



Community is Stronger than Cancer®

Therapeutic Yoga

4-Week Virtual Workshop in October

With Sabine Cole



Date: Every Wednesday in October 2021
(10/6, 10/13, 10/20, 10/27)

Time: 12:00 PM - 1:00 PM

Location: Online (Zoom)

Cost: No Cost

RSVP: www.cancersupportvvsb.org
programs@cancersupportvvsb.org
or calling 805.379.4777

This class is a combination of natural healing methods and yoga asanas to refresh and awaken the body's innate energy systems. It may help you calm and refresh your body and mind. This class is intended for those who want to focus on the healing aspects of yoga practice for symptom relief from cancer and cancer treatment, flexibility & strengthening, and overall management of the pressures of daily life. No prior yoga experience is needed.

ABOUT OUR PRESENTER

Sabine Coble is the Owner and Director of Ojai Shakti Healing Arts. Additionally, she teaches Hatha Flow at Yoga Jones. She had moved from Germany to Ojai in the late '90s as a massage therapist, nutritionist, personal trainer and athlete (martial arts, cycling). Sabine has studied yoga, meditation, Thai massage, Kalari massage, Ayurveda and a variety of alternative medicine in India and the U.S.