

# Yoga Basics for Survivors



Fundamental yoga practices such as alignment, steadiness, and breathing are designed to assist survivors in rebuilding strength, awareness, grace, and balance.

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

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- Dates:** Every Thursday  
*No class 1/4, 5/31*
- Time:** 1:30pm–2:45pm
- Location:** Samyama Yoga  
2995 Middlefield Road  
Palo Alto, CA 94305
- Questions:** Please call 650-725-9456
- Website:** [www.stanfordhealthcare.org/cancersupportivecare](http://www.stanfordhealthcare.org/cancersupportivecare)

*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.*

