


Gentle Flow

Chair Yoga for Cancer Wellness



Hope for every journey



Fostering strength, balance,
and healing.

Join the Cancer Foundation for New Mexico's **Gentle Flow: Chair Yoga for Cancer Wellness**, designed to help cancer patients improve balance flexibility, and overall well-being in a supportive environment.

Dates: **May 20 & 27, June 17 & 24**

Day: **Tuesdays**

Time: **11:15 AM – 12:00 PM**

Location: **2009 Botolph Road, Suite 100
Santa Fe, NM 87505**

This gentle, guided chair yoga practice is tailored for individuals undergoing or recovering from cancer treatment. No prior yoga experience is necessary.

Led by **Katherine Lautenbach**, *Cancer Survivor
& Professional Yoga Instructor*

**Together, we
make a difference.**

The mission of the Cancer Foundation for New Mexico is to help save lives by removing barriers and providing needed support to Northern New Mexicans with cancer seeking medical treatment in Santa Fe.

**For more information & to
register please contact:**

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CFFNM.ORG