

# VIRTUAL YOGA THERAPY PROGRAM

## MONDAYS AND WEDNESDAYS 10 – 11:30 AM

Fox Chase offers a chair-based yoga class for cancer patients, their families, caregivers, and employees via Zoom at this time. The class is taught by a certified yoga therapist who specializes in a gentle yoga regimen designed for cancer patients that accommodates the abilities and limitations of each participant.

The class emphasizes the stress reduction aspects of yoga through breathing techniques, meditation, deep relaxation, and mental imagery to help guide participants to a state of peaceful awareness.

No previous yoga experience is required to take our class.

### Who should join the program?

- Anyone who has received or is receiving treatment for cancer, and their caregivers or family members.
- Anyone who has stress and anxiety that gets in the way of activities and daily living.
- Anyone who would like to learn yoga techniques to relax the mind and body.

### Benefits of yoga can include:

- Slower heart rate
- Lower blood pressure
- Calmer breath rate
- Reduction in muscle tension
- Reduction in chemicals associated with stress, such as cortisol and adrenaline
- Increased immune system support
- Increased flexibility, strength, and balance

## Try Yoga At Fox Chase

**Class Fee: \$10**

**To Register Contact Michelle Stortz at  
M@MichelleStortz.com or 215-242-1366**



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**Non-discrimination notice:**

It is the policy of Fox Chase Cancer Center, that there shall be no exclusion from, or participation in, and no one denied the benefits of, the delivery of quality medical care on the basis of race, ethnicity, religion, sexual orientation, gender, gender identity/expression, disability, age, ancestry, color, national origin, physical ability, level of education, or source of payment.