



I am a breast cancer survivor. How can yoga help?

Breast cancer affects many of us. Staying strong and taking care of our bodies is so important. Yoga can be an important part of the healing and recovery process. Studies reveal that yoga offers relief from the physical and mental effects of the disease, such as fatigue, stiffness, stress and depression. October is Breast Cancer Awareness Month, an opportunity for awareness and an important reminder for all of us to take care of our health.

