

Guidelines for attending Yoga Supportive Care Services Partnering with Westmead Breast Cancer Institute since 1997.

Yoga is a therapeutic modality of techniques applied to balance the physical, mental and emotional body as a way to support whole person health and wellbeing. To best assist your journey during treatment and recovery, please consider the following:

Wear loose, comfortable clothing with layers to adapt to temperature variations

Ceasing your food intake for at least one hour before class is recommended

You may continue to take fluids and bring your water flask into class

You do not need to be flexible to participate; your abilities will change from day to day

Yoga is a non-competitive activity, it is not advised to strain, force or judge your practice

Watch and listen to the teacher's instructions to guide your activities in class

Notify your teacher of any changes to your health prior to class commencing

Advise the teacher of any medication you may require during class

Continue to take all prescribed medications, as yoga assists with management, not cures

If you have any concerns before joining yoga classes please talk to your doctor or nurse

Please present your receipt to the teacher to record the proof of payment. Unused classes roll over to the following term and do not expire

All attendees are required to sign a waiver prior to commencement of every class

Yoga stems from blending the science and art of wellbeing. Yoga is non-dominion (non-religious) and, it is recommended to maintain your own faith and spiritual practice.

Each session consists of relaxation to assist the body's natural regeneration processes

The integrative approach in yoga has developed from research and multiple disciplines

Your teacher is qualified and experienced in guiding and supporting individuals and groups using best practice methods that are recognised in Australia and internationally.

Sincerely,

Leigh

Leigh Ridden.

Integrative Health. Yoga Teacher and Yoga Therapy Consultant.

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