RISE THROUGH RECOVERY

At Rise Integrative Therapy & Pilates, we're proud to offer ongoing movement and wellness support for individuals navigating life before, during, or after breast cancer treatment.

Rooted in the Pink Ribbon Program approach, **our offerings include small group classes, and one-on-one sessions** that blend mindful, Pilates-based movement with restorative practices.

With a focus on breath, gentle mobility, and body awareness, each experience is designed to help you reconnect with your strength, rebuild confidence, and feel supported every step of the way.

Schedule your 1 on 1 Consultation

Scan me



NATIONALLY Certified Pilates Teacher CERTIFIED

The Jill Hinson Method for Breast Cancer

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PINK RIBBON PROGRAM

Rise

INTEGRATIVE
THERAPY & PILATES



PINK RIBBON PROGRAM
Post-Operative Workout Enhancing Recovery



WHAT IS THE PINK RIBBON PROGRAM?

The **Pink Ribbon Program** is a specialized post-operative recovery program designed for individuals recovering from breast cancer surgery and treatment. It is gentle, safe, and effective, helping survivors regain mobility, strength, and confidence through mindful movement.

Originally developed by a breast cancer survivor and Pilates instructor, this program is medically approved and **specifically tailored for each phase of recovery.**

Learn more at
pinkribbonprogram.com.

WHY PILATES FOR BREAST CANCER?

Mindful Pilates-based movement offers **support** at **every stage** of the breast cancer journey:

- Increases range of motion in shoulders and upper body
- Rebuilds strength and muscular endurance
- Reduces post-operative pain and swelling
- Improves posture and balance
- Supports lymphatic flow and circulation
- Helps reconnect with the body through breath and awareness
- Offers emotional and mental healing through movement
- Enhances overall quality of life and confidence



KARYN WORTHING

Karyn is a NCPT-certified Pilates instructor with over 16 years of teaching experience and 35+ years as a practitioner. Trained at The Articulate Eye in Rockville, MD and **certified in the Pink Ribbon Program and The Jill Hinson Method for Breast Cancer** she brings compassion, creativity, and deep expertise to her work.

She has worked extensively with breast cancer survivors at all stages—helping clients regain mobility, rebuild strength, and reconnect with their bodies through safe, supportive movement.

Private sessions with Karyn are an ideal starting point—offering personalized guidance tailored to your unique recovery journey.

View our appointment schedule here: