

# FREE YOGA CLASSES *for* PEOPLE TOUCHED BY CANCER

Join us to experience the healing benefits of yoga

## GARNER

### YOGI OASIS

74 Son-Lan Pkwy #103,  
Garner, NC 27529

**Starts January 3:**

**Fridays, 10:45-11:45 am**

#### Register:

yugioasisfreeyogaforcancersurvivors.  
eventbrite.com/

[Yogi Oasis](#)

an intimate, inclusive, yoga community

## RALEIGH

### STUDIO BYO

12333 Strickland Rd Suite 104,  
Raleigh, NC 27613

**Starts January 5:**

**Sundays, 2:00-3:00 pm**

**Register:** yogijamie919@gmail.com

[Studio BYO](#) for yoga and fitness needs

## CARY

### GREWAL CENTER FOR MIND BODY MEDICINE

1003 High House Rd #103,  
Cary, NC 27513

**Starts January 7:**

**Tuesdays, 1:30-2:30 pm**

**Register:** help@grewalcenter.com

[The Grewal Center for  
Mind Body Medicine](#) an intimate  
Functional Medicine practice

## DURHAM

### THE WELLNESS STATION

3001 Academy Rd #130,  
Durham NC 27707

**Starts January 9:**

**Thursdays, 1:00-2:15 pm**

**Register:** yogacheryl.com/yoga-for-  
people-managing-cancer.html

[The Wellness Station](#)  
a wellness and therapy business

## CARY

### WHITE PLAINS UNITED METHODIST CHURCH (2 CLASSES)

313 SE Maynard Rd,  
Cary, NC 27511

**Starts January 13:**

**Mondays, 1:00-2:00 pm**

#### Register:

winteryogamonday.eventbrite.com

**Starts January 14:**

**Tuesdays, 6:30-7:30 pm**

#### Register:

winter2020yoga.eventbrite.com

[Waverly Hematology/Oncology](#)

a non-hospital based community clinic

## CHAPEL HILL

### FRANKLIN STREET YOGA CENTER

The Courtyard  
431 W. Franklin Street, Suite 410  
Chapel Hill, NC 27516

**Starts January 19:**

**Sundays, 12:45-2:00 pm**

#### Register:

Check studio schedule or [click here](#).

[Franklin Street Yoga Center](#)  
yoga and wellness for the community