



# INTRODUCING Yoga

for CCNW patients

## TECHNIQUES

### RESTORATIVE/YIN YOGA

This gentle Yoga improves the flow of energy in the body, increases circulation, builds flexibility, boosts immunity, and promotes emotional well-being. The poses are less stressful on connective tissues and students use props to hold postures for longer periods. This style combines traditional yoga with Qigong (“chi gong”). Qigong has both psychological and physical components and involves the regulation of the mind, breath, and body’s movement and posture.

### ASHTANGA VINYASA YOGA

Means “flow” and involves simultaneous, seamless movement, breathing and creativity between postures. Students are taught Ujjayi breathing (in and out through the nose) to help stimulate heat in the body and increase focus in the mind.

### HATHA YOGA

The “Ha” in Hatha means sun and the “tha” means moon, and Hatha Yoga is a series of core-strengthening exercises focused on balancing warm and cool poses (like the sun and moon). Hatha is designed to align the skin, muscles, and bones, opening the body’s channels so energy can flow freely.



## MEET JILL

### JILL CICCARELLO

is a certified YogaFit instructor with more than 22 years of Yoga experience. With a background in biomedical research, Jill has dedicated herself to discovering



Yoga’s true restorative power. She witnessed the benefits of Yoga firsthand when her sister was diagnosed with cancer, and ever since her mission has been to bring peace of mind and balance to all her students. She has built a safe, effective and empowering Yoga program tailored to meet individual needs. Jill hopes all her students will feel welcome, safe, supported and honored. Jill’s classes are open to all eligible CCNW patients (physician release required) and are not affiliated with any religious practice.

## BENEFITS of yoga

- Reduced anxiety and stress
- Balance in mind and body
- Increased flexibility in joints
- Greater mental and physical stability
- Detoxification
- Strengthened muscles and core
- Increased physical stamina
- Decreased TMJ symptoms and migraines
- Deeper relaxation/meditation

## YOGA CLASSES OFFERED 4 DAYS A WEEK

In-person yoga classes are held at **Tailwinds Physical Therapy** (2772 S Grand Ave). Virtual ZOOM yoga class options are also available. For a current class schedule and important information, please visit: [www.CancerCareNorthwest.com/treatment/yoga](http://www.CancerCareNorthwest.com/treatment/yoga)

**WANT TO SIGN UP?** Pick up a release form at any CCNW Clinic, or print it from CCNW’s Website, and complete the Patient Release section. Return it to your physician for approval; we will contact you as soon as the approval process is completed. For questions, please call **509-228-1000**.