

Integrative Healing and Recovery

*A therapeutic class for cancer patients
and their caregivers*

A medical diagnosis of cancer is often accompanied by a sense of fear and anxiety. Integrative Healing and Recovery is a gentle-level class designed to reduce mind/body tension, lessen pain, and increase range of motion. The program is specifically designed to meet the needs of cancer patients and their caregivers, but all with life-threatening or chronic illnesses may attend.

Through simple, yet profoundly effective techniques of gentle stretching, breathing, guided imagery, deep relaxation, yoga, tai-chi and meditation you will learn what works for you to help you relax, let go and experience contentment. Please call Jill Johnson to find out more about the classes and to sign up.

This class is presented in partnership with the Therapeutic Healing Institute, Joyful Living Yoga, and The Dharma Room Yoga & Wellness Center. The classes are at no charge and are made possible by Dr. Juliann Reiland-Smith, owner of Comprehensive Breast Care P.C.

Integrative Healing & Recovery

The Dharma Room

220 S. Phillips, Downtown Sioux Falls
Every third Monday, 7 - 8:30 p.m.

The remaining dates for 2009 are:

June 22, July 13, Aug 3, 24, Sept 14 and Oct 5 and 26
For more information and to register call Jill @ 413-8852

Jill Johnson

*Registered Yoga Teacher, Cardiac and Cancer Yoga Therapist,
Cancer Exercise Specialist*

