



Be Fit: Yoga

Gentle Chair Yoga for Cancer Survivors

Join the Providence Cancer Center for a virtual hour of yoga. Classes are FREE and supported by the Providence Alaska Foundation.

Registration is required. New participants must complete a virtual intake and waiver form.

Every Tuesday

Virtual

Register using your
smartphone and
scan the QR code



-OR-

Register online at
providence.org/AKYogaClass



Becky Michalski, RN, BSN,
C-IAYT, 200hr E-RYT

Becky combines 15 years of experience as an acute and critical care RN with a deep understanding of yoga's therapeutic applications. With this combined knowledge, Becky aims to share the simple and profound ways we can take care of our body, mind, and spirit. As a yoga therapist, she specializes in teaching yoga to those with underlying medical conditions, including back pain, cancer, and cardiac diseases. Becky is currently teaching yoga for cancer survivors and for healthy heart classes and working as a nurse in a Cardiac Rehabilitation Program in Anchorage.

For more information please call 907-212-6872