

Yoga in Sewickley presents

## *LAF and Let Go!*

The healing power of *Love, Acceptance and Forgiveness*  
in the prevention and treatment of breast cancer and other medical issues

Presented by: **Nilima Bhat**

Certified yoga teacher and cancer coach from Bangalore, India

**This Workshop** will enable participants to understand the healing power of LAF through innovative meridian therapies and targeted affirmations, experienced in a supportive group setting. Identify stressful emotional issues and LAF and Let Go to resolve chronic stress and achieve a new level of peace and acceptance. Participation in the workshop is ideal for those suffering from and coping with breast cancer, other cancers and chronic illnesses.

*Wednesday, June 15*

*6 to 8 pm*

*Yoga in Sewickley*

2nd floor, Nickelodeon Mall 431 Beaver Road, Sewickley, PA

Cost \$20. To Register: call Sharon Hess at 412-741-6145 or sbhess@gmail.com

Details on Yoga in Sewickley website: [www.yogainsewickley.org](http://www.yogainsewickley.org)

**Nilima Bhat** runs an integrative medicine practice ([www.sampurnah.com](http://www.sampurnah.com)) and publishes the online resource [www.cancerawakens.com](http://www.cancerawakens.com). She presented LAF and Let Go at the World Conference on Breast Cancer 2011 in Hamilton, Canada



**YOGA** *in Sewickley*