

STRENGTHEN THE BODY, MIND AND SPIRIT

Gentle Yoga Classes

Instructor: Maribel Alesna, ERYT, C-IAYT

MARIAN HEALTH & WELLNESS CENTER, SANTA MARIA

Thursdays: January 6, 20, 27, February 3, 10, 17, 24

1207 East Main Street, Santa Maria

Instructor: Carol Dichmann, RN, BSN

MISSION HOPE CANCER CENTER, ARROYO GRANDE

Thursdays: January 6, 13, 20, 27, February 3, 10, 17, 24

850 Fair Oaks Avenue, Third Floor

Reservation and assessment required; please call 805.346.3413 or 805.474.5334

Gentle yoga is practiced to reduce stress, restore health, and move the body in the direction of balance. This gentle yoga class incorporates simple flowing sequences and slower paced movements focusing on alignment, strength and flexibility which work together to calm the mind, release tension, and help you generally feel better. Join us to discover ways to gain a greater sense of well-being by strengthening the body, combating uncomfortable side effects of treatment, and reducing anxiety and stress. No previous yoga experience required and beginners are encouraged to join. Everything can be modified to suit specific needs. Space is limited, so reserve your spot now.

Now offered in both Santa Maria and Arroyo Grande!



Maribel Alesna, ERYT, C-IAYT
Certified Yoga Therapist



Carol Dichmann, RN, BSN
Oncology Nurse Navigator



Meet our newest yoga instructor Maribel Alesna

■ Maribel is an easy going fitness enthusiast and unabashed spiritual seeker. She was first drawn to yoga as a complement to running many years ago. Her experiences of injury and pain have made her realize that wholeness is innate, healing is possible, and well-being comes from re-discovering that wholeness. As a Certified Yoga Therapist, she is trained to teach people living with cardiac conditions or cancer.



Keep up with all our classes and programs at both locations at our website:
www.missionhopecancercenter.com



Like us on Facebook:
Mission Hope Cancer Center