

YCat Yoga Programs at Roslyn Retreat Center

YCat Wellness Retreat

YOGA THERAPY FOR PEOPLE WITH CANCER
AND CHRONIC ILLNESS

(your support team welcome too!) **APRIL 9-12, 2015**



Jnani Chapman, RN, E-RYT 500,
Founder/Director of YCat Yoga Therapy
Programs, Trainings and Wellness
Retreat Host



Cindy Herr, RYT, MA
YCat Teacher at Lancaster, PA General
Hospital and Wellness Retreat
Coordinator

Experience the benefits of Yoga Therapy practices adapted to each persons' individual needs

The Wellness Retreat provides comprehensive instruction and education: Learn and experience each aspect of **YCat Yoga Therapy** including: Movement exploration, Breathing practice, Guided Imagery, Relaxation, Meditation, Prayer and Sound in healing ~

Come & meet YCat teachers from medical settings around the country who provide underlying clinical evidence for Yoga in wellness & healing

Tuition: **\$345**

Room & Board: **3 Nights Double Occupancy \$355 (pp)**

3 Nights Single Occupancy \$389

Information and Registration: **Cindy Herr cindyherr.360@gmail.com**

717.725.8427 Backup **Dharmini Robertson ERYT200,**
RYT500, CPT **906.251.0032**

Roslyn



*Free time options include nature trails
and the beautiful Roslyn Campus*



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www.yogaforpeoplewithcancer.com