



# Yoga for Breast Cancer

Sundays 3:00-4:00 pm starting October 3rd

At Triangle Pilates & Cary Yoga Center  
Lochmere Pavilion Studio: 919-851-7221  
2425-103 Kildaire Farm Rd. Cary 27518

**This five-week class** is specifically for those with breast cancer (doctor's approval recommended) or recovering from breast cancer. Class provides a safe, gentle environment with other survivors. Cost: \$50.

Learn basic yoga poses to help you

- build or rebuild your flexibility and range of motion
- develop your strength and physical balance
- regain your confidence.

Learn breathing and meditation techniques to

- reduce stress
- relax
- enhance your emotional balance.

***Instructor: Claire McCullough, Ph.D., RYT***

*Claire has been practicing yoga for 20+ years and has been teaching it regularly since 2002. She is a registered yoga teacher, certified by the North Carolina School of Yoga. Claire is a breast cancer survivor and has taught yoga classes for cancer patients and survivors. She also does private sessions for individuals, groups and partner yoga. Contact Claire ([mcculloughclaire@aol.com](mailto:mcculloughclaire@aol.com) or 919-233-3537) if you have specific questions about this class.*

Register at the studio, by phone 851-7221 or on-line [www.trianglepilates.com](http://www.trianglepilates.com)