

Living with Lymphedema

Yoga Wellness Program

Six week Zoom Program for improved independent management for individuals living with lymphedema through education, guidance and support.

This program is tailored for individuals who have been diagnosed with lymphedema. It is suitable for all levels with guidance for safe and appropriate yoga practice with breathing exercises (pranayama), physical postures (asana), and meditation. This course will include guidance for manual lymph drainage, compression garments, skin hygiene, and various other topics that will help to improve your comfort and confidence with living with this diagnosis. Specific modifications to promote healing and to ensure comfort will be discussed with each participant prior to the course.



Where: Meets via Zoom (link will be sent to participants)

When: Tuesdays for 6 weeks (10-11am for upper body lymphedema and 12-1pm for lower body lymphedema)

Cost for 6 Week Program: \$75 for new participants and \$60 for returning participants (non-refundable).



About the Instructor: Barbara Jackson also known as "Babz" is an occupational therapist, certified yoga teacher, certified in yoga4cancer, LoveYourBrain, Yoga for Trauma training, and reiki attuned. Babz is a certified lymphedema therapist specializing in manual lymph drainage and currently works in an orthopedic setting specializing in upper extremity impairments. Babz integrates her clinical techniques into her yoga practice. Babz has studied the effects of yoga & mindfulness with multiple populations. She is eager to introduce her six week wellness program to help to teach and support those who are living with lymphedema.

To Sign Up: Please email the instructor Barbara Jackson at bjackson8@partners.org to be provided with an intake form. If you have questions about if this class is appropriate for you, please don't hesitate to e-mail Barbara.