



HEALING CANCER FROM WITHIN

www.healingcancerfromwithin.org

8 week series beginning September 29, 2021

When: Every Wednesday - 10:00 and to 11:00 am

Classes are offered via Zoom for your safety and comfort

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.

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

Class 1: Sep 29 - Power of the Positive Mind

Class 5: Oct 27 - Acceptance and Letting Go

Class 2:- Oct 6 - Fear & Anxiety

Class 6: Nov 3 - Self Love & Compassion

Class 3: Oct 13 - Why Me? Anger

Class 7: Nov 10 - Gratitude

Class 4: Oct 20 - Guilt

Class 8: Nov 17 - Managing expectations of others

Please wear yoga clothes or comfortable exercise wear. Participation in entire series is encouraged.

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