



Community is Stronger than Cancer®

VIRTUAL WORKSHOP

Autumn Gentle Yoga Series

With Tori Lund



Date: Wednesday, November 3, 10, 17 and December 1 and 8, 2021
(No class on 11/24)

Time: 11:00 AM - 12:00 PM

Location: Online (Zoom)

Cost: No Cost

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

This class will practice gentle yoga asana (postures) and movements, healing pranamaya (breath techniques), relaxation, and meditation to promote physical, mental, and emotional well-being. The benefits may include stress and pain reduction, improved flexibility, balance and sleep, stimulation of the lymphatic system and may enhance a sense of peace. Modifications are offered for all, in an inclusive and supportive environment. No prior yoga experience is needed.

ABOUT OUR PRESENTER

Tori Lund is a yoga teacher at Yoga Jones, musician, and singer-songwriter. She has decades of experiences using music and yoga to inspire and heal. After being diagnosed with scoliosis as a child, she began practicing Hatha Yoga to alleviate pain and stabilize her spine. In 2010, she earned a certification at the Himalaya Yoga Valley Center in India. Additionally, she has studied Ayurveda (mindfulness meditation and Ashtanga and Iyengar yoga).

