength and stability, upper body strength and improve overall flexibility while connecting the mind, body and spirit.*

Itinerary:

9:45 a.m. – Introduction to Moving Ahead in The Pink meet up group and explanation of benefits of yoga practice pre and post-surgery.

10:00 a.m. – Yoga class incorporating pilates, strengthening, and flexibility exercises.

10:50 a.m. – Meditation / Relaxation

11-11:30 a.m. – Disbursement of Yoga exercise handouts, gift bag, Q & A and announcements.



33 Richmond Hill Road, Staten Island, NY 10314 email: CobrienLCSW@msn.com to **RSVP!**