

"I look forward to Saturday afternoon seeing Buffy and my classmates. They are amazing survivors!! Not only are we learning yoga, we are learning from each other. My heart is expanding!"

- LaVon J.M. Whipple

Pink Yoga expand :: heal :: connect

A yoga class that addresses the needs of women at any stage of breast cancer, from currently in chemo to twenty years in remission! Pink Yoga is open to breast cancer warriors and their family and friends

Pink Yoga increases **energy** level heals and **strengthens** muscle tissue improves breathing **calms** and settles the mind helps encourage lymphatic drainage **settles** the nervous system

Where: Vital Yoga (Cherry Creek)
2727 E. 2nd Avenue
Denver, CO 80206

When: Oct. 18 – Nov. 22, 2008
Saturdays 2:00-3:30 pm

Cost: \$100 for six week series or \$20 drop-in fee

To register please contact:

Buffy Barfoot | buffymiranda@gmail.com | 720.212.9191

Pink Yoga is a series taught by Buffy Barfoot, whose mother, grandmother and great-grandmother all had breast cancer. A portion of the proceeds benefits Breast Cancer Network of Strength Rocky Mountain, making sure that no one faces breast cancer alone. Contact 303-300-5158



VitalYoga
Learn it. Live it. Share it.

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