



Healthy Lifestyles | Mind Body Resilience Yoga

at Gilda's Club Twin Cities

DATE:

3rd Tuesday of the month

TIME:

5-6pm

WITH:

Corinne Jordan

COST: FREE!

RSVP:

Program

@GildasClubTwinCities.org

or 612.227.2147

LOCATION:

GCTC Clubhouse

Mind Body Studio

10560 Wayzata Boulevard

Minnetonka, MN 55305

(From 394 go North on Hopkins Crossroads; then right on North Frontage road—Wayzata Blvd)

A place where no one faces cancer alone.

*All programs and services are offered
at no cost to members*



Unroll your mat and treat yourself to an invigorating full body celebration. Build resilience of mind and body as you explore components of Ashtanga, Vinyasa, and Restorative yoga. This is a moving meditation that unites body with breathe, set to inspiring music. Those living with cancer and their caregivers are encouraged to attend together. All levels welcome!



Corinne Jordan, MD, FACS, is a Board Certified General Surgeon with a practice specializing in treating women with Breast Cancer. She is an expert in Yoga for Cancer Survivors, as well as Yoga for Corporate, Executive, and Physician Resiliency.

Gilda's Club Twin Cities

www.GildasClubTwinCities.org | 612.227.2147 | info@gildasclubtwincities.org

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