

gentle yoga *for recovery & beyond*

as presented at the annual *Celebration of Life* event sponsored by
Beth Israel Deaconess Medical Center and hosted at Harvard Medical School

People living with, through, and beyond a cancer diagnosis may find Exclusive Yoga an effective way to regain a sense of serenity, security, and promise in their bodies.

Camille Kittrell is certified in Integrative Yoga Therapy and Yoga of the Heart® for Cardiac Rehab and Cancer Patients. In 2003, she founded Exclusive Yoga Studio in Waltham, MA, and launched her innovative yoga classes for breast cancer survivors. Camille is an Exercise Consultant for Massachusetts General Hospital, where her class *Yoga & Tai Chi for People with Parkinson's* has been featured on NPR and the CBS Evening News.

Seated Yoga and Optional Standing Poses

Features

Relaxed Breathing

Warm-up

Soft Yoga

Seated Sun Salutation

Standing Yoga

Chair Stretches

Guided Relaxation

Health Benefits

- Soothes the body • Calms the mind
- Exercises muscles & joints • Diminishes fatigue
- Improves flexibility • Reduces anxiety
- Energizes the body • Enhances positive mindset
- Increase strength • Build self-confidence
- Release muscle tension • Invite inner focus
- Aids healing process • Restores emotional equilibrium

Total running time: 1:31:54

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exclusive yoga

Camille Kittrell

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Volume 1

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with

Camille Kittrell



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