

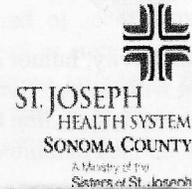
Library Log

Summer, 2005 Volume 3, Issue 2

Santa Rosa Memorial Hospital Cancer Center Library & Resource Center

3555 Round Barn Circle
Santa Rosa, CA 95403

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Gentle Yoga

Every Wednesday at 2 p.m. individuals facing cancer gather at the library to stretch their bodies and sooth their minds. LauraLynn Jansen, MHEd., PFT, RYT leads them through a half hour of asanas (yogic postures focusing on specific muscles), breathwork for deeper relaxation and visualizations that create a deeper awareness of self. The overall focus of the class is healing of the whole being. Jansen began using traditional self-healing practices when she was diagnosed with cancer at the age of twenty, almost two decades ago. She currently works as an Integrative Health Coach and Consultant with individuals all over the world.

I have been coming to LauraLynn's yoga class for months and have received knowledge, assistance, personal attention and kindness from her each and every time., noted a class participant. [She] has brought gifts to me that are almost beyond words and which will forever stay with me. They are inside my heart and mind.

The incorporation of yoga into complementary cancer programs is becoming more and more common, such as the program at Stanford University. Additionally, research studies worldwide are calculating the benefits reaped by individuals living with cancer - improvement in overall quality of life, symptoms of stress and sleep quality. When yogic practices are done regularly they are also noted to reduce anxiety, digestive problems and general aches and pains.

**Join us: The Cancer Center's Library Conference Room
Wednesdays 2 to 3p.m.**

The class is complimentary for individuals living with cancer. For further information about the class you can contact Janie or Dianne at 522-6883. You may contact LauraLynn Jansen through her website www.integrativehealthcoaching.net

LauraLynn has nearly two decades of combined experience in integrative health education, women's health issues, and support

A multi-media sculpture being ceated by those touched by cancer

New lung cancer group forming in Santa Rosa

National Cancer Survivors Day
Community Luau on June 5th

Support Group News
The current schedule of our support groups

Please note library schedule for last week of May

Cancer Library schedule for the last week of May

St. Joseph Area Library Services and The Cancer Library will be unattended from May 30th through June 3rd as both Janie and Dianne will be out of town. Janie will return Monday, June 6th, and Dianne will return the following week. The Cancer Library will be available on a self-service basis only. All support groups scheduled for the Library during that week will meet at the discretion of the facilitator. Please discuss plans for the groups for that week directly with them.

services for individuals making life-impacting decisions. She has taught alternative healing modalities, facilitated support groups, and taught yoga classes for individuals living with cancer.