

What is Yoga?

The word “yoga” is a Sanskrit term which means “to yoke.” In the yoga practice this yoking refers to the union of the spirit, physical body and the mind. Yoga has evolved over thousands of years to embrace a wide range of styles and disciplines, which commonly include breath control, simple meditation, and the adoption of specific bodily postures.

What can I expect from a private lesson?

Unite for HER yoga providers will adapt traditional yoga poses and movements to meet your individual needs. They are trained to accommodate the low-energy days that occur frequently during active treatment. You will also learn breathing techniques and simple meditations. Deep relaxation is a part of every session and if appropriate, some instructors will incorporate guided imagery.

What can I expect from a yoga class?

This really depends on the style of yoga being offered. Based on how you feel, you may wish to look for gentle, restorative, slow-paced classes. If you are fit and strong and have no limitations for movement, you may wish to try a vinyasa class. No matter what the style, the instructor should know how to accommodate a wide range of abilities and create modifications for the more difficult poses. You should also honor your limitations and not push through discomforts.

How can yoga help you during the cancer journey?

No matter where you are in your treatment, the practice of yoga can be an asset on your path to healing and vibrant health. Below is a list of the many reported benefits of yoga. Most of these have now been researched and proven.

- Improved immune function; lower inflammatory response
- Improvement in ability to handle stress; a significant decrease in stress-related symptoms
- Improvement in anxiety disorders
- Improvement in muscular tone, muscular strength, muscular endurance, and muscular flexibility; improvement in cardio-respiratory endurance and body composition; improvement in body awareness (kinesthetic awareness)
- Improvement in balance, coordination, and agility
- Increased energy
- Improvement in depression-related symptoms
- Decreased back pain; decreased neck pain
- Cessation of physical pain that had been chronic
- Greater ability to handle physical and/or emotional pain
- Mood improvement; decreased anxiety
- Improved self-esteem and body image
- Improved ability to focus; enhanced creativity
- Better sleep; complete cessation of insomnia
- Weight loss
- Improvement in circulation and skin conditions
- Decrease in blood sugar levels
- Improvement in concentration; improvement in work performance and academics

Namaste

All yoga classes end with a gesture and the word “namaste.” The word “namaste” literally translated means “I bow to you.” The gesture that accompanies it is a small bow with the hands in a prayer position in front of the heart. The gesture Namaste represents the belief that there is a Divine spark within each of us that is located in the heart’s energy center. The gesture is an acknowledgment of the soul in one by the soul in another.

If you have any questions about this information or yoga in general, please don’t hesitate to contact either of us.

Namaste,

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