



Therapeutic Yoga

stretching • strengthening • relaxation

HUX Cancer Center

**1711 N. 6 1/2 St., North of Union
Hospital, Lower Level
Terre Haute, IN**

Class starts Oct. 29, 2016

Saturdays 10-11 AM

\$60 for six Saturday classes

Registration required

Go to www.themaplecenter.org to reserve your spot!

Yoga is taught by Jan Croft, MS, LPT. These 6 weekly 1-hour sessions provide a gentle approach to improve your physical conditioning, flexibility and relaxation skills. This program can be started by anyone. Research has shown that the benefits of yoga include: increased flexibility of the neck, back, chest, and shoulders; improved physical strength and function; improved quality of life and inner peace; and decreased side effects from chemotherapy.



The Maple Center For Integrative Health