

The Lebed Method

6 Week Course with Julia Williams

The Lebed Method is a gentle therapeutic exercise and dance programme for people affected by breast cancer. It helps participants increase range of motion and flexibility, particularly after surgery. The movements are designed to gently work the lymphatic system and therefore help to reduce the risk of lymphoedema and also reduce and manage existing lymphoedema.

Additional benefits include: reduction in pain, increased energy, increase feeling of well-being, re-establish a sense of beauty and sexuality and increase positive self-image.

The dance routines use props such as top hats and canes, feather boas and Hawaiian leis. The emphasis is on having fun – what better way to start the weekend?

This course is designed to improve your confidence with regular gentle exercise and facilitate feedback time with the dance teacher.

The class is for any age and level of fitness.

Please wear loose comfortable clothes and comfortable flat shoes.

If you have lymphoedema please wear your compression sleeve.

Friday 12.45 – 2.00pm.

7th, 14th, 21st and 28th November 2008

Please book at reception 020 7384 0099
Suggested Minimum Donation £4

The Lebed Method at Breast Cancer Haven Focus on Healing Through Movement and Dance

with Julia Williams

Thank you for joining The Lebed Method class being held at Breast Cancer Haven. As you may already know there are no high-pressure exercises or difficult movements, we aim to have fun, stretch, get moving and feel good. Here is some information for your safety:

Go at your own pace, stop whenever you want to!

This is a competition free, feel good zone. You may use the chairs for balance and you can sit whenever you want to, pause, resume, and encourage your classmates while you sit one out. You can also choose to do the exercises while seated. If you suffer with lymphoedema remember never fatigue your limb on the effected side.

Clothing and footwear

Please be comfortable, wear trousers that you can move in freely, wearing layers, is practical as it may feel cool at the start. You may like to bring a small towel. Wear an enclosed shoe; no heels or open toed shoes as they may fly off, nor can you take the class in bare feet.

Water, water, water

Your immune system loves water, so drink up. Water is provided and water breaks are rescheduled into our class, and you may of course bring your own water bottle if you wish.

A note to breast cancer patients

If you have a PICC line (Peripherally Inserted Central Catheter) or if you have had reconstruction surgery less than six months ago, please inform the teacher. If you are currently undergoing chemotherapy it is best to do half of what you feel that you can do in order to conserve energy.

If you have Lymphoedema

It is recommended that you wear your sleeve and gauntlet during the class.

Your questions

We try to go through the movement sections of the class without interruption, as there are several water breaks provided when questions can be answered. I am usually available at the end of the class if you need help or information. Of course, if you are having trouble with an exercise during the class, you are free to ask in the same way that you are free to stop and take a break at any time.

