

New Live! Gentle Yoga Pop Ups with Jill The Carson Tahoe Cancer Resource Center



Bring a friend & share the joy of yoga!

Yoga & Your Heart

February 11th- Tuesday 1:00 pm -2:00 pm The Carson Tahoe Cancer Center

February 13th- Thursday 10:00 am -11:00 am The Minden Medical Center

Spring Yoga & Your Chakras

March 18th - Tuesday 1:00 pm -2:00 pm The Carson Tahoe Cancer Center

March 20th -Thursday 10:00 am-11:00 am The Minden Medical Center

Yoga & Cancer

April 10th - Thursday 10:00 am-11:00 am The Minden Medical Center

April 15th- Tuesday 1:00 pm- 2:00 pm The Carson Tahoe Cancer Center

ALL ARE WELCOME.

Please sign up prior to the workshop with Jill or Brie at The Cancer Resource Center. Free to Cancer Survivors & a 5 dollar donation to CTRC for the public. Weather permitting.

Please contact **Jill** or Brie at **The Carson Tahoe Cancer Resource Center (775) 445-7502** for any questions.

Jill Mustacchio 200RYT jillsyogaloft.com 775.781.1226



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