

Supportive Care Yoga for BCI

Refreshing

Ways to Replenish your Mind Body & Essence

Nurture and sustain whole person health throughout your breast cancer journey during treatment, recovery and survivorship.



Image source- <https://healingthebody.ca>

SURYASANA: wide arms overhead posture

Activates stomach (yang) and spleen (yin) meridians
Benefits assimilation of food, liquid and energy

■ Term 1. SCY Program 2020 - Refreshing

Discover practices to reenergise and connect with others while nurturing your own wellbeing needs.

Yoga improves cancer survivor's fitness and reduces treatment effects of inflammation, depression and fatigue symptoms according to Kiecolt-Glaser, et. al (2014). Structured exercises support healthy upper limb range of motion and quality of life in breast cancer patients (Galantino & Stout 2013).

Where: Seminar Room 7, Level 2, The Westmead Education Conference Centre, Westmead Hospital.

When: Tuesday evenings 6pm – 7:30pm and Thursdays 11am- 12:30pm over 10 weeks.

Dates: Tuesdays 4th February – 7th April and Thursdays 6th February – 9th April 2020.

Bring: Yourself, your friend or carer and water. All of yoga equipment is provided.

Cost: First class free, thereafter payment of \$90 activates the remaining 9 classes on the Yoga Pass.

Payments: Made to the Westmead Cashier: 8890 9695 or 8890 3933 or in person. Yoga Code: 366906.

R.S.V.P. Please contact the teacher Leigh Ridden 8890 3493 to commence.

References

- Galantino, M. L., & Stout, N. L. (2013). Exercise interventions for upper limb dysfunction due to breast cancer treatment. *Physical therapy*, 93(10), 1291-1297.
- Kiecolt-Glaser, J. K., Bennett, J. M., Andridge, R., Peng, J., Shapiro, C. L., Malarkey, W. B., ... & Glaser, R. (2014). Yoga's impact on inflammation, mood, and fatigue in breast cancer survivors: a randomized controlled trial. *Journal of Clinical Oncology*, 32(10), 1040.