



CFYOGI
yoga for cystic fibrosis

Kids Yoga



Building body awareness, one breath at a time.

Yoga is a non-competitive form of exercise that offers benefits to kids of all ages (adults too)! Regular practice builds strength, balance, confidence, flexibility, and can even improve lung function. Yoga's focus on the breath makes it highly adaptable to a wide range of physical abilities, and a valuable tool for proactive management of cystic fibrosis.

Playful yoga for the young,
and young at heart.

**FREE ONLINE YOGA CLASSES FOR
THE CF COMMUNITY! SIGN UP AT
CFYOGI.ORG**

Jack (age 6)
and sister
Abigail (age 5)
are two young
CF Yogis.

with support from



TECHNOLOGY MEETS COMMUNITY.

A VIRTUAL YOGA STUDIO TO SUPPORT THE UNIQUE NEEDS OF PEOPLE WITH CYSTIC FIBROSIS

CF Yogi is a virtual yoga studio supporting wellness of body, mind, and spirit in the CF Community. Our online classes are held in a videoconference setting, where the teacher and students can interact in real time without the threats of cross-infection.

Our instructors have firsthand experience living with CF, caring for those who have CF, and recognizing the ways in which a regular yoga practice can enrich our lives.

We aim to bridge the gap that our physical distance creates by helping the CF community learn from each other in an inclusive, non-threatening and close-knit virtual space, as we navigate the ups and downs of living with this disease together.

learn more at
CFYOGI.ORG



Katie (age 39),
CF Yogi co-
founder and
Executive
Director.

