

ABOUT

**CAMILLE KITTRELL** M.S., RYT  
Founder of Exclusive  
Yoga® Methods

Camille Kittrell's instructor training program Yoga for Breast Cancer Recovery & Beyond® is truly ground breaking. It is the first training program to fully educate participants on the complex array of breast cancer

surgeries, treatments, side effects and possible complications. The multi-level recovery classes, which are ingeniously designed to be effective yet non-injurious, establish Camille as a pioneer in mind/body exercise for cancer survivors.

Camille earned her certification in Integrative Yoga Therapy, a therapeutic yoga style. She furthered her study at forums on breast cancer issues led by oncologists, plastic surgeons, nurses, physical therapists and social workers. In 2003, she founded Exclusive Yoga Studio in Waltham, MA, and launched her innovative yoga rehab classes for breast cancer survivors. Today, Camille's yoga methods are lauded across Boston's medical community. She is a frequent workshop presenter at Harvard Medical School, Massachusetts General Hospital and Beth Israel Deaconess Medical Center.

*Camille was certified by Integrative Yoga Therapy & American Council on Exercise. She has a B.A. in Psychology from Washington University and a M.S. in Mass Communications from Boston University. See her web site at ExclusiveYoga.com.*

k a c h m a n n  
*mind* **BODY**  
i n s t i t u t e

ENRICH AND

INSPIRE LIVES

THROUGH THE

MIND BODY SPIRIT

CONNECTION

260-420-YOGA (9642)  
KachmannMindBody.com

**Downtown Fort Wayne:**  
1301 Lafayette Street, Fort Wayne

**Lutheran Hospital:**  
7900 West Jefferson Boulevard, Fort Wayne

YOGA FOR  
BREAST CANCER  
RECOVERY & BEYOND  
EXCLUSIVE YOGA® METHODS

RECOVERY

AND  
BEYOND



The Institute offers a safely designed yoga-based rehabilitation program that meets cancer 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.

*"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*

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i n s t i t u t e

# YOGA FOR RECOVERY

# CLASS LEVELS

# HEALTH BENEFITS

**WOMEN LIVING WITH, THROUGH, AND BEYOND A BREAST CANCER DIAGNOSIS MAY FIND 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.

*“As a recent breast cancer patient, I began taking yoga classes at Kachmann for relief from the aches and pains of treatment. I have found the instruction to be the one drug free thing that offers me physical relief, as well as nurturing treatment for the soul. I intend to continue with the yoga, and would highly recommend it for other breast cancer survivors.”*  
 —Lynn Rowe Reed



Recovery Yoga is offered in private one-on-one sessions or in a group setting.

In private sessions and group sessions you will receive personal guidance through various levels of recovery. Private sessions are scheduled by appointment.

### YOGA METHODS FOR RECOVERY:

**RECOVERY I:** Wall stretches, overhead arm movements, and range-of-motion exercises are blended into a softly flowing class design. Emphasis is on regaining flexibility, assisting lymph drainage, and reducing mind/body tension.

**RECOVERY II:** Yoga belts and bands enable more active stretching. Isometric resistance exercises strengthen upper and lower body.

**BEYOND RECOVERY:** Stretches, yoga poses, and conditioning exercises can be more challenging. The total body workout aims to keep clients flexible, fit, and feeling healthy.

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.

Yoga is a natural self-care program that combines breathing exercises, body postures, relaxation, and meditation. Medical studies are proving time and again that such yoga-derived methods can elicit the relaxation response in the nervous system. Your main physiological and psychic systems benefit significantly from this self-induced calm state.

YOGA AND THE BODY	YOGA AND THE MIND
<b>DECREASES...</b> <ul style="list-style-type: none"> <li>• HEART RATE</li> <li>• BREATH RATE</li> <li>• BLOOD PRESSURE</li> <li>• HORMONE IMBALANCES</li> <li>• MUSCLE TENSION</li> </ul>	<b>REDUCES...</b> <ul style="list-style-type: none"> <li>• STRESS</li> <li>• ANXIETY</li> <li>• DEPRESSION</li> <li>• NEGATIVE THINKING</li> <li>• INSOMNIA</li> </ul>
<b>IMPROVES...</b> <ul style="list-style-type: none"> <li>• LYMPH CIRCULATION</li> <li>• JOINT MOBILITY</li> <li>• FLEXIBILITY</li> <li>• PAIN CONTROL</li> <li>• SPINAL ALIGNMENT</li> </ul>	<b>ENHANCES...</b> <ul style="list-style-type: none"> <li>• POSITIVE MIND-SET</li> <li>• EMOTIONAL EQUILIBRIUM</li> <li>• SELF-CONFIDENCE</li> <li>• MEMORY</li> <li>• CONCENTRATION</li> </ul>

- EXCERPTED FROM EXCLUSIVEYOGA.COM

*“Exclusive Yoga® has made me more comfortable in my body than I’ve been for years. Each session is unique. And I always leave feeling rested and restored.”*

—Hester Hill Schnipper  
 LICSW, Chief of Oncology Social Work & Survivor  
 Beth Israel Deaconess Medical Center

### GROUP SESSIONS

SINGLE CLASS DROP IN	\$12
STUDENT/SENIOR <i>(NO GUARANTEE OF SPACE AVAILABILITY)</i>	\$8
5 CLASS PACK	\$40
10 CLASS PACK	\$75
20 CLASS PACK	\$130

### YEARLY UNLIMITED GROUP SESSIONS

EXCLUDES WORKSHOPS

ANNUAL MEMBERSHIP UNLIMITED CLASSES	\$49/MO.
ONE TIME ENROLLMENT FEE <i>(12 MONTH COMMITMENT)</i>	+\$49 FEE
ANNUAL MEMBERSHIP UNLIMITED CLASSES	\$495
FAMILY MEMBERSHIP UNLIMITED CLASSES <i>(2 ADULTS 3 CHILDREN MEMBER LIMIT)</i>	\$695

### PRIVATE SESSIONS

30 MINUTE SESSION	\$40
1 HOUR PRIVATE SESSION	\$65
1½ HOURS PRIVATE SESSION	\$90

### PRIVATE SESSION PACKAGES

6 ONE HOUR SESSIONS	\$350
12 ONE HOUR SESSIONS <i>(PER ADDITIONAL PERSON)</i>	\$630 +\$15

### SEMI PRIVATE SESSIONS

30 MINUTE SESSION FOR 2 PEOPLE	\$50
1 HOUR SESSION FOR 2 PEOPLE <i>(PER ADDITIONAL PERSON OVER 2)</i>	\$75 +\$5

- ~ PACKAGES ARE VALID AT ALL LOCATIONS
- ~ ALL CLASS PACKAGES ARE NON-TRANSFERABLE AND NON-REFUNDABLE
- ~ GIFT CERTIFICATES AVAILABLE
- ~ 90 DAY EXPIRATION ON ALL PACKAGES

COMPASSION • RELAXATION • WELL-BEING • STRESS RELIEF • PEACE

CALL 260-420-YOGA (9642) TODAY!