

Yoga is a mind body practice that involves breathing, stretching, balance and strengthening exercises. It can help with stress and can enhance a sense of wellbeing. Some people find that it can help them manage the side effects of their cancer treatment.

Yoga classes at St George's Cancer Care Centre are taken by Kathryn Taylor who is a qualified yoga teacher.



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Yoga Classes Information



What classes are available?

Yin Yang Yoga

Monday 9:30 am (50 minutes)

This class is for both those new to yoga those who have done a little bit yoga before This class is a mix of longer held poses (yin) to help release connective tissue and flowing poses (yang) to stretch and strengthen muscles.

Gentle Yoga with a bit of Yin

Thursday 4pm (50 minutes)

No experience or flexibility is required! A great class to start with to work on stretching, balance and strengthening and with a bit of Yin to release connective tissues and a longer savasana (relaxation) at the end of class.



How much does it cost?

- ◆ The cost is \$5 per class. We have a multipass card which you can purchase at reception to make payment easier (\$25 for 5 classes).

Where are the classes held?

- ◆ Classes are held in the seminar room at St George's Cancer Care Centre.
- ◆ When you come to class check in at reception and then take a seat in the waiting room.

How do I book a class?

- ◆ You can book a class at reception or you can email Kathryn at kathryn.taylor@stgeorges.org.nz
- ◆ When you come for your first class we will ask you to fill out a brief form listing any injuries or physical concerns you may have .

Can I come to yoga if I am having chemo or radiation therapy?

- ◆ Yes you can still come to yoga class but you may wish to check with your oncologist that they are happy for you to participate.

What will I need to bring?

- ◆ Wear comfortable, stretchy clothing such as track pants, leggings or shorts with a T-shirt or singlet top.
- ◆ If you wear a compression garment for lymphoedema you may wish to wear it during the class.
- ◆ Bring a water bottle to keep hydrated
- ◆ Avoid eating anything heavy a couple of hours before yoga. A light snack is OK.
- ◆ Yoga mats and other props are provided but you are welcome to bring your own if you prefer.
- ◆ Let the teacher know if you have any injuries or areas of discomfort before the class.

