

## Supportive Care Yoga (SCY)

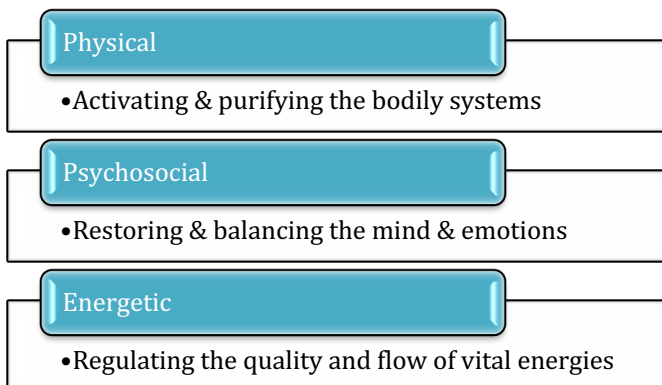
At Westmead Hospital in partnership with the Breast Cancer Institute since 1997.

**Supporting people to improve their health outcomes through Yoga**



- **Yoga Therapy: Consultation to assess your specific needs**  
Forming a practical plan to manage your individual treatment and side effects
- **Daily Practice: To rebalance & increase your feelings of wellbeing**  
Practicing self-maintenance strategies to maximise your positive health focus
- **Group Classes: Share in an active and supportive group network**  
Connecting for 90-minutes on Tuesdays and Thursdays over 40 weeks each year

### Integrative Therapeutics for Whole Person Health and Wellbeing



### Three ways yoga addresses the whole person

1. Physical awareness: in movement, breathing, stillness & mindfulness activities.
2. Psychosocial insight: to regulate stress, fear, anger, fatigue & restore inner calm.
3. Energetic resources: for improved sleep, pain, sensation, memory & fitness.

**Bookings:** [supportivecareyoga@bigpond.com](mailto:supportivecareyoga@bigpond.com) to access further information and attend.

**Location:** Seminar Room 5 or 7 in The Westmead Education & Conference Centre, Level 2, Westmead Hospital: Corner of Darcy and Hawkesbury Roads Westmead NSW, 2145

**Cost:** \$90 for each 10 Class Pass. The first yoga therapy and group classes are free.

**Payment:** Code 366906 applies to SCY at the Westmead Hospital Cashier, Level 2 Westmead Hospital. Pay by cash, card & cheque in person, with a credit card by phone (02) 9845 9688 or pay online at <https://www.wslhd.health.nsw.gov.au/Westmead-Hospital/Westmead-Hospital>

**Equipment:** Mats & props are provided, although you may BYO. Non-restrictive clothing is recommended. Please review the guidelines before attending individual and group classes.

**Experience:** No prior knowledge of yoga is necessary. You do not need to be flexible. The teachers are experienced in therapeutic applications of yoga & providing patient centred care.