

STRENGTHEN THE BODY, MIND AND SPIRIT

Gentle Yoga Class



Diane Deering

■ Diane Deering is a Certified Yoga Instructor and has been teaching yoga for 11 years, earning the 200 hour level Hatha Yoga certification in 2011. She currently teaches a variety of yoga techniques and can draw upon the various modalities to best suit the needs of the group. Diane is also a certified personal trainer through American Council on Exercise (ACE).

Now in Arroyo Grande during March and April:

Tuesday Mornings • 11:00 a.m.

With Diane Deering, Certified Yoga Instructor

Mission Hope Cancer Center, Arroyo Grande

850 Fair Oaks Avenue, Third Floor, Arroyo Grande, California

Reservations required. Please call Mission Hope at 805.474.5300

Gentle yoga is practiced to reduce stress, restore health, and move the body in the direction of balance. This series will teach you techniques you can use to help calm the mind, release tension, gently stretch the body, and generally feel better. Through Gentle Yoga, participants will have the opportunity to discover ways to gain a greater sense of well-being by strengthening their bodies, combating uncomfortable side effects of treatment, and reducing anxiety and stress. No previous yoga experience or flexibility required for this series and beginners are encouraged to join. Everything can be modified to suit specific needs. Space is limited, so reserve your spot now.

Please bring a yoga mat.



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