

ॐ Yoga ॐ
for Breast
Cancer

What is yoga?

The practice and study of
Yoga gives us an outline for
living a healthy and contented
life.

Yoga is a centuries old stress
management technique.

Yoga is relationships.

Yoga is unconditional love.

YOGA is

- ◊philosophy
- ◊art
- ◊science
- ◊psychology
- ◊meditation
- ◊health

Yoga is adaptable



Children's Yoga is very different
from yoga practiced by adults



The study of Yoga is adaptable to changing health

BHAKTI

KARMA

JNANA

RAJA

The study of Yoga is different depending upon a person's needs and goals

Astanga – Eight Branches

External practices

Yamas – ethical disciplines

Ahimsa – non-violence

Sattya – truthfulness

Asteya – non-stealing

Brahmacarya – restraint

Aparigraha – non-hoarding



Astanga – Eight Branches

External practices

Niyamas – universal observances

Saucha – cleanliness

Santosha – contentment

Tapas – strength of character

Svadhya – self study

Isvara Pranidhana – dedication
of acts to the Lord



Astanga – Eight Branches

External practices

Yamas – ethical disciplines

Niyamas – universal observances

Hatha – posture

Pranayama – breathing techniques

Astanga – Eight Branches

Internal practices

Pratyahara – withdrawal of
senses into the mind

Dharana – concentration

Dhyana – meditation

Samadhi – union

Why Yoga for Breast Cancer?

- ◊ Rejuvenation
- ◊ Body Integration
- ◊ Organ " "
- ◊ Rest
- ◊ Adaptable to stage of life



Yoga teaches us to cure what need not be endured and endure what cannot be cured. ~B.K.S. Iyengar



BKS Iyengar



Geetaji Iyengar



Prashant Iyengar

Well Balanced Program



Well Balanced Program



Strength
Flexibility
Weight bearing
Body parts for resistance
Core training
Coordination
Balance

BONUS

- ◊ Improved lung function
- ◊ Ability to relax
- ◊ Massage from the inside out
- ◊ Improved concentration skills
- ◊ Cool factor

Principles of Sequencing

- ◊ Restorative – no stretching
- ◊ Stretching – why does it feel so good?
- ◊ Rejuvenation – combine restoration and stretching

Principles of Restorative Posture

- ◇ Portion of the body that is elevated is stimulated more
- ◇ Warmth
- ◇ Darkness
- ◇ Security
- ◇ Exceedingly comfortable
- ◇ No muscular stretch

Restorative



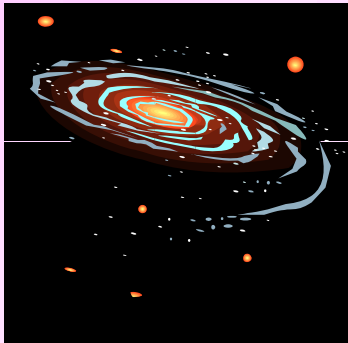
Stretching Relaxes

1. Initially increases neurological messaging
2. Once muscle returns to neutral state less messaging than before the stretch and much less than during the stretch = neurological quiet
3. Less neurological "noise" the brain becomes less active – now the mind can rest
4. Initially mind may seem more active, with less "noise" it becomes more and more relaxed
5. Exhale related to parasympathetic NS

Tadasana – Mountain Pose



Bhadvajasana – Seated twist



Rejuvenation

- ◊ Slight or no muscular stretch – rather an expansion/extension from inside out
- ◊ Ask, what is the path of the breath?
- ◊ Breath will become increasingly deep, quiet and slow
- ◊ Use the breath to create more of an organic “pump” than “squeeze and soak”

Supported Purvottanasana—stretch
of east side of the body

Opens chest
Opens belly



Pranayama

Breathing Techniques

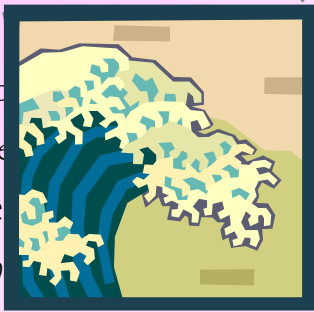
Sit tall

Long slow

Long, deep

Observe

Rhythm



breath

– Path

Sequence for Low Energy/Pain

Pain - goals

- ◊ Reduce sensation of pain
- ◊ Increase pain tolerance
- ◊ Change the experience of pain = less resistance, more acceptance
- ◊ Identify the qualities of the pain
- ◊ Remedies for posture generated pain

Sequence for Low Energy/Pain



Supported Stretch
of East Side of
the Body



Supine Bound Angle

Nausea/Extreme Fatigue

Uneasiness, dis-ease and nausea are all signs that you are in the wrong posture



Forward bends

Nausea/Extreme Fatigue



Side Lying Relaxation

Pranayama



- Keep breath deep, soft, quiet
- No tension – check jaw, throat, hands
- Observe body's relationship with the breath
- Breath retention is not suggested

Moving On

Re-create practice every time related to:

- Level of strength
- Level of fatigue
- Pain
- Ambient temperature
- Internal temperature
 - Do not get overheated
 - Can do postures that create heat, but alternate with cooling postures

Moving On

- Intensify opening of the chest while keeping the nerves quiet*
- Longer simpler practice is better than a shorter intense practice
- When increasing timings for inversions
 - Come up into pose and hold for shorter time
 - Come down and rest
 - Repeat
- Restoratives in the evening

About Lymphedema Prevention

Assist Lymph circulation:

- Muscular contraction
- Gravity
- Breath
- External pump/pressure
- Scar massage for softening/drainage

Lymphedema Risk

- Damage due to:
 - Lymph node removal
 - Radiation
 - Extremely heavy lifting
 - Injury to affected limb/infection
 - Overuse
 - Exposure to high heat of sauna, steam room, hot tubs
- Can occur many years after the damage
- remain diligent -

Arm Strength/Lymph Circulation

- Standing or seated lift arms overhead to a point where, with an extension, the hands can grip hold of a rope or handle.
- Let the stretched arm hang from the rope 30—60 seconds .
- Alternate the hanging extension of the arm with holding the arm extended upward without a support.
- Do this several times daily for 5—10 minutes depending on strength.



Arm Strength/Lymph Circulation

Alternate days

Do arm postures, either in
standing or seated



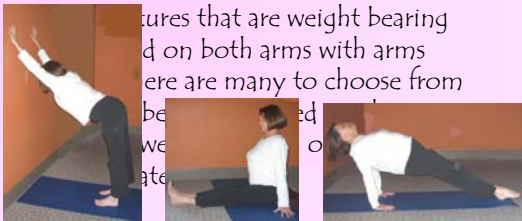
Arm Strength/Lymph Circulation



Arm Strength/Lymph Circulation

Alternate days

Do arm postures that are weight bearing
and on both arms with arms
extended. There are many to choose from
standing or seated.



Arm Strength/Lymph Circulation



Disclaimer

I do not suggest that you take these suggestions and treat them as your own. That, I believe, would be an extremely uninformed decision. If you would like to use yoga in your healing, contact a yoga teacher with whom you have confidence.

Treat yourself as a person who has specific requirements in the prescriptions for all your needs, not just medicines, but in counseling, nutrition, and activity as well. To receive the greatest benefit from your efforts it is essential that you seek that which applies to your situation.

And don't forget that your situation changes often.





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