

# THERAPEUTIC YOGA

## FOR CANCER SURVIVORS AND PEOPLE WITH CANCER

Yoga offers gentle, restorative exercises and breathing techniques to help you overcome distress and anxiety associated with cancer. Scientific studies show yoga also provides benefits for the effects of lymphedema and neuropathy, long-term effects of some cancer and cancer treatment. Talk to your health care team before starting any fitness or exercise program.

The benefits of therapeutic yoga and meditation are well documented, including:

### MEDICAL BENEFITS

- Improved sleep
- Increased immunity
- Decreased pain
- Can improve endocrine function
- Increased flexibility and strength
- Decreased blood pressure
- Improved balance
- Relaxed nervous system

### PSYCHOLOGICAL BENEFITS

- Improved self-acceptance
- Reduced anxiety and depression
- Increased sense of well-being
- Increased mindfulness
- Healthy coping strategies

### IS YOGA SAFE?

Talk to your doctor if you are thinking about trying yoga. Most experts consider yoga to be safe when taught by a well-trained professional with experience working with cancer survivors. Like any physical activity, yoga can cause muscle fatigue and strain. Know your limits and adapt poses to work with your body's needs. Talk to your instructor before class to let them know of your limitations.



// *Practicing yoga for as little as three months can reduce fatigue and lower inflammation in breast cancer survivors.* //

— Ohio State University, *Journal of Clinical Oncology* (January 2014)



### YOGA ETIQUETTE: KNOW BEFORE YOU GO

- Always call before you go to class to confirm the schedule and ask any questions you may have.
- Please do not wear perfumes, colognes, scented oils or lotions.
- Wear comfortable clothing you can easily move in.
- Tell the instructor of any conditions or restrictions in movement that you may have.
- Cold/flu/sick policies: Please do not attend class until you are at least 24 hours' symptom or fever free. You may be asked to leave class if the instructor suspects you are sick.

# YOGA AT CITY OF HOPE

## Gentle and Restorative Yoga City of Hope, Duarte

1500 E. Duarte Road  
Duarte, CA 91010

This class is offered in English and Spanish. Course includes various yoga postures, development of daily home practice, and relaxation techniques including guided meditation. Physician authorization required for new patients. Caregiver walk-in welcome. Preregistration required for patients. Please call 626-218-CARE (2273).

Find the Gentle and Restorative Yoga flyer at the Sheri & Les Biller Patient and Family Resource Center in Duarte.

# THERAPEUTIC YOGA IN THE COMMUNITY

## LOS ANGELES COUNTY

### Therapeutic Yoga for Cancer Yoga House

11 West State St.  
Pasadena, CA 91105

Free to patients with cancer, call to confirm

Call (626) 403-3961 for class times  
and registration.

Street parking available

*This group is one block north of  
City of Hope | South Pasadena.*

### Yoga Therapeutics (for injury and cancer) Mission Street Yoga and Pilates

1017 Mission St.  
South Pasadena, CA 91030

Cost: \$16, discounts available for package  
of classes

Call (626) 441-1144 for class times  
and registration.

[missionstreetyoga.com](http://missionstreetyoga.com)

### Yoga at Cancer Support Community

Orientation is a first step to accessing the Cancer Support Community's many community-based services. Visit [cancersupportcommunity.org/find-affiliate](http://cancersupportcommunity.org/find-affiliate) or call (888) 793-9355

### Cancer Support Community Benjamin Center

1990 S. Bundy Drive, Suite 100  
Los Angeles, CA 90025

*Yoga and Pilates*

Call (310) 314-2555 for class times  
and registration.

### Stretch & Yoga The Robert and Beverly Lewis Family Cancer Care Center

Pomona Valley Hospital  
Community Room  
1910 Royalty Drive  
Pomona, CA 91767

Call (909) 865-9907 to register  
and to confirm the group is meeting.

### Gentle, Restorative and Kundalini Yoga Circle of Hope

23033 Lyons Avenue, Suite 3  
Newhall, CA 91321

(661) 254-5218

Check events calendar for dates and times:  
[circleofhopeinc.org/calendar](http://circleofhopeinc.org/calendar)

### Cancer Support Community Pasadena

200 E. Del Mar Blvd., Suite 118  
Pasadena, CA 91105

Call (626) 796-1083 for class times  
and registration.

[cscpasadena.org](http://cscpasadena.org)

### **Cancer Support Community Redondo Beach**

109 W. Torrance Blvd.  
Redondo Beach, CA 90277

Call (310) 376-3550 for class times and registration.

*Welcome to Wellness Meeting is required prior to attendance.*

### **Cancer Support Community San Fernando Valley**

The Granada Pavilion  
11128 Balboa Blvd.  
Granada Hills, CA 91344

Call (818) 468-8606 for class times and registration.

### **Restorative Yoga**

Focuses on gentle movement to keep muscles and joints supple, breath work to relax the central nervous system, and meditation to reduce stress and anxiety. You will carefully stretch and strengthen the body to soothe the side effects of treatment. Recommended for those newer to yoga, in-treatment and post-treatment looking for a gentle yoga experience.

*Medical clearance to participate in the class may be required.*

Free for cancer patients and survivors

### **Magnolia House**

8767 Wilshire Blvd., Suite 401  
Beverly Hills CA 90211

*Also offers crystal sound yoga and nidra meditation; please call for information.*

For more information on classes at both locations, please contact (310) 299-8473 or [aidee@towercancer.org](mailto:aidee@towercancer.org)

### **Cancer Support Community San Fernando Valley**

Our Redeemer Lutheran Church  
8520 Winnetka Ave.  
Winnetka, CA 91306

Call (818) 407-1695 for class times and registration.

### **Breastlink Tarzana**

18133 Ventura Blvd., Suite 200  
Tarzana, CA 91356

## **RIVERSIDE COUNTY**

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### **Gilda's Club Desert Cities A Cancer Support Community Affiliate**

73555 Alessandro Drive  
Palm Desert, CA 92260

Call (760) 770-5678 for class times and registration.

[gildasclubdesertcities.org](http://gildasclubdesertcities.org)

### **Gentle Yoga at Michelle's Place**

41669 Winchester Road, #101  
Temecula, CA 92590

Call (951) 699-5455 for class times and registration.

No experience is required. Bring your yoga mat and water bottle. Yoga mats are provided if you do not have your own.

[melissa@michellesplace.org](mailto:melissa@michellesplace.org)

## SAN DIEGO COUNTY

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### Be Well: Yoga for Cancer Recovery

Yoga by Be Well Yoga\* partners with North County Cancer Fitness (NCCF) to offer gentle therapeutic yoga classes in various studios in northern San Diego County.

Open to all cancer survivors

\*Donation based. Please contribute in class if you are financially able. Suggested donation amount \$5 to \$10.

NCCF consultation/intake process is required to attend an NCCF-sponsored class. Please call (760) 943-7685 to inquire.

Yoga by Be Well Yoga

*Offered at studio:*

#### Black Sheep Yoga Studio

1828 S. Coast Highway  
Oceanside, CA 92054

Call for schedule (760) 889-9642.

Ask for therapeutic yoga.

[blacksheepyogastudio.com](http://blacksheepyogastudio.com)

Yoga by Be Well Yoga

*Offered at studio:*

#### Soul of Yoga — Encinitas

627 Encinitas Blvd.  
Encinitas, CA 92024

Call for schedule (760) 889-9642.

Ask for therapeutic yoga.

[soulofyoga.com](http://soulofyoga.com)

Yoga by Be Well Yoga\*

*Offered at studio:*

#### YogaSix

1905 Calle Barcelona, Suite 238  
Carlsbad, CA 92009

Call for schedule (760) 889-9642.

Ask for therapeutic yoga.

[yogasix.com](http://yogasix.com)

## VENTURA COUNTY

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### Cancer Support Community, Westlake Village

530 Hampshire Road  
Westlake Village, CA 91361

Orientation is a first step to accessing the Cancer Support Community's many community-based services.

Call (805) 379-4777 for class times and registration.



1500 E. Duarte Road, Duarte, CA 91010  
Nursing Triage Call Center (626) 218-7133

[CityofHope.org](http://CityofHope.org)