



# YOGA THRIVE

## Therapeutic Yoga for Cancer Survivors

Are you interested in a 12-week yoga program for cancer survivors (on or off treatment) and their support person? No previous yoga experience is needed

### January 2012 SCHEDULE

#### Mondays, January 9—April 9 (No classes January 23 or February 20)

- **The Yoga Studio – Wellington**  
Sq. #110, 1330-15<sup>th</sup> Ave SW  
1:30pm-2:45pm (Level 1)
- **Holy Cross Hospital Gym**  
2210-2<sup>nd</sup> St. SW  
5:00pm-6:15pm (Level 1)
- **Holy Cross Hospital Gym**  
2210-2<sup>nd</sup> St. SW  
6:30pm-7:45pm (Level 2)

#### Tuesdays, January 17—April 3

- **Wellspring** 1404 Home Road NW  
7:30pm-8:45pm (Level 2)

#### Wednesdays, January 18-April 4

- **The Yoga Studio – Wellington**  
Sq. #110, 1330-15<sup>th</sup> Ave SW  
1:30-2:45pm (Level 1)
- **Wellspring** 1404 Home Road NW  
1:00pm-2:15pm (Level 1)

#### Fridays, January 13-March 30

- **Yoga Dot Calm** 3217, 380 Canyon Meadows DR SE  
11:45am-1:00pm (Level 1)

#### Sundays, January 15-April 15

(No classes February 19 or April 8)

- **Wellspring** 1404 Home Road NW  
9:30-10:45am (Level 1)  
11:00-12:15pm (Level 2)

CULOS-REED HEALTH & WELLNESS LAB:  
[www.kin.ucalgary.ca/healthandwellnesslab](http://www.kin.ucalgary.ca/healthandwellnesslab) or (403) 210-8482

To register call Campus Recreation:  
(403) 220-7749

