

# Yoga

## **Begin your way back to health**

**Learn postures, breathing and mindfulness which reduces stress, hypertension, muscle tension and speeds healing and recovery.**

**Complementing conventional therapies and management during and after illness such as cancer, surgery or injury. Small classes ensure proper attention to alignment and method.**

Is it possible that we need to take a fresh look at the facts? What do we mean when we say that the cancerous process affect us? Does it affect the body alone, or does it affect the mind? Conversely, do the causative factors spring from the physical dimension or from the mind or from both or beyond? The latest research points to the disease process being much beyond the body itself. There are indications that the causation process starts deep within us from the higher levels of existence of the human personality. If so, we must first explore and know what these higher dimensional are, how they function and how we can reach those realms and modify the activities going on there.

Yoga provides a way of approaching these queries. It regards the human personality as being much deeper than just the manifest physical body. Yoga gives us a broader vision of who we are and a framework for developing insight and understanding at deeper levels.

## **Using yoga in conjunction with conventional medicine**

Yoga blends seamlessly with conventional medications and interventions to help manage cancer. It can aid the effect of conventional treatments by reducing their after effects and bolstering the innate fighting forces of the body at the same time.

There is no final word on the management of cancer and these classes and the information offered doesn't pretend to give one.

It is postulated that yoga helps to manage cancer in the following ways:

- Reduces the side effects of chemotherapy, such as fatigue and nausea
- Helps to manage the emotional roller coaster which the patient experiences during therapy
- Enhances the desired effect of conventional treatments, namely: radiotherapy and surgery
- Improves healing after radiotherapy and surgery by maximizing blood flow to the affected area and providing a form of gentle movement that can be used when the person's energy is low.
- Brings about harmony amongst the various metabolic activities in the body and achieves a greater degree of metabolic balance
- Plays an important role in improving the patient's quality of life

I look forward to offering a comprehensive course in February 2017, which addresses the above topic, which is not limited to those are pre, post or palliative cancer patients, but also those whom are addressing illness and ailments ranging from (but not limited to), diabetes, hypertension, depression, mental fatigue, postpartum or injury including surgery. These classes will be available in Harrison Hot Springs/Agassiz and Chilliwack. Please email for inquiry/registration