

YOGA CLASSES FREE TO PARTICIPANTS!

The yoga teachers participating in the My Yoga component of our My Active Health^{MC} 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^{MC} 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);
OR
- 2) To have metastatic breast cancer (stade 4)

Online

Candace Labbé
Phone : 514-627-1035
@ : candace.labbe2@gmail.com

Abitibi-Temiscamingue

Yoga bien-être (Carole Marquis)
689, 2^e Avenue
Val-d'Or (Quebec) J9P 1Y2
Phone : 819-856-8599
@ : carole.marquis@hotmail.com

Quebec City

Centre des Loisirs Saint-Sacrement (Julie Harvey)
1360, boulevard de l'Entente
Québec (Quebec) G1S 2T9
Phone : 581-909-2888
@ : julie@yogadouceur.ca

Eastern Townships

Yoga & Mouvement (Laura Hernandez)
584, Chemin Knowlton
Lac Brome (Québec) J0E 1V0
et
1357, rue Shefford
Bromont (Quebec) J2L 1C9
Phone : 450-330-1514
@ : laurahernandez.om@gmail.com

Orientation yoga (Michèle Langlois)
2980, rue Anne-Hébert
Sherbrooke (Quebec) J1N 0P1
Phone : 819-240-3918
@ : orientationyoga@gmail.com



Quebec
Breast Cancer
Foundation

Chaudière-Appalaches

Namaste Yoga St-Nicolas (Julie Harvey)
580, Route des Rivières
Saint-Nicolas (Quebec) G7A 2T6
Phone : 581-909-2888
@ : julie@yogadouceur.ca

Julie Harvey
68, Avenue Bernard-Dumont Ouest
Saint-Raphaël (Quebec) G0R 4C0
Phone : 581-909-2888
@ : julie@yogadouceur.ca

Lower-Saint-Lawrence

Ose ton yoga (Chantal Lavoie)
200, Côte-de-la-Mer
Notre-Dame-du-Portage (Quebec) G0L 1Y0
Phone : 418-863-2830
@ : lavoiecc@gmail.com

Laurentians

Centre de yoga Mieux-Vivre (Simonne Lafrance)
17 380, rue de la Paix
Mirabel (St-Janvier) (Québec) J7J 1B3
Tel : 514-814-2342
@ : yogaeveil@hotmail.com

Mauricie

Lise Thibeault Yoga
88 Rue Jean-Baptiste
Victoriaville (Quebec) G6P 4E8
Phone : 418-997-5264
@ : lisethibeaultyoga@gmail.com



Quebec
Breast Cancer
Foundation