



Wellness Center for Healing Yoga for Breast Cancer Recovery & Beyond

Exclusive Yoga® Methods

Wednesdays 7:15-8:15pm

Lutheran Hospital Campus Location

Kachmann Mind Body Institute

1301 Lafayette St., Ft. Wayne IN 46802

Downtown & Lutheran Hospital Campus

info@kachmannmindbody.com

260-420-YOGA (9642)

Group Session Rates

Single Class Drop In	\$12
Student/Senior	\$8
(no guarantee of space availability)	
5 Class Pack	\$40
10 Class Pack	\$75
20 Class Pack	\$130

Yearly Unlimited Group Session

Annual Membership / 12 month commitment	\$49/mo.
One time enrollment fee	+\$49
Annual Membership Unlimited Classes	\$495
Family Membership Unlimited Classes (2 adults 3 children member limit)	\$695

To view all session rates and policies
visit www.KachmannMindBody.com

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mindBODY
i n s t i t u t e

Our Exclusive Yoga® offers a safely-designed yoga-based rehab program that meets survivors' needs at various stages of treatment and recovery. Techniques include therapeutic post-surgery exercises, mindful yoga sequences, restful guided relaxations, and healing breath practices.

The Kachmann Mind Body Institute is among an elite group of facilities whose instructors have been professionally trained in Exclusive Yoga® Methods by founder Camille Kittrell. As you face the challenges of breast cancer recovery, our qualified team is here to guide you every step of the way, whether your goal is to re-establish wellness, find peace of mind, or simply to experience yoga.

Women living with, through, and beyond a breast cancer diagnosis may find Recovery Yoga for Exclusive Yoga® to be an especially effective way to regain a sense of serenity, security, and promise in their bodies.

- *Calming breath techniques soothe the mind and promote lymph flow.*
- *Gentle stretch moves and mild yoga enhance range of motion and flexibility in the neck, back, chest and shoulders.*
- *Dynamic lower body stretches benefit hips, legs, and joints.*
- *Total body relaxation and life-affirming meditation aid the natural self-healing process.*

"I love the guided relaxation. My body gets very calm, my racing thoughts stand still, and I feel totally at peace."

—Anne Wyatt-Banks
Homemaker & Survivor

Client's pre-existing fitness level, rate of post-op healing, schedule of treatment, and other factors influence the appropriate class level. Approval and guidance from client's physician and/or physical therapist is requested.