

### Yoga Classes Free to Participants!

The yoga teachers participating in the My Yoga component of our My Active Health program give classes adapted to people with breast cancer, right from their own studios. My Yoga aims to offer a yoga experience that is supervised, safe and based on scientific evidence. The teachers are trained and accredited by our My Active Health program. Thanks to the Foundation's financial support, these workshops are given free of charge to participants.

To be eligible, you must meet one of these two criteria:

- 1- Have been diagnosed with breast cancer in the past 36 months (3 years)
- 2- Have metastatic breast cancer (Stage 4)

#### Québec City

Yoga douceur, Centre des Loisirs Saint-Sacrement  
(Julie Harvey)  
1360 de l'Entente Blvd.  
Québec City, QC G1S 2T9  
Phone: 418-681-7800  
Email: [julie@yogadouceur.ca](mailto:julie@yogadouceur.ca)

#### Mauricie

Maison du yoga et du mieux-être (Lyne Bournival)  
1681 Principale  
St-Étienne-Des-Grès, QC G0X 2P0  
Phone: 819-383-2253  
Email: [lyne.expert@hotmail.com](mailto:lyne.expert@hotmail.com)

#### Lower Saint Lawrence

Ose ton yoga (Chantal Lavoie)  
445-B Lafontaine  
Rivière-du-Loup, QC G5R 3C1  
Phone: 418-863-2830  
Email: [info@osetonyoga.com](mailto:info@osetonyoga.com)

Metta studio de yoga  
(Francine Dionne and Marie-Christine Fillion-Parent)  
142 de la Cathédrale  
Rimouski, QC G5L 5H8  
Phone: 418-725-0027  
Email: [yogamettarimouski@gmail.com](mailto:yogamettarimouski@gmail.com)

#### Eastern Townships

Orientation Yoga  
(Michèle Langlois)  
2980 Anne-Hébert  
Sherbrooke, QC J1N 0P1  
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#### Chaudière-Appalaches

Espace Metta (Philippe Boucher)  
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#### Ateliers de yoga en ligne

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