

Breath. Body. Balance.

STUDIO T
PILATES

Maintaining Physical and Mental Health

01 Diet

Eating a diet full of vegetables, fruit, whole grain, and a limited amount of red meat can benefit your overall health.

02 Exercise

For women with breast cancer, regular exercise may improve the survival rate. According to Dr. Linsey Gold, a breast surgeon, maintaining a healthy weight and exercise reduces breast cancer recurrence.

03 Stress Management

Stress management for each person is going to look different. But one thing is for sure, you will want a support system – it's extremely important, especially for your mental health.

04 Mental Health

Dr. Linsey Gold states that, "women with breast cancer are at significant risk for developing depression, anxiety, PTSD, fatigue, and insomnia." Getting to know other breast cancer survivors can be beneficial.

Movement is Medicine. Movement Heals.

This motto summarizes a theme in numerous research studies. Movement—everything from fidgeting to low-impact aerobics to interval training—can prevent some diseases, ease the symptoms of others, and even reverse some chronic conditions. Find out more today!

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STUDIO T
PILATES



THE MANY FACES OF
BREAST CANCER
SURVIVORS

**A NEW YOU
THROUGH
MOVEMENT**

CALL : 810.241.2858



Tami Lysher, Owner and Certified Instructor

ABOUT ME

I am Tami Lysher owner of Studio T Pilates, Grand Blanc, MI., a 16 year breast cancer survivor, a Pilates / Movement Educator and breast cancer specialist. I help women breast cancer survivors move without pain and fear. I want women to gain: confidence, health, vitality, strength, mobility, and self-awareness.

I teach yoga, Pilates, breath work, nervous system regulation, and self-care as tools for women to feel amazing in their bodies. I have trained in the Pink Ribbon Method and The Jill Hinson Method. I am comprehensively trained in McEntire Pilates. Both programs follow the guidelines set by the American Cancer Society. Most recently, I wrote a program for Comprehensive Breast Care.



Studio T Pilates is a Pilates, yoga, and fitness studio that practices thoughtful and reflexive Pilates and yoga to promote both physical and mental well-being. Our mission is to make a difference through one movement, one stretch, and one breath at a time.

Some of the principles that guide the Pilates method include concentration on each movement, use of the abdomen and low back muscles, flowing movement patterns that are precise and a steady and controlled breathing.

We offer individualized Pilates based on each client's needs. Private and duet sessions are created to help clients meet their goals. Group class sizes are small to ensure personalized attention to form, detail and breath.

The focus is on healing physically, and emotionally from breast cancer with Movement/Pilates. The program offers modifications or variations for the upper body, exercises for lymphedema, range of motion, breath, concentration, control, centering, precision, and flow.

We offer both in-studio and Zoom sessions in a comfortable, fun, and inviting environment. We also offer Pilates for caregivers. Call 810.241.2858 for more information.



Cheryl G. is a 7-year breast cancer survivor who has been practicing Pilates for the last 15 months. When asked about her experience she stated "Do Pilates with Tami! She is amazing."



corecompassion®
— PROJECT —

Core Compassion Project®, which Studio T Pilates is an affiliate, is a non-profit organization dedicated to offering Pilates scholarships to breast cancer patients to reduce the side effects of breast cancer treatment. Specialized Pilates fitness training helps to restore physical strength and mental well-being.