



An Affiliate of the
CANCER SUPPORT COMMUNITY
A Global Network of Education and Hope

Healthy Lifestyles | Mind Body Candlelight Yoga

at Gilda's Club Twin Cities

DATE:

2nd Tuesday of the Month*

*Bonus class on Tues, Jan 31

TIME:

6-7pm

WITH:

DeAnn Hoff

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.*



Candlelight Yoga offers a soothing blend of slowly flowing deep stretches with supportive restorative postures follow by a short, yet powerful Metta meditation. Metta means loving kindness. Show yourself a little loving kindness by joining us for this special practice.



DeAnn Hoff, RYT 200, is a breast cancer survivor who was led to teaching after realizing how much her yoga practice had helped her to recover from the effects of cancer treatments. She knew that she needed to share this healing and transformational power with others. Her goal is to help you create space within yourself for the body and mind to sing in harmony.

Gilda's Club Twin Cities

www.GildasClubTwinCities.org | 10560 Wayzata Boulevard, Minnetonka, MN 55305 | 612.227.2147

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