



HEALING CANCER FROM WITHIN

www.healingcancerfromwithin.org

8 week series - July 21, 2021 to Sep 8, 2021

When: Every Wednesday- 4:00 to 5:00 PM

Classes are offered via Zoom for your safety and comfort

<https://www.elcaminohealth.org/HealingCancerfromWithin>

All classes are free. Please Reserve. For more information and to register, please call the Cancer Center at 650-988-7519 or 408-341-6621

Come and join us as we explore our body's innate ability to heal in a safe environment...

8 weekly classes that includes discussions on relevant topics as listed below, followed by gentle yoga and breathing exercises designed for cancer patients, survivors and caregivers.

Class 1: Jul 21 - Power of the Positive Mind

Class 5: Aug 18 - Acceptance and Letting Go

Class 2: Jul 28 - Fear & Anxiety

Class 6: Aug 25 - Self Love & Compassion

Class 3: Aug 4 - Why Me? Anger

Class 7: Sep 1 - Gratitude

Class 4: Aug 11 - Guilt

Class 8: Sep 8 - Managing expectations of others

Please wear comfortable exercise wear. Participation in entire series is highly encouraged.

This program is offered by [Integrative Healing](http://www.elcaminohealth.org), a California Non-Profit Organization, and sponsored by:

