

# Restorative Yoga



Cancer Supportive Care Program

This deeply relaxing and restful class will use restorative yoga poses done primarily on the floor with the support of bolsters, blankets, blocks, and chairs. Designed to nurture, nourish, and renew the body, mind and spirit.

**No registration necessary**, just drop in.

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<b>Dates:</b>	Every Monday <i>No class 1/1, 1/15, 5/28</i>
<b>Time:</b>	1:30pm–2:45pm
<b>Location:</b>	Samyama Yoga 2995 Middlefield Road Palo Alto, CA 94305
<b>Questions:</b>	Please call 650-725-9456
<b>Website:</b>	<a href="http://www.stanfordhealthcare.org/cancersupportivecare">www.stanfordhealthcare.org/cancersupportivecare</a>

*The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all cancer patients regardless of where they receive their care.*

