

# Oncology Yoga Classes to SUPPORT YOUR MIND, BODY & SOUL

## How Can Practicing Yoga Support Your Well-Being?

**yoga4cancer is a research based Oncology Yoga method** addressing the specific physical and emotional needs left by cancer and its treatments. These classes are designed for **patients and survivors** at any stage of their cancer journey — whether you are currently in treatment, recovering, or living beyond cancer. **Classes are taught by a certified yoga4cancer teacher with the training and experience to ensure safe and effective support.**

Research shows that yoga can:

- Lessen fatigue and improve sleep
- Reduce anxiety and stress
- Increase strength and flexibility
- Improve range of motion
- Help manage treatment side effects
- Boost immune system function
- Improve balance and mobility

**\*\*NO YOGA EXPERIENCE NEEDED!\*\***

### Where?

**Yoga Time Studio: 609 East Main St. Unit H Purcellville, VA**

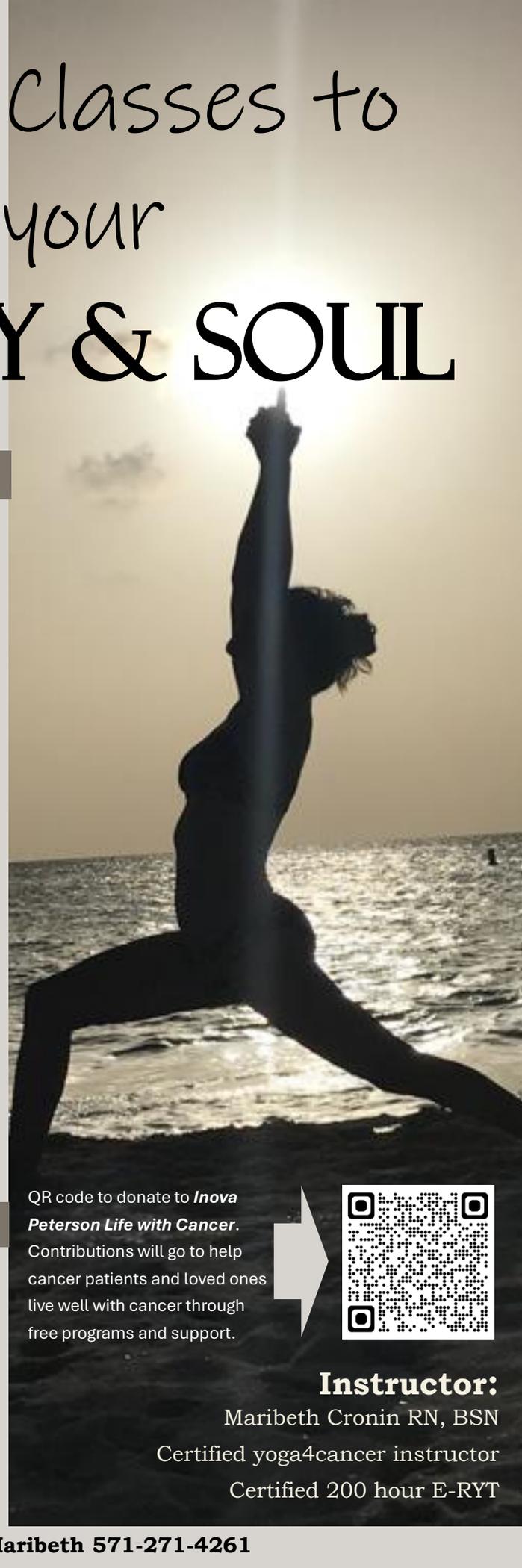
### When?

**Fridays at 11am beginning JANUARY 23, 2026**

### How to Attend?

**Register for the class at [www.yogatimestudio.com](http://www.yogatimestudio.com)**

**Questions? - Call or text Maribeth 571-271-4261**



QR code to donate to **Inova Peterson Life with Cancer**. Contributions will go to help cancer patients and loved ones live well with cancer through free programs and support.



### Instructor:

Maribeth Cronin RN, BSN

Certified yoga4cancer instructor

Certified 200 hour E-RYT