

OFFERED WITHOUT COST TO CANCER PATIENTS AND THEIR LOVED ONES

# Restorative Yoga



Hearst Cancer Resource Center invites you to relax, restore and renew

**First Thursday of every month - via zoom**  
**12:00 p.m.**

## Hearst Cancer Resource Center

1941 Johnson Avenue, Suite 201, San Luis Obispo, California

Restorative yoga is a practice focused on four components: support, stillness, breath, and time. The use of bolsters and blankets support the body to allow the benefits of deep passive stretching, providing the opportunity to notice where you hold tension and how to relax into those areas. Therapeutic relaxation can occur when the body is fully supported. The practice of restorative yoga involves only five or six poses while reclined which can be adapted to accommodate most physical limitations and can be practiced by anyone at any age.

**Please call 805.542.6234 or email:**  
**HCRC@dignityhealth.org for the link.**



**Dignity Health™**  
French Hospital Medical Center

**Hearst Cancer Resource Center**



**EMAIL US**

## Benefits of Restorative Yoga:

- Releases tense muscles
- Relieves joint aches
- Transitions mind and body from stress to calm
- Conscious control of relaxation
- Improves sleep



**CLASS LED BY**  
**Robyn Hastin**

Robyn Hastin has been practicing yoga for over 20 years and teaching for more than 15 years. She is certified to teach Vinyasa, Yin, Prenatal, and Therapeutic/ Restorative Yoga.

Her favorite aspect of the yoga practice and lifestyle is its transformative nature, from the subtleties of the breath to the more obvious changes that occur in the bodymind and spirit.