



YCat YOGA Retreat for People in Cancer Treatment

**At the Lotus Conference Center at Yogaville - the Satchidananda Ashram
Thursday, May 19 – Sunday, May 22, 2011**

with Jnani Chapman RN, Sandra Gilbert RYT & national staff & intern teachers

For application contact Sandra Gilbert 718-490-7125 or sandralii@yahoo.com

To view accommodation choices please download the programs pdf & see pg 47 (all meals included):

<http://www.integralyogaprograms.org/docs/YogavilleProgramGuide.W2011.72DPI.pdf>

For additional guest stay information including discounts please see:

<http://yogaville.org/about-yogaville/yogaville/guest-stays.html>

The 11th Annual YCat Integral YOGA Retreat for People in CA Treatment

Learn & practice: ASANA the Yoga postures & movements; PRANAYAMA – the breathing practices; PRATYAHARA & PRATIPAKSHA BHAVANA – guided imagery & conscious use of the imagination; YOGA NIDRA – the deep relaxation; DHYANA – Meditation; JAPA – Sound vibration, mantra & chanting; & fundamentals of Yoga philosophy. Explore how Yoga practices can reduce side effects & secondary issues in cancer treatment, improve mood & coping, and motivate one to higher levels of daily self-care. Find time for silence, for napping, for walking in the woods or on an outdoor labyrinth, for being with others on a cancer journey & for experiencing Yogaville's meditation shrines like the LOTUS.

Come prepared to Shop: On Friday, May 20th Integral Yoga Distribution will offer significant discounts on all health related books including cookbooks, Yoga books, CDs, DVDs, Yoga props and many assorted gift items.

Retreat tuition: \$300 /four days, \$135/day ~ Partial scholarships available please inquire.

Apply with **SANDRA GILBERT at 718-490-7125 or by email sandralii@yahoo.com**

Or contact Jnani directly at jnanchapman@gmail.com



JNANI CHAPMAN, RN, BSN, CYT, founder & director of YCat, trains healthcare providers including Yoga teachers, MDs, RNs, PTs, OTs & MTs to use integrative medicine practices safely for people living with cancer, heart disease & other chronic illness. She is senior staff at Commonweal since 1986 & the Smith Farm Center's cancer help programs. Jnani was a founding clinician at the UCSF Osher Center for Integrative Medicine & UCSF Comprehensive Cancer Resource Center, 1997-2009. She is a former executive director of the International Association of Yoga Therapists and teaches Yoga for Dean Ornish, MDs prostate cancer research group who demonstrated significant benefits from a comprehensive lifestyle protocol that includes an hour of Yoga a day. YCat graduates and interns teach in comprehensive cancer centers and medical centers across North America.



Sandra Gilbert, RYT, is the Mt Sinai hospital out patient Yoga consultant for the infusion center & the breast health center in NYC and also teaches for the NYC heart group at Beth Israel Medical Center. Sandra is a YCat 3 level graduate & has been YCat coordinator for the past 6 years. She recently completed the Integrative Patient Navigator training through the Smith Farm Center in WDC & volunteers for Chai Lifeline in the Orthodox Jewish community.

OTHER FACULTY include: Lura Shopteau, MA, LPC, ERYT 500, & Vani Dani McGuire, ERYT 500