

"Cancer steals your breath, yoga gives it back"

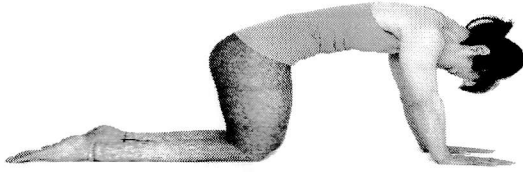
- 1- Yoga detoxifies the body; proper diaphragmatic breathing detoxifies the body and moves lymph.
- 2- Yoga strengthens the body, the y4c method eases the body into positions using support systems, like yoga props, enabling people to build strength over time and without harmful pressure on a weakened skeleton.
- 3- Yoga increases range of motion and flexibility.
- 4- Yoga keeps the spine strong
- 5- Yoga strengthens the immune system.
- 6- Yoga helps manage weight gain.
- 7- Yoga helps manage fear and anxiety.
- 8- Yoga enhances body image
- 9- Yoga helps manage pain
- 10- Yoga enhances feelings of empowerment and well being.

The y4c Building Blocks

- Dynamic Stillness: How to Sit
- Pranayama: How to Breathe
- Meditation: How to Quiet the Mind
- Movement: How to Move with Ease
- Balance: How to build Focus, Bone, and Strength
- Restorative Yoga: How to Actively Rest
- Savasana: How to Seal It In

The y4c (yoga4cancer) Methodology – 5 Principles

- *Using the Breath to Heal - Pranamaya Kosha - Mindful Breathing*
- The Moving Body - Annamaya Kosha - The Physical Body – body is designed to move and when we do in a healthy way, we massage organs and detox body systems like the heart, lungs and lymph nodes.
- Body Mind Wisdom - Manomaya Kosha -The energetic layer of the body where we absorb, process and interpret input from the physical body. How to listen and observe the body by taking 5 slow calming breaths every time that can shift our thinking patterns
- Connecting Wisdom - Vijnanamaya Kosha – A Vijnana means knowing and takes consciousness to a higher level. It is here the reactive, reflective mind guides and integrates our experience in to the works around us. Taking the cancer trip alone is unnecessary. This principle is about learning ways to connect with other people in order to feel part of the community. Community protects and allows us to understand our emotions.
- Self-Compassion and Bliss - Anandamaya Kosha - The emotional energy level of unbounded peacefulness and contentment. This is the act of being kind to yourself - self-compassion.



Cat and Cow Pose

Step 1 Start on your hands and knees in a "tabletop" position. Make sure your knees are set directly below your hips and your wrists, elbows and shoulders are in line and perpendicular to the floor. Center your head in a neutral position, eyes looking at the floor.

Step 2 As you exhale, round your spine toward the ceiling, making sure to keep your shoulders and knees in position. Release your head toward the floor, but don't force your chin to your chest.

CAT AND COW POSE

Benefits:

- Strengthens the low back and abdomen
- Massages the kidneys, adrenal glands and thyroid

Modifications:

- Block between the thighs for stabilization
- Place the side of the body against a wall
- Place forearms down instead of hands over wrists, Forearms over wrists
- Lie on back with legs up against the wall for those with knee, back or wrist pain



Tree Pose – Balance Pose

Step 1 Stand in. Shift your weight slightly onto the left foot, keeping the inner foot firm to the floor, and bend your right knee. Reach down with your right hand and clasp your right ankle.

Step 2 Draw your right foot up and place the sole against the inner left thigh; if possible, press the right heel into the inner left groin, toes pointing toward the floor. The center of your pelvis should be directly over the left foot.

Step 3 Rest your hands on the top rim of your pelvis. Make sure the pelvis is in a neutral position, with the top rim parallel to the floor.

Step 4 Lengthen your tailbone toward the floor. Firmly press the right foot sole against the inner thigh and resist with the outer left leg. Press your hands together in. Gaze softly at a fixed point in front of you on the floor about 4 or 5 feet away.

Step 5 Stay for 30 seconds to 1 minute. Step back to Tadasana with an exhalation and repeat for the same challenge your balance by practicing this pose with your eyes closed. Learn to balance without any reference to the outer environment.

TREE POSE

Benefits:

- Strengthens Legs
- Creates Focus & Concentration
- Relieves sciatica

Modifications:

- Position the foot by lowering into the inner ankle or calf.
- Hands remain in heart center Namaste
- Standing on a block with one leg
- Perform the pose lying on the floor pressing the foot into a wall

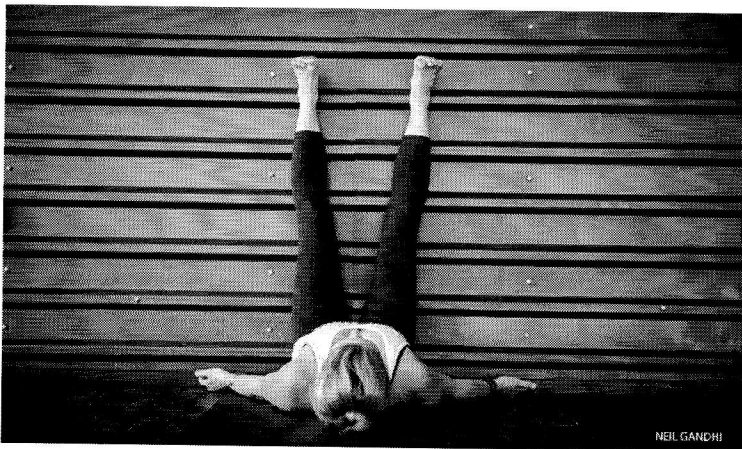
LOW LUNGE POSE WITH A TWIST (Pray Pose)- Aid digestion, and relieve lower back pain with twist yoga poses

Benefits:

- Strengthens thighs
- Stretches hamstrings
- Massage the spine and abdomen (squeezes and soaks)

Modification:

- Back leg resting on mat before initiating the twist
- Placing Hand on a block and twisting from there
- Seated Twist to take balance out of the equation



Legs-Up-The-Wall Pose

This pose is passive! You lie on your back with your sit-bones as close to the wall as is comfortable for you. From there, you extend your legs up the wall, so that the backs of your legs are resting fully against it. In more therapeutic variations of this posture, you can place a blanket or towel under your hips to elevate them, creating a slight inversion in your lower belly.

Benefits:

- Reduces edema in legs and feet and helps move stagnant fluids that build up.
- Relieves tired leg muscles.
- Calming for the nervous system & calms the mind
- Helps reverse the effects of gravity on the whole system