

YOGA FOR THOSE LIVING WITH CANCER

Meditation Walk: Open to the Sounds of Fall at Maudslay State Park with Joanne Rowley and Rose Russo

Join us for an evening stroll and light refreshment at Maudslay State Park in Newburyport. Enjoy the crisp air and wonderful sounds of fall as we create a reunion with past attendees and meet new ones in celebration of life. View sculptures from various local artist on display in September.

Plan to meet at the main parking lot at 5:30pm.

Dress for bug/tick protection and bring your preferred repellent.

We hope to see you there.

Rose Russo, RYT, teaches at the Yoga Center, is an Anusara-Inspired yoga teacher, graphic designer, visual artist, and a Reiki Master. She is a two-time breast cancer survivor and teaches from a deep understanding of the healing power of the body.

Joanne Rowley, RN, MS, is a Mindfulness Instructor for bone marrow transplant patients at Dana-Farbers' NIH research site and Counselor - Stress Management Educator at NSMC Salem Heart Center. She is certified as a Holistic Nurse, Kripalu Yoga Teacher and an Adult Mental Health Clinical Specialist with a private practice in Newburyport. She has companioned family, friends and clients through various phases of living with cancer. Her teaching offers a prayerful and nurturing approach to the mind-body connection.

Date & Time:

September 17, 2010

Friday, 5:30 – 7:30 pm

Cost: Free

Registration Required:

Call Joanne Rowley
978-463-9318 or email
ritamb@comcast.net

or

Rose Russo
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