



**reach &
RAISE**
YOGA FOR A REASON



Meet your instructors:



My name is Charmaine Camvel. I am a mobile yoga teacher, an intuitive energy healer, mom, and grand mom who was born and raised in Hawaii. Currently, I teach corporate yoga classes, where I help stressed out employees balance their lives and reconnect to their inner light, through breath, visualization, and their senses. Sometimes, the hardest thing we have to learn is to take care of ourselves. Twenty years I was high on the fast track with a promising career that inevitably led to a not-so-pretty burnout. It was through yoga that I would slowly recover, and become the healthiest, sanest version of myself that I am today. I am beyond excited to share my yogic wisdom and joy of life at Living Beyond Breast Cancer's Denver event.

My name is Kara Galvin and I'm a yoga teacher, health coach and breast cancer survivor. My yoga journey began in 2008 when a friend brought me to a Vinyasa class. I was hooked. Yoga was so much fun and made me feel so strong, inside and out. During my teacher training in 2010, I discovered how to live a yogic lifestyle on and off my mat. Yoga has saved me many times, most recently through my cancer treatment. There wasn't a lot of asana going on during treatment, but the mindset and philosophical principals of yoga came in very handy during this really rough time in my life. I now teach several classes a week, including Cancer Wellness Yoga. My personal and professional mission is to help women live the most vibrant version of their lives and yoga is a big piece of that mission



My name is Michelle Klabon. In 2001, at the very young age of 28 years old, I was diagnosed with RA.



The RA was crippling me. Doctors gave me several prescriptions to keep me mobile, but once I discovered the side effects, I decided to choose a different path. In 2009, I graduated from yoga teacher training. On Oct 1, 2009 I opened Bella Yoga Inc in Henderson, Colorado. Since then, I have had the privilege of sharing this beautiful gift of yoga and helping others find natural healing, peace, joy, and good health physically, mentally, and spiritually through the practice of yoga. Through the very consistent practice of yoga, it has been over eight years since I have taken any prescription medications and I am healthier and stronger than ever. Yoga saved my life and every day I am blessed to help others transform their lives as well!