



THE YOGA FOR LIFE PROJECT



Caring for Cancer

with Claire Whalley & Sue Skelton
Tuesdays 6–7.15pm, Fridays 11.30am–12.15pm

To empower you to live a life not defined by your diagnosis, Yoga can help you to reconnect with your body, mind and spirit to enable you to feel whole again so that you can let go of physical & mental tension.

The practice aims to ease side effects & symptoms such as fatigue, sleep issues, anxiety, stress, depression, pain and nausea. Post-treatment, it can help you stay physically and mentally healthy, enabling you to reconnect with your body however broken it may feel. This class can be done from a chair, a bed or a mat and welcomes carers & family to join the class.

theyogaforlifeproject.co.uk/book-online



WEEKLY ZOOM CLASSES



MON	9.15–10.15am	Yoga for Beginners: Building Strength (Emma Maltby)
	6.45–7.45pm	Yoga to Calm your Mind (Valentine Ammeux)
	8–9:15pm	Monthly Yoga for Wombs (Julia Caird)
TUE	11am–12pm	Long Covid Breathing & Deep Relaxation (Claire Whalley)
	6–7.15pm	Caring for Cancer (Sue Skelton)
	7.30–8.30pm	Yoga & Acupressure for Health (Lelly Aldworth)
WE	11am–12.15pm	Yoga for Fatigue & Energy Support (Leah Barnett)
	6.15–7.15pm	Yoga for tight Backs, Shoulders & Necks (Claire W) – Park/Online
	8–9pm	Mat-based Yoga for Parkinson's & MS (Marlène Hiestand)
THU	11am–12pm	Long Covid Mindful Movement for Rehab & Rest (Sally Ramsden)
	12.15–1.15pm	Yoga for Fibromyalgia (Jackie Hayfield)
	7.30–8.45pm	Yoga for Anxiety - 4 week course (Narayani)
FRI	8:30–9am	Breathe, Rise & Shine (Lauren Dutton)
	11.30am–12.45	Caring for Cancer (Claire Whalley)
	6–7.15pm	Slow Down & Heal Stress (Leah Barnett)
SAT	9:30–11am	Yoga for Back Health Workshop (Amy Dickson) once a month
	11–11:30am	Meditation: Move, Breathe & Meditate (Laura Cox)
SUN	11am–12.30pm	Joy Flow Yoga (Claire Whalley) – Finsbury Park/Online
	7–7.30pm	Yoga Nidra for Sleep (Claire Whalley)



a yoga class to help cope with cancer + cancer treatments

Designed to create a safe refuge to come and practice yoga. Helping you manage the side effects of your treatment, while boosting immunity, strength, range of motion, and decreasing anxiety and stress.

Below is our class schedule across our centres, where we offer complimentary classes for anyone with any type of cancer at any stage of recovery.

All classes are available for live stream via the website for anyone who can't make it into the centres.

Day	Time	Centre
Monday	14.30 - 15.30	Shoreditch
Tuesday	11.45 - 12.45	Ealing
Wednesday	14.00 - 15.00	Camden
Thursday	11.00 - 12.00	Chelsea
Sunday	11.15 - 12.30	online only

[click here to book your place](#)

visit us at triyoga.co.uk

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