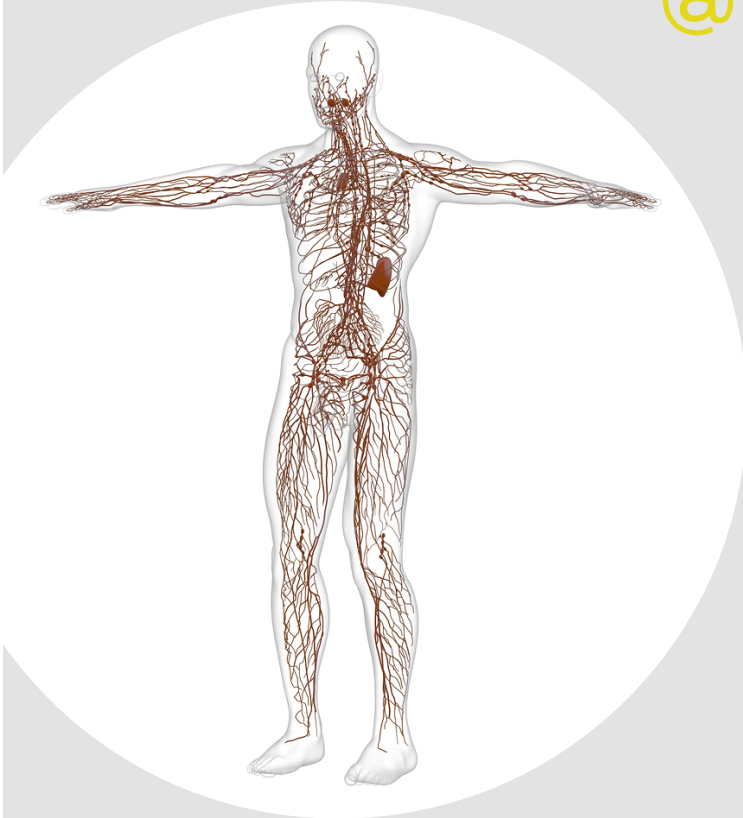


LymphaYoga™

@ AbsoYOGALutely



On Tuesdays

9:00 am: Unilateral upper body lymph issues, preventatively and for lymphedema maintenance. Cancer treatment, lumpectomy, radiation, lymph node removal, shoulder or lung surgeries, cellulitis and trauma.

10:15 am: Bilateral upper body lymph issues/conditions preventatively and for lymphedema maintenance. Cancer treatment, double mastectomy, bilateral radiation, upper body surgeries, upper body trauma.

On Wednesdays

9:00 am: Lower body lymph issues/conditions: Lipedema, chronic vein insufficiency, cancer treatment, trauma, surgery/scar tissue, genetic lymphedema.

10:15 am: Upper and lower body lymph issues/conditions: Lipedema, chronic vein insufficiency, cancer treatment, trauma, surgery/scar tissue, genetic lymphedema.

Join Kathryn "Kit" Lee

Come learn from Kathryn "Kit" Lee, a Vodder Certified Lymphedema Therapist and Certified Yoga Instructor on how to open lymph-pathways specific to your condition, techniques to help break down the hard lymph-buildup areas, help reduce swelling, move the fluid, get into compression and combine with a yoga practice to optimize your health.



Book online at www.absoyogalutely.com or through our App on the Play or Apple store. You can also find us on the MindBody App. Or call us at 872-704-YOGA (9642).



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