



## *Benefits of Yoga for CF*

**Nourishing body and mind, one breath at a time.**

Yoga is a non-competitive form of exercise that offers numerous benefits to people with CF. A regular yoga practice builds strength, balance, 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.

Relax. Let go.

Yoga classes BY and FOR people with CF.

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

*with support from*



**Katie Malik, pwCF**

CF Yogi Executive Director

RYT200 Yoga Instructor

# 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**



*a sample of*

### *Class Offerings*

- Multi-Level Vinyasa Yoga
- Kids Yoga for CF Families
- Alignment-Oriented Yoga
- Gentle Yoga
- Restorative Yoga
- Yoga for Caregivers
- Chair Yoga

