



Wellbeing despite cancer

**A 6 weeks course from 11th of November - 16th of December,
Mondays from 12.15 - 1.30 pm
at the Santosha Studio in Chippenham
Course fee £60**

The diagnosis Cancer challenges you and your family to the limit. Cancer also often affects your self-image and self-esteem. Possible changes in physical appearance and depleted health can be frightening.

How can well-being succeed in this precarious time?

In terms of your own wellbeing and recovery it is important to try to take good care of yourself as much as possible. Yoga has a lot to offer for this and an increasing amount of research is confirming its huge benefits; especially for the mental and emotional wellbeing. In its holistic practice, Yoga can support coping with the treatment and dealing with side effects like fatigue or lymphedema. Equally, it supports managing the experience after the treatments, overcoming fears and finding life goals again.

In this course we explore various tools - gentle movements, breathing, meditation, reflexion - you can use to cope with cancer so you can personalize the practice to your own needs as well as exchange with others. Come along and join a small friendly group of Yoga lovers.

Martina is a Yoga teacher and holds a master's degree in Social Pedagogy specialist in humanistic counseling, community work, education and health promotion. Just before Christmas 2013 she was diagnosed with breast cancer which turned her life upside down. In regarding her tumor as an 'uninvited guest' she used her Yoga practice in a holistic way to support her recovery. The last two years Martina began to share her learning on this journey by offering a specific workshop and in one-to-one sessions for clients affected by cancer.

**Please book your place via phone / e-mail or on-line
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