

BREAST CANCER

PHYSICAL separation: surgical excision of body part, movement limitations. Imbalance: Pitta-aggressive nature, Vata- movement, metastasis. Immune system: inability to fight disease. YOGA SOLUTIONS: Asana –calming, cooling to balance Pitta. Routine, stabilizing to balance Vata. Nurturing and nourishing to balance immune system. Opening heart to balance 4th chakra. Restorative yoga: support physical limitations. partner yoga, massage. Ayurvedic evaluation: basic constitution and self-help.

ENERGY separation: heart chakra and self nurturing, biography = biology, environment, diet, nutrition, contaminants in food, pollutants.

YOGA SOLUTIONS: pranayama to focus on nurturing woman, body, breast, womb. Basic 3 part breath, alternate nostril breathing to balance immune system (langhana-gentle and cooling).

EMOTIONAL separation: inability to nurture heart thru relationship.

YOGA SOLUTIONS: mudras to pacify vata and pitta, gentle heart openings, nurturing womb, strengthening immune system. Mantras for healing and honoring the heart.

WITNESS separation: role identification in western culture concerning femininity.

YOGA SOLUTIONS: yantra, a sacred visualization of the heart. Tratak, candle gazing. Mantra, mudra, guided imagery, meditation.

BLISS separation: divine acting thru us with children, family. Western culture.

YOGA SOLUTIONS: Metta meditation, go into heart–radiate love to yourself now, a difficult person, yourself as a child.

EIGHT WEEK SESSION – POST SURGICAL

1. Yoga, stress and breast cancer
2. Breath! Yoga and your energy body
3. Journaling and storytelling: is your biology your biography?
4. Humour, joy and play: yoga for fun.
5. Sound and song: yoga for balance
6. Guided imagery and visualization: techniques for total relaxation
7. Ayurveda and breast cancer
8. Yoga: integration of body, mind and spirit

Tools of Yoga: **pranayama** – belly breath, alternate nostril breathing, 3-part breath. **Mudras** – hridaya (diverts flow of prana from hand to heart), tse (overcomes depression), mukula (energy giving and relaxing). **Warm-ups** – to gently open heart (seated cat, gentle side bends and twist). **Asanas** – to gently increase range of motion in arm. Lying on back – knees to chest, knee down twist, standing yoga mudra, hands clasped behind head, elbow to ceiling, five pointed star, ardha chandrasana. **Restorative postures** – supported forward bend with arms on chair, supported fish, butterfly (reclining). **Mantra** – Om Hridaya Namaha, I honor my heart, my true teacher. **Guided imagery** – healing wounds and heart. **Meditation** – Metta meditation.

BENEFITS OF YOGA IN POST SURGICAL BREAST CANCER:

Stretching and releasing muscles, balancing the ANS, improved blood flow thru constricted blood vessels, improved muscle movement, swelling reduced, immune system boosted, WBC lymphocytes increased, release of endorphins which are analgesic, improving overall feeling.