

Gilda's Club Twin Cities extends an invitation to anyone living with cancer, including families and friends, to attend a weekly Kundalini Yoga and Meditation class for relaxation.\*



Kundalini Yoga is a spiritual and meditative practice with a physical component that strengthens the health and well-being of the physical body, increases flexibility and brings emotional balance.

- *No previous yoga experience necessary*
- *All classes can be taken on a mat or seated in a chair*
- *Drop-in or attend regularly*

**These restorative classes focus on:**

- *Breath techniques to relax and energize*
- *Yoga postures and pose modifications*
- *Easy techniques that release fear, anxiety and tension*
- *Mantras and the healing effect of sound*
- *Meditation and deep relaxation*

**Cancer Patients Find Peace in Kundalini Yoga**

Despite being diagnosed recently with breast cancer, Maria Martinez feels remarkably peaceful. She attributes this to a strong spiritual faith fueled by prayer, meditation and practices such as Hatha Yoga, which involves breathing techniques and poses. Martinez recently added a new ingredient to her self-care repertoire when she discovered a similar kind of yoga, called Kundalini Yoga. During a class at M. D. Anderson's Place ... of wellness, Martinez, 47, and her daughter Sandra, 22, were led through Kundalini Yoga poses, movements, breathing techniques and chanting. The session ended with several minutes of relaxation on their backs, covered with blankets.

*"This morning I had fears and insecurities and now after class I feel very calm and relaxed,"* Martinez says. *"It's like being in another state."* Kundalini Yoga can be of great benefit to cancer patients, says Kundalini Yoga master and healer Guru Dev Singh, Ph.D., who visited M. D. Anderson this summer. *"If nothing else, if it makes you relaxed and happy, your capacity to deal with your sickness will help your treatment,"* he says.

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**WHEN:** Sundays, 5:00 to 6:00 p.m.

**WHERE:** Yoga Studio provided by  
The Penny George Institute  
for Health and Healing  
2833 Chicago Avenue  
Minneapolis MN

**WHO SHOULD ATTEND:**

Anyone living with cancer - including family, friends and care providers.

**WHY:** To cultivate healing, relieve stress and release fear.

**WHAT TO BRING:** A yoga mat (mats are available if you do not have one), a blanket and yourself

**COST:** Free!



**The Teacher:** Erika Peterson is a Certified Kundalini Yoga Teacher. She holds a BA from the University of Illinois and has worked in marketing and communications for over 10 years. "Yoga has the capacity to offer unconditional grace, compassion and love to the mind, body and spirit. For over two years, I have had the pleasure of teaching this class to individuals who are touched by cancer. Each week provides a fresh look at healing and underscores the importance of self care when cancer is a part someone's life."

**Parking:** Metered parking is available on Chicago Ave. (meters are free of charge on Sundays). Parking is also available in the ramp that is connected to the George Institute for approximately \$2. Enter and exit the ramp off of 28th St. Take your parking ticket with you and pay the automated machine after the yoga class, before you go back to your car.

For detailed **directions**, please utilize Google Maps or Mapquest

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**Additional information:** [www.gildasclubtwincities.org](http://www.gildasclubtwincities.org)

*\*Eventually to become part of the calendar of activities at Gilda's Club Twin Cities*