

# Yoga for Young Adults

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## What is it?

*A FREE 12-week yoga program for young adults affected by cancer*

**Are you interested in joining a FREE yoga program designed for young adults affected by cancer that you can join from your own home?**

The Yoga for Young Adults program...

- Is delivered online, over Zoom
- Is instructed by **trained** yoga professionals
- Includes evaluations pre and post-program, and during follow-up times, to examine the potential impact of yoga on young adults affected by cancer



This study has been approved by the Health Research  
Ethics Board of Alberta: HREBA.CC-20.0098

Contact us today to learn more and register for classes:

Email: [wellnesslab@ucalgary.ca](mailto:wellnesslab@ucalgary.ca)

<http://www.thriveforcancersurvivors.com/>



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