

*It is possible to find peace in the midst of cancer treatment and recovery.*

Join us for a day of information sharing and an introduction to guided practices in the urban oasis that is The Movement Center.

Learn gentle and easy chair yoga and meditation practices that you can try at home, and hear about current research on yoga and healing.

Try guided journaling as a way to get centered – and “yoga nidra” – a deep relaxation technique – to relieve stress and aid sleep. Find ongoing support for continuing your learning.

**Life and Breath** is open to patients in treatment or recovery, their families and caregivers. A nutritious, vegetarian lunch and refreshment breaks are included in the workshop fee. Participants are invited to come early and stroll the grounds before the program.

### Registration

Fee: \$50

Advance registration necessary and available online at [mcyoga.com](http://mcyoga.com), or by calling

503-231-0383, ext. 15.

Limited to 25 participants.

Refund requests will be honored through October 26, 2011.

Free parking is available in the lot at the corner of NE 31st Ave. and NE Holladay St. We are wheelchair accessible, and bicycle friendly.

**The Movement Center,  
1021 NE 33rd Ave, Portland 97232  
503-231-0383 [mcyoga.com](http://mcyoga.com)**



*The Movement Center*  
The power of spirit

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Cancer Recovery Through Yoga and Meditation

# Life and Breath

## Cancer Recovery Through Yoga and Meditation

Saturday, October 29, 2011  
9:00 AM - 5:00 PM at  
The Movement Center



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The power of spirit

## The Schedule

9:00 AM - Welcome to The Movement Center

9:30 AM - **Panel Discussion: Integrative Medicine, Yoga & Meditation.** What are these modalities and how are they supporting healing during cancer treatment and recovery? Ken Weizer, ND, Swami Prakashananda, Laurie Saunders.

10:30 AM - **Experience Chair Yoga:** Gentle movements with conscious breathing that are accessible to anyone, including guidance for practicing comfortably at home. Lenore Bijan

11:30 AM - Lunch

12:30 PM - **Experience Laughter Yoga:** Research and experience confirm that laughter aids healing. Ken Weizer, ND, shares his knowledge and teaches some exercises that can be done yourself and with friends and family.

1:30 PM - **Experience Journaling:** Intense life experiences can be made more manageable with a bit of reflective writing - no experience necessary! Betsy Milligan and Roxanne Thomas will lead some easy approaches and leave you with take-home ideas.

2:30 PM - **Experience Yoga Nidra:** A form of deep relaxation that relieves stress and aids in sleeping, including ways to induce soothing rest at home. Roland Levesque, RYT.

3:30 PM - **Experience Meditation:** Swami Prakashananda will lead a guided meditation and give you tips for developing a personal meditation at home.

4:15 PM - **Closing Session:** Final Q&A, follow-up possibilities, and a table with book, CD and video resources to browse.

## Meet the presenters:



### Betsy Milligan

Betsy Milligan is an artist, writer and homemaker with fourteen years of yoga experience and four years of cancer experience. She will co-lead the Journaling session and share her own story as a survivor.



### Ken Weizer, ND

Dr. Ken Weizer is a cancer survivor and a naturopathic physician at the Providence Integrative Medicine Clinics. His medical practice focuses on treating cancer patients with natural medicines, nutrition, lifestyle changes and mind/body techniques. Dr. Weizer will participate in the panel discussion and lead the "Laughter Yoga" session.



### Laurie Saunders, RYT

Laurie teaches "Healing Yoga Practice" at TMC and is a member of the International Association of Yoga Therapists. Her personal experience of living with MS has made her a champion for students living with chronic health conditions. She is guiding the development of the "Life and Breath" program and will participate in the panel discussion.



### Lenore Bijan

Lenore Bijan teaches "For Seniors Only" yoga classes at The Movement Center. A lifelong activist for those with special needs, at age 80 her focus is on teaching others what she has learned, that yoga can help people live more fully whatever their age or condition. Lenore will lead one of the yoga classes at "Life and Breath."



### Roland Levesque, RYT

With a lifelong interest in comparative religion, meditation, and just trying to get a grip, Roland decided to take a break from his professional career in 2005 to pursue the concentrated study and practice of meditation, and his yoga teaching certification. Roland will teach Yoga Nidra, a guided relaxation designed to bring mind and body to a deeply peaceful state.



### Roxanne Thomas, RYT

Inspired by her mother who had breast cancer, Roxanne teaches yoga to cancer patients in multiple stages of treatment and recovery. She feels that it is through yoga that we are able to allow changes in our minds and bodies. She will join Betsy in leading the journaling session.



### Swami Prakashananda

Swami Prakashananda is the practice director of The Movement Center. He has practiced and taught Trika Yoga Meditation with Swami Chetanananda for 35 years, and the "Pacification of Suffering" – a powerful healing practice – with both Lama Wangdu Rinpoche and Swami Chetanananda. Swami Prakashananda will participate in the panel discussion and lead the guided meditation.

