

Live Well. YCat Yoga

Healing Through Cancer with YCat Adaptive Yoga Therapy© 2019 Class Sessions

YCat (Yoga for Cancer Therapy)© is a guided yoga experience designed to honor the needs of each individual student exactly where they are in treatment and recovery. Students will explore movement, breathing, and relaxation meditation practices as tools to access the innate wisdom of our own bodies and make empowered choices in healing in a safe and comfortable environment.

Developed by a nurse and backed by evidence-based research, the intention of this offering is to teach self-regulating techniques that can relieve the distressing side effects of cancer physically, mentally, emotionally and energetically while offering joy in daily living.

The movements in this class can be modified to suit all levels of physical ability, including patients recovering from surgery. No yoga experience is required.

Taught by Amelia Coffaro, RYT-200, a cancer survivor and lifelong yoga practitioner. For questions about YCat Yoga and what to expect, please contact Amelia at 414.378.3070, amelia@ameliacoffaro.com.

6-Class Sessions on Tuesdays, 12:30 – 2:00

Session 1: January 8 – February 12
**class on January 15 is from 1:30 – 3:00*

Session 2: April 2 – May 7

Session 3: May 14 – June 18

Session 4: October 1 – November 5

Location

Ascension Columbia St. Mary's Milwaukee
Van Dyke Cancer Center -
1st floor conference room
2350 N. Lake Drive, Milwaukee

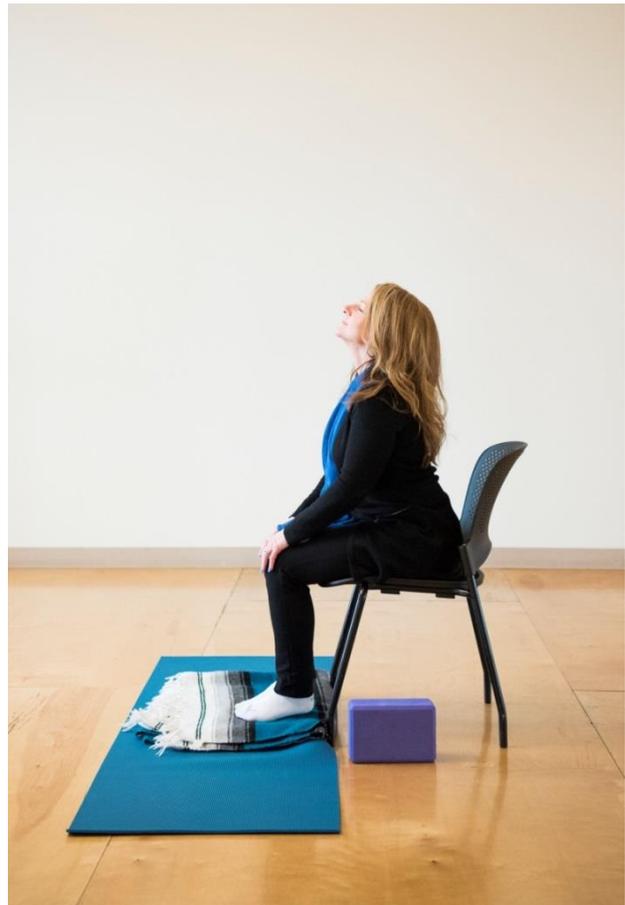
This class is free and open to Cancer Center patients at any stage of survivorship.

Limited to 10 participants per class. Registration is required. *Clearance from your Cancer Center physician is required.*

To Register:

Call Laura Stratte, Survivorship Navigator at 414-298-7247.

All first time participants are asked to complete an intake form and contact the instructor prior to the first class.



For information on additional programs, visit
supportcsm.org/livewell

At YCat Yoga©, participants can expect:

- A welcoming environment that encourages
 - community building
 - body awareness
 - breathing practices
- Slow, gentle movements to improve
 - blood flow
 - range of motion and flexibility in joints and muscles
- An explanation of physiological benefits
- Guided imagery
- Conscious use of the mind and imagination
- Guided relaxation and meditation practices

Benefits include:

- Reducing muscle tension and habituated tension patterns
- Promoting self-healing and functional improvements
- Decreasing anxiety and depression
- Reducing neuropathy and lymphedema
- Improving sleep and overall health
- Feelings of wellbeing

About Amelia: Amelia Coffaro, RYT-200, is dedicated to teaching Adaptive Yoga and Mindfulness as ways to manage, prevent and heal from disease or illness. After experiencing a rare and aggressive form of breast cancer at age 27, she was inspired to create an offering that met the unique needs of people with cancer and chronic illness. Amelia has travelled nationally and internationally for her trainings, studying closely with her primary guides Jnani Chapman, RN, BSN, RYT 500, and Dr. Timothy McCall. She is a Program Coordinator for YCat Yoga Therapy©, a member of the Yoga Service Council, a CreativeMornings Milwaukee team organizer, and a board member of CORE/El Centro. In 2015, Amelia received a scholarship from the Omega Institute Women's Leadership Center to attend the Women and Power retreat.