

# Benefits of YOGA

For cancer patients  
and survivors

Improve sleep and reduce fatigue

Support pain management

Improve strength, flexibility  
& bone health

Support weight management

Support the immune system

Supports management of stress,  
anxiety and depression

Fancy giving it a try?

Join a free 6 week course beginning in  
June!

Open to women affected by 'pants'  
area cancers.

For more details please visit

[www.pantscancer.co.uk](http://www.pantscancer.co.uk)

[www.journeysyoga.co.uk](http://www.journeysyoga.co.uk)

[www.intelligentfitnesscornwall.co.uk](http://www.intelligentfitnesscornwall.co.uk)

