

Term 2, Supportive Care Yoga via Zoom

Yoga for self-care during isolation

The tradition of Raksana Krama Yoga relates to the householder and aims to offset the challenges and demands of habitation. As such, these yoga practices can be affective at an individual level to enhance meaningful engagement with responsibilities and interactions in the home environment. Other lifestyle benefits include mindfulness, physical fitness, mental health and wellbeing, relative to recovery after breast cancer (Courneya, Vallance, Culos-Reed et al. 2012).

Three reasons to cultivate a yoga practice at home



Image: <http://rebloggy.com/post/beauty-flowers-nature-garden-plants-spiritual-yogi-gardening/52599620902>

Yoga assists:

1. upper limb function with exercises to improve mobility, strength and stamina,
2. development of awareness and integration for better coping, mood, behaviour and quality of life, (e.g. motivation and participation in daily activities), and
3. reduction of recurring pain, injury and illness side effects, (Harrington, Pauda, Battaglini & Michener 2012), and (Cadmus-Bertram, Littman, Ulrich, et al. 2013).

You are warmly invited to join Westmead SCY classes in partnership with BCI via Zoom.

Tuesday: 6:00 PM – 7.30 PM from April 28, 2020 - May 28, 2020

Thursday: 11.00 AM – 12.30 PM from April 30, 2020 - May 30, 2020

Please feel welcome to attend one or both Zoom classes for free until further notice.

Recurring Meeting ID: 844 8094 0595 Password: 061688 Direct Link:

<https://us02web.zoom.us/j/84480940595?pwd=VmZNSVo5SWFSZGVGYXI4NUNieFAzd09>

Note: It is recommended to prepare your practice space 20 minutes before class.

Aim: To join 5-10 minutes before class commences to establish connections.

Alternative: Link to Zoom and updates on the private Facebook Group, Supportive Care Yoga:

<https://www.facebook.com/groups/491520328401213/>

Kindly looking forward to guiding you in yoga from a safe distance

Leigh Ridden. Westmead SCY Teacher. Yoga Therapy Consultant.

References:

- Cadmus-Bertram, L., Littman, A. J., Ulrich, C. M., Stovall, R., Ceballos, R. M., McGregor, B. A., ... & McTiernan, A. (2013). Predictors of adherence to a 26-week viniyoga intervention among post-treatment breast cancer survivors. *The Journal of Alternative and Complementary Medicine*, 19(9), 751-758.
- Courneya, K. S., Vallance, J. K., Culos-Reed, S. N., McNeely, M. L., Bell, G. J., Mackey, J. R., ... & Cook, D. (2012). The Alberta moving beyond breast cancer (AMBER) cohort study: a prospective study of physical activity and health-related fitness in breast cancer survivors. *BMC cancer*, 12(1), 525.
- Harrington, S., Padua, D., Battaglini, C., & Michener, L. A. (2013). Upper extremity strength and range of motion and their relationship to function in breast cancer survivors. *Physiotherapy theory and practice*, 29(7), 513-520.