



PINK YOGA

A class for women affected by cancer.

WHEN: Friday's from 19 January to December 7th 2018
1 to 2.30pm

WHERE: Tauranga Yoga Centre -173 Elizabeth St West

COST: Gold coin donation

'Hatha yoga' - uses physical poses & breathing techniques to increase strength, stamina and flexibility. This in turn, promotes a sense of well-being by quieting the mind and thus reducing anxiety.

Research carried out with breast cancer patients, has shown that yoga may be able to help:

- *Improve physical functioning; reduce fatigue & anxiety; reduce stress; improve sleep; improve quality of life.*

One of the major benefits of yoga is learning to breathe correctly using the diaphragm. Often, when people are in pain, discomfort, or feeling stressed and mentally burdened, they unknowingly only breath from the upper chambers of the lungs (called apical breathing). This localised breathing limits the lung's capacity to receive fresh oxygen and to remove carbon dioxide (waste product) of cellular metabolism.

Tauranga Yoga Centre provides a safe, supportive and fully equipped venue in which to practice yoga, together with a qualified teacher.

Any questions or inquiries please call Sue on 022 350 3891
Email: info@taurangayoga.org.nz

This class is funded by Tauranga Yoga Centre and Breast Cancer support Services Tauranga