



FOR IMMEDIATE RELEASE

***FREE YOGA FOR CANCER SURVIVORS
Moksha Yoga Winnipeg Launches Yoga Thrive***

Winnipeg, Manitoba (October 5, 2009) -- Moksha Yoga Winnipeg (MYW) is very proud to present a program created to increase positive energy and improve morale for individuals undergoing cancer treatment.

Yoga Thrive is a research-based, therapeutic yoga program for cancer survivors and their support persons. This gentle, seven-week program is rooted in Hatha yoga and modified for participants who might be experiencing stiffness, pain, stress or fatigue. Classes are led by a certified instructor trained in Yoga Thrive. The program is progressive, with each 90-minute class building on the previous one. Classes are kept small (maximum of 15) in order to ensure individual attention and safety.

The first Yoga Thrive session begins Tuesday, October 6 and runs once per week for seven weeks, at **no cost to participants**. The response has been so overwhelming that the session is already full. So two new sessions have been added for early 2010:

Yoga Thrive Session #2
Tuesdays from 12:00pm to 1:30pm
January 12 to February 23
Pre-registration is required

Yoga Thrive Session #3
Thursdays from 12:00pm to 1:30pm
January 14 to February 25
Pre-registration is required

“Yoga Thrive is about improving mobility, adding stability and offering a safe place for these amazing participants to reconnect with their bodies in a positive way,” says Phil Doucette, lead instructor for Yoga Thrive.

Participants can pre-register for either session by calling the Moksha Yoga Winnipeg studio (452-5535) or by emailing Phil Doucette (phil@mokshayogawinnipeg.com). No previous yoga experience is necessary!

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WHO IS ELIGIBLE?

Yoga Thrive is open to all cancer survivors (on or off treatment) and their support persons. While research continues to be tied to the program, participation in the research study is voluntary. Those wanting to assist the research process will be asked to complete a confidential questionnaire at four different times: before the program, after the program, two months follow-up, and four months follow-up.

TESTIMONIALS

Past participants have found significant benefits in overall mood, stress levels, physical strength, and quality of life. Here is what some of them have said:

“When I wondered if I could hold on, you were my ‘gentle rock’ whom I looked so forward to seeing... you help towards my accepting myself and making the best of my life. I felt a sense of purpose dramatically outside of just getting through each chemo – we got our batteries recharged at Yoga Thrive! Also, a there is a feeling of peace and control, something conspicuously missing during treatment.”

“I have such bad neuropathy in my toes and fingers, and poor balance as a result (from the chemo), that the yoga is really helping me to regain range of motion, strength and balance. It’s also a wonderful ‘positive’ to help cancel out all the ‘negatives’.”

“Thanks for the opportunity to practice yoga under these challenging circumstances - it means an opportunity to stay deeply connected in a dynamic relationship with my body - safely.”

“The only time in my week where I left with more energy than when I arrived! That is huge at this time in my life, thank you for that.”

ABOUT MOKSHA YOGA WINNIPEG

Moksha Yoga Winnipeg is owned by husband-and-wife team Phil and Ryann Doucette, and is a member of a group of independent hot yoga studios committed to ethical, compassionate and environmentally conscious living. Collectively, these studios strive to communicate that yoga’s benefits are limitless and accessible to all. They offer hot yoga in the form of moksha, moksha flow, hot flow and hot hatha, as well as daily yin yoga and ashtanga classes. MYW has three teachers who can be booked for private sessions of therapeutic yoga to help people move out of pain.

MYW voted the #1 gym/studio in Winnipeg by Uptown Magazine!
www.mokshayogawinnipeg.com

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