

## Path to Healing Class Description:



A restorative yoga class for women breast cancer survivors in treatment and recovery. The class combines guided imagery, relaxation practices and gentle yogic postures to facilitate healing and a sense of well-being. The practice of yoga has been shown to improve the flow of the lymphatic system, crucial to proper immune system functioning. The quality of lymphatic flow is important both after axillary lymph node surgery and throughout adjuvant therapy. In addition, specific yoga postures can help to break down scar tissue, build strength, improve flexibility, and help women regain mobility.

Recent studies have documented that cancer patients who regularly practice yoga may experience a reduction in stress, anxiety, and some of the common physical side effects of treatment, such as nausea and fatigue.

Through the practice of yoga, women regain a positive mind-body connection, which improves the quality of their lives as they journey through the many challenges of surgery, treatment, and recovery.

The Path to Healing Yoga class is FREE to all women diagnosed with breast cancer, and offers an opportunity for participants to practice in a safe and supportive environment. It is taught by Alicia Barry RYT, a certified yoga instructor and four year breast cancer survivor.

“During seven weeks of radiation, after a lumpectomy, I tried to go to yoga most days... I never liked pushing myself to the limit, now I had a good excuse to do only as much as I wanted. When class was over, I always felt wonderful. I had energy! I was in a good mood! it was during a yoga class that I realized I had breezed through treatment.”

-Jill L, Attaining Yogini

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A specialized class for anyone who has, or has ever had breast cancer offered for free by Alicia Barry. For further information contact Alicia at [Bija54@aol.com](mailto:Bija54@aol.com) or (401) 741-2747.



Alicia Barry began her yoga journey with one goal in mind, to stay physically fit as she aged. Instead she discovered a transformative practice and philosophy that has continued to deepen and grow and impact her life in profound ways.

As a yoga student for several years she experienced the gifts of practice but in 2005 after being diagnosed with cancer for the second time, both her physical and spiritual practice were profoundly impacted and set her on a path of investigation, unraveling and healing. This personal experience has been instrumental in framing her teaching style.

Offering her students a nonjudgmental, supportive, curious and laughter invited atmosphere Alicia's classes blend many limbs of the hatha yoga tree.

Her life passion is to share the life changing benefits of a yoga practice, meeting her students where they are as the chapters of their life unfolds.

With an emphasis on anatomically based alignment, transitions, and mindfulness Alicia offers her students 'a one size does not fit all' approach that enables each student to explore their personal edges, both physically and mentally.

Alicia has certifications in hatha yoga as a 200 hour RYT, several certifications in yoga for cancer survivors, and has studied yin yoga with Sarah Powers and Viniyoga with Gary Kraftsow.

She is deeply inspired by all the teachers she has studied with but most of all she finds inspiration from her students who continue to enlighten her everyday.

"Yoga helped me come into a nurturing energy, to befriend my body, listen to it, and treat myself with gentleness and compassion. Yoga is an incredible tool for accessing the body's amazing capacity to heal itself". -Connie Hawley

## Frequently Asked Questions:

Q. What does yoga mean?

A. Yoga literally means "union." The practice is designed to unite your mind and body, as well as your spirit, through deep breathing, meditation, and physical poses that stretch and strengthen the body.

Q. Why is yoga for me?

A. Yoga practiced after breast cancer surgery or treatment:

calms and centers the mind

releases tension and stress

improves range of motion

aids in breaking down scar tissue

relaxes the gripping feeling in the chest area

energizes the body, mind, and spirit

improves muscular strength

enhances sleep quality

reduces fatigue and anxiety

enables women to reconnect with their body in a healthy and compassionate way

Q. Do I need to be physically flexible?

A. This yoga class is open to anyone who is able to sit comfortably (without the use of a chair) in supported seated positions or slightly reclining positions.

Q. What if I don't have any energy (or low energy)?

A. We expect you may arrive to class tired and stressed. This is a restorative class designed to nurture and energize the body.

Q. Am I too old to start taking yoga classes?

A. Alicia presents yoga in a nurturing and supportive way; women need not bend like pretzels or be in particularly good physical condition to benefit. No one is too old to benefit from yoga.