

FALL 2024 SESSION

# Yoga Connection

With Lynda Knudtson

This class is designed for cancer survivors at any stage, and if desired, a support person. The yoga session will include:

- Gentle stretching to improve range of motion
- Low impact and restorative poses
- Relaxation techniques
- Guided meditation and breathwork

Registration is required due to limited space. This is an ongoing class and you're welcome to sign up at any time, however the \$30 fee can not be prorated.



## Please join us!

**Class frequency:** Once a week on Tuesdays

**Start date:** Week of September 17

**Time:** 1:30 P.M. - 2:30 P.M.

**Fee:** \$30

**Location:**

Ascension All Saints Cancer Center Conference Room  
3809 Spring St., Room S526  
Racine, WI. 53405



Register online at [bit.ly/allsaintsyoga](https://bit.ly/allsaintsyoga) or by scanning the QR code.



Questions? Contact Tonya Marchant, RN Navigator at [tonya.marchant@ascension.org](mailto:tonya.marchant@ascension.org) or Kayla Thorne, Cancer Prevention/Wellness and Survivorship RN Coordinator at [kayla.thorne@ascension.org](mailto:kayla.thorne@ascension.org) or 414-212-5171.



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