



**ACEF SPOTLIGHT**

# For Breast Cancer Survivors, Life is Better With Yoga\*

*Practicing yoga in a small group twice a week can have substantial benefits for breast cancer survivors with or without metastatic disease. Regular yoga practice, over several months, can help you reduce fatigue and lower inflammation. Even if you have been inactive for a while and have a limitation of range of motion, yoga postures can be adapted to your abilities.*

## A few of the potential benefits of the Living Well in Breast Cancer Survivorship yoga program:

- Regular yoga practice may help you regain a sense of serenity, security, and confidence in your body
- Regular yoga practice may increase your strength, improve balance, and quality of life
- Yoga can help you relax and revitalize
- The focus on breath places an emphasis on accepting moment-to-moment experiences whatever they may be
- Yoga can help you to increase vitality, decrease fatigue, reduce inflammation, improve mood and sleep quality
- Yoga can help to improve mental and physical energy
- If you are a woman with metastatic breast cancer, regular gentle yoga practice, breath work, and meditation may help you experience lower pain, greater invigoration and acceptance
- Yoga may be useful in helping you adjust to the challenges of living with cancer as chronic disease and/or metastatic disease
- ACEF's classes at Johnson Family Cancer Center are small enough so you receive individual attention, which will help you gain yoga's maximum benefits

email: [info@amacf.org](mailto:info@amacf.org)  
phone: (616) 607-7360  
web: [www.amacf.org](http://www.amacf.org)

[Click here for detailed yoga class information](#)



**About Your Instructor:**

Karri Absenger, LPN, RYT is a passionate advocate of the Living Well in Breast Cancer Survivorship program. Karri's expertise allows ACEF to integrate yoga with Western medical and psychosocial knowledge. If you are currently

undergoing treatment for breast cancer or if you are a survivor, check with your doctor if you are healthy enough to take a yoga class. However, as a licensed nurse and registered yoga teacher, Karri is very aware of potential contraindications of yoga in cancer survivorship.

**Why should you join Karri's yoga classes?**

The American Cancer Society recommends cancer survivors get at least 150 minutes of exercise each week. It does not matter whether you are a younger, 27-year-old breast cancer survivor or 76, Karri's yoga classes can play a significant role in your health. The combination of ACEF's expertise in mind-body medicine and Karri's nursing and teaching experience make the Living Well in Breast Cancer Survivorship yoga program one of the leading evidence-based yoga programs on the Lakeshore.

\*Carson, J. W., et al. (2007). Yoga for women with metastatic breast cancer: Results from a pilot study. *Journal of Pain and Symptom Management*, 33(3), 331–341.

\*Kiecolt-Glaser, J. K., et al. (2014). Yoga's impact on inflammation, mood, and fatigue in breast cancer survivors: A randomized controlled trial. *Journal of Clinical Oncology*, 32(10), 1040–1049.

\*Not everyone may get these results. Your results may be different. Research shows that the average person may improve her quality of life.

For additional information, contact us at [info@amacf.org](mailto:info@amacf.org), or by phone at (616) 607-7360, or in person at the Absenger Cancer Education Foundation at 17212 Van Wagoner Road, Spring Lake, MI 49456.

Transportation assistance is available to those who qualify!

## 2016 Schedule

**Mondays: 6:30 p.m.**  
**Saturdays: 10:30 a.m.**

Yoga classes are held at Johnson Family Cancer Center (JFCC)  
1440 E Sherman Blvd  
Muskegon, MI 49444.  
Use the entrance facing Sherman Blvd.  
Schedule subject to change without notice.



Yoga Classes are **FREE** for Breast Cancer Survivors! Funding programs that support those in the fight to save lives.

