



AN UNFORGETTABLE YOGA EXPERIENCE FOR BREAST CANCER SURVIVORS

Saturday August 13, 2011 in Miami Beach

Media Contact:

Suzan McDowell, Circle of One Marketing,

[305-576-3790](tel:305-576-3790)/suzan@circleofonemarketing.com



MIAMI, FL — Rhonda M. Smith, Founder of Breast Cancer Partner, an organization that focuses on breast cancer recovery through health and wellness, will host the company's first event, *"The Recover Restore Reenergize Yoga Experience for Breast Cancer Survivors"* on August 13, 2011 from 2pm to 6pm at the Miami Life Center, 736 Sixth Street in Miami Beach. The event is destined to be an unforgettable experience, tailored exclusively for breast cancer survivors who span all stages of the disease, i.e. diagnosis, treatment and after care, and/or who are in recovery.

"We must address the growing need for advice, education, tools and resources for breast cancer survivors regarding their health and wellness, not only during but especially after treatment ends" Smith says. "We, as survivors must do what is within our power and control to minimize recurrence and lower the risk of developing other health problems so that we can live a long, healthy, and vibrant life after treatment", says Smith.

Exercise plays an important role in survivorship and minimizing recurrence. As reported by Dr. Michelle Holmes, associate professor in the Department of Epidemiology at Harvard, breast cancer survivors who spend 3 to 5 hours each week (or about 30 minutes per day) doing exercise have the best survival rates. And, for the prevention of breast cancer recurrence, the American Cancer Society recommends exercise for 30 to 45 minutes at least five days each week.

Specifically, there is evidence to prove that yoga has many benefits for breast cancer survivors. Researchers at the University of Rochester have concluded that practicing yoga twice a week can improve sleep quality, decrease dependency on medications and mitigate some of the fatigue that follows intensive chemotherapy. Another study conducted by Dr. Laura Porter, of Duke University, found that a tailored yoga program can help to relieve severe hot flashes and other bothersome menopausal symptoms for women.

The Breast Cancer Partner *Recover, Restore Reenergize Yoga Experience* is a half day experiential event in an intimate setting. It will enable breast cancer patients and survivors to become: 1) more aware of the mind, body, spirit connection associated

with yoga, 2) more “mindful” about their life on and off the yoga mat, and 3) more educated on the health benefits of yoga, rather than just viewing it as a form of exercise, so that they can practice with a higher level of intention.

The yoga experience features esteemed speaker **Ashwin Mehta, MD, MPH**, Assistant Professor of Clinical Medicine at the University of Miami, Miller School of Medicine in Miami, Florida. Dr. Mehta, who is board certified in internal medicine, completed his residency in general medicine at the University of Florida, followed by a fellowship in sleep medicine at the University of Miami. He has extensive training in integrative medicine, including a fellowship at the Arizona Center for Integrative Medicine. His research interests include yoga, meditation, sleep medicine, and mindfulness-based relaxation. He will speak on the evidence-based experience/information on the health benefits of yoga for breast cancer survivors and its importance in survivorship.

Michelle Maniaci is a Holistic Physical Therapist, Integrative Yoga Therapist, and Energy Medicine Practitioner that unites modern science with ancient healing practices to educate, empower and facilitate healing and wellness for the multi-dimensional human being. She works with clients both one-on-one and leads group classes at Canyon Ranch Miami Beach. Maniaci has created a therapeutic healing movement practice called Pink Nurturing Moves, for women healing through cancer. Maniaci will discuss the science, philosophy and physiology of yoga, and the physical, mental, emotional and spiritual connection. Maniaci will also lead survivors through a series therapeutic poses to help them relax, recover, restore and reenergize in the midst of their breast cancer journey.

To date, Breast Cancer Partner has teamed up with Whole Foods Market South Beach, Veronica Brett Swimwear, UM/Sylvester’s Project CARE and Uhma Spa to provide product giveaways and gift items for event participants.

The *Recover, Restore Reenergize Yoga Experience* is from 2–6pm on August 13 at The Miami Life Center, located at 736 Sixth Street in Miami Beach, Fl. ***Advanced registration for this event is required.*** Interested breast cancer survivors may register at http://www.breastcancerpartner.com/events_page.shtml or via the [Breast Cancer Partner Facebook](#) page under the events section.

For questions or more information, call Breast Cancer Partner at 888–808–4446 or email at info@breastcancerpartner.com. Media inquiries should be directed to Suzan McDowell, Circle of One Marketing, suzan@circleofonemarketing.com or 305–576–3790

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About Rhonda Smith and Breast Cancer Partner.com

Rhonda M. Smith is a Miami Beach resident, breast cancer survivor, and Founder of Breast Cancer Partner. She appeared in the October issue of More Magazine, a magazine for women of style and substance, as a first-runner up prize winner in its 2010 Beauty Search Contest. Her latest venture is an organization that targets breast cancer survivors who have completed treatment, Breast Cancer Partner (www.breastcancerpartner.com). Breast Cancer Partner functions as a "partner" to breast cancer survivors (and their families) who are nearing the end of or have completed treatment, are on their journey to recovery, or who are cancer free. Our goal is to help breast cancer survivors effectively cope with and manage life post-treatment, empower them to become their own health and wellness advocate and adopt a lifestyle and practices aimed at cancer prevention and survival. Their vision is to create a world in which each and every breast cancer survivor lives a life that is full of vitality, cancer free and without fear, so that recovery is a life-enhancing, and not a life-limiting, event.