



Why Yoga is beneficial for healing of Cancer?

Currently available treatments for cancer such as surgery, radiation and chemotherapy are effective but also can cause a multitude of side-effects that can last for years after treatment has ended and it is crucial that an effective palliative intervention be developed to reduce side effects during and after the treatment. Insomnia and sleep quality impairment are among the most prevalent and distressing problems reported by cancer patients and survivors, and can be severe enough to increase cancer mortality. About a third of cancer patients report that fatigue interferes with daily activities.

Many researchers suggest that yoga is a well-tolerated exercise intervention with promising evidence for its efficacy in improving side effects related to cancer treatment and disease outcome. Yoga provides a low- graded exercise that can be tailored for individuals who have been sedentary, and the postures can be modified to accommodate functional limitations. Additional benefits of yoga include increased circulation of lymphatic channels and flow of oxygen through the bloodstream; both are important during the healing process.

The gentle guided movements of Yoga clubbed with breathing exercises and meditation can help to expand range of motion of joints, improve circulation, and relax muscle tension to speed up the recovery process.

Why 16 sessions of Yoga are recommended?

Yoga is a gradual developmental process that works on both- mental and physical health levels. Our program has been designed after referring varied research and hands-on Yoga therapy for cancer. The body takes some time to adapt and imbibe any new therapy regime with Yoga being no exception either. But the changes instilled through practice of Yoga ensure healing to a great extent. Regularity of practicing the asanas and specific breathing technique brings about the desired results. That is the reason why 2 sessions per week are recommended for a period of 2 months.

It is not necessary for a cancer patient to have practiced yoga prior to adding recuperative yoga to their treatment plan. With an experienced instructor, the participant will be guided to practice poses within their abilities. They will work on strengthening muscles and increasing flexibility. Most importantly the instructor will guide the participant through pranayama (breathing) exercises and meditation practices to use throughout their treatments and after.