

# Yoga Lola Studios



## Regaining and Maintaining Health After Cancer Rebalancing the Self

This six-week class explores the use of breathing exercises, gentle movement, stress release exercises, and nutritional practices as the foundation for regaining and maintaining health after cancer. The focus of the class is to give you tools that help you:

- Reduce stress
- Reduce anxiety
- Reduce depression
- Reduce pain
- Encourage relaxation
- Strengthen the Endocrine System
- Strengthen the Nervous System
- Strengthen the Immune System
  - Discuss foods and herbs that help restore all three of these systems

Use and reuse this information in your everyday life to help you maintain your balance and your joy.

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Where: Yoga Lola Studios, 1701 Hwy 3 South, League City, Texas 77573 / [lola@yogalola.com](mailto:lola@yogalola.com) / [www.yogalola.com](http://www.yogalola.com)

When: Wednesday nights at 7 P.M. beginning February 29 - each Wednesday night until April 4

Cost: \$80.00

Registration: Closes on Monday, February 20<sup>th</sup>.

Call Lola at 281-684-3168 or go to <http://www.yogalola.com/workshops.htm> to sign up.

Minimum number of students: Six//Maximum Number: 12