

# Monthly Wellness Wednesday: Lymph Flow Chair Yoga



Join us for a monthly in-person Lymph Flow Yoga® session led by Babz Tobin. This mid-day session will focus on improving our lymphatic health through self-manual lymph drainage routine, breathing techniques, and mindful meditation.

Date: Wednesday, February 5, 2025

Time: 12:00 PM – 1:00 PM

Location: Blum Center  
White 110

This session is free and open to everyone of all levels and abilities. No special equipment is needed. You will be seated in a chair for this session.

Space is limited on a first come, first served basis. No registration is needed.

For more information, call the Blum Center at 617-724-7352 or email [PFLLC@partners.org](mailto:PFLLC@partners.org)



## Featured Speaker: Barbara Tobin, OTR/L, CLT-LANA, CYT, Reiki Master

Babz is an occupational therapist at Mass General. She is also a lymphedema therapist, certified yoga teacher, and reiki master. Babz is passionate and eager to create and collaborate on holistic wellness programs to support individuals through their cancer journeys and beyond. She is the founder of Lymph Flow Yoga®; a type of yoga specifically designed to improve lymphatic health which she was inspired to create to help her mom, who is a breast cancer survivor and has lymphedema.



## Blum Center Program Schedule

Scan this QR code with your phone's camera to see our program schedule online

