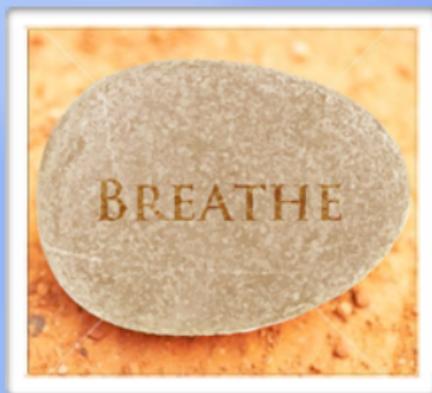


Healing through Yoga

for Cancer
Recovery & Beyond



with Beth McCarthy, E-RYT 500
Certified Yoga Therapist

*The body has intrinsic wisdom
and the capacity to heal.*

~ Hippocrates

Are you living with, through or beyond a cancer diagnosis? **Healing through Yoga** can help you live more comfortably, courageously and peacefully in your body, mind and life.

When faced with breast cancer for a second time and the need for a double mastectomy, I turned to Beth for private Yoga Therapy. Beth not only helped me to calm, care for and center myself before and after my surgery, but to embrace the experience with a true sense of life renewal and power. Trials in our lives are inevitable, it is how we cope with them that truly matters. Beth can help you cope with confidence and grace!

- Stacy, Breast Cancer Survivor

Benefits of Yoga Therapy for Cancer

- Optimizes health of all bodily systems including the lymphatic, immune, digestive, nervous, endocrine and nervous systems
- Improves appetite, digestion, sleep & energy
- Decreases fatigue, weakness and nausea
- Reduces pain, stress, strain, depression and fear
- Softens the side effects of chemotherapy, radiation and related therapies
- Increases strength, range of motion & healing blood flow, reduces or eliminates scar tissue build up due to surgeries
- Quells self-doubt and builds self-confidence
- Calms, clarifies and optimizes the mind
- Quickens the healing process
- Inspires renewed life direction & purpose



Beth McCarthy, E-RYT 500, is a certified Yoga Therapist and cancer survivor who compassionately supports every step of the cancer journey – from initial diagnosis, to preparing for treatments and surgery, to recovery and beyond. Beth works with cancer clients, their families and their medical team to create safe, effective, integrative care using the healing power of Yoga.

To get started with private or group Yoga Therapy sessions, call Beth at 719-440-2815, email yogabeth@mac.com or visit healingthroughyoga.net