

# Restorative Yoga for Living with Cancer

Restful supported yoga poses and mudras to help reduce stress, increase energy, boost immunity and leave you feeling calm & centered.

Asana, Pranayama or Mudra	Method	Benefit
 <p data-bbox="326 674 500 730">Queen's Pose &amp; Ushas Mudra</p>	<ul data-bbox="722 436 1058 653" style="list-style-type: none"> <li>• Lie lengthwise on bolster or 2 long-folded blankets</li> <li>• Place soles of feet together and let knees rest on bocks</li> <li>• Support head if needed</li> <li>• Bring hands into Ushas Mudra with support under elbows</li> <li>• Rest 5-15 minutes</li> </ul>	<ul data-bbox="1128 478 1406 611" style="list-style-type: none"> <li>• Opens the energy of the lower belly and pelvis</li> <li>• Relaxes the body and creates a sense of being cradled</li> </ul>
 <p data-bbox="334 1010 492 1037">Ushas Mudra</p>	<p data-bbox="722 770 862 795"><b>Dawn Mudra</b></p> <ul data-bbox="722 806 1058 1022" style="list-style-type: none"> <li>• Interlace the fingers with the left thumb above and gently pressing down onto the right thumb</li> <li>• The clasped hands cradle and nourish the abdominal area</li> <li>• Use blocks under the elbows for support when reclining</li> </ul>	<ul data-bbox="1128 762 1446 1031" style="list-style-type: none"> <li>• Enhances immunity</li> <li>• Facilitates endorphin release</li> <li>• Creates a sense of well-being and protection</li> <li>• Especially helpful for cancer</li> <li>• <i>Know that you are in a safe place to express whatever emotions may arise</i></li> </ul>
 <p data-bbox="285 1394 542 1451">Supported Backbend &amp; Kubera Mudra</p>	<ul data-bbox="722 1121 1040 1390" style="list-style-type: none"> <li>• Place two bolsters across mat, one slightly taller</li> <li>• Sit on floor and place upper back on lower bolster, head on higher bolster</li> <li>• Rest arms out to sides and bring hands into Kubera Mudra a with support under elbows if needed</li> <li>• Rest up to 5 minutes</li> </ul>	<ul data-bbox="1128 1096 1450 1421" style="list-style-type: none"> <li>• Opens space in the front torso for the heart and lungs</li> <li>• Use extra care if you have undergone lumpectomy or mastectomy. In this case, support elbows and place hands on abdomen to lessen pressure across the chest</li> <li>• <i>Inhale into the heart space and imagine it growing larger with each breath</i></li> </ul>
 <p data-bbox="326 1787 500 1814">Kubera Mudra</p>	<p data-bbox="722 1535 959 1560"><b>God of Wealth Mudra</b></p> <ul data-bbox="722 1570 1052 1757" style="list-style-type: none"> <li>• Curl the ring and little finger into the palm of each hand</li> <li>• The middle and index fingers come to meet the thumb</li> <li>• Rest the backs of the hands on the floor, support elbows if needed</li> </ul>	<ul data-bbox="1128 1497 1446 1793" style="list-style-type: none"> <li>• Increases energy and metabolism</li> <li>• Instills confidence, determination and a sense of security</li> <li>• Especially helpful for depression, lethargy, lack of enthusiasm</li> <li>• Use caution in cases of high blood pressure or heart disease</li> </ul>

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	<ul style="list-style-type: none"> <li>• Sit with right hip at end of bolster, legs folded to left</li> <li>• Turn to the right and place hands on either side of prop, lay over bolster</li> <li>• If too much pressure is placed on breast, angle far end of bolster to the left so center of chest is on top</li> <li>• Turn head towards legs</li> <li>• If you have Sciatica or other pelvis imbalance, straighten bottom leg perpendicular to torso</li> <li>• Hands in Prithivi Mudra</li> <li>• Rest 3 minutes per side</li> </ul>	<ul style="list-style-type: none"> <li>• Detoxifies the abdominal organs</li> <li>• Opens rib cage and stretches muscles along side body and spine</li> <li>• <i>Feel the breath flow into side of body facing ceiling</i></li> </ul>
	<p><b>Earth Mudra</b></p> <ul style="list-style-type: none"> <li>• Bring the tips of the thumb and ring fingers together</li> <li>• The index, middle and little fingers are extended</li> <li>• Rest the back of the hands on the floor on either side of the bolster</li> </ul>	<ul style="list-style-type: none"> <li>• Reduces stress</li> <li>• Balances the body's energy centers in the lower abdomen</li> <li>• Especially helpful for disorders of the bones and digestive system</li> </ul>
	<ul style="list-style-type: none"> <li>• Kneel on shins with toes pointed</li> <li>• Place bolster between thighs and gently lay torso over bolster</li> <li>• Rest head to one side for half of time, then turn to other side for equal amount of time</li> <li>• Bring hands into Adhi Mudra</li> <li>• Rest up to 5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Creates a sense of safety and security (a.k.a. fetal position)</li> <li>• Draws senses inward, away from external stimulus and stressors</li> <li>• <i>Listen for the sound of your breath and your heart beat, feeling grateful each time you can make that connection to your internal world</i></li> </ul>
	<p><b>Grounding Mudra</b></p> <ul style="list-style-type: none"> <li>• Curl the fingers around the thumbs forming a soft fist with the thumb held inside</li> <li>• Place the hands palms down on either side of the bolster</li> </ul>	<ul style="list-style-type: none"> <li>• Soothing, calming for the entire nervous system</li> <li>• Strengthens the breath in the lower abdomen and back body</li> <li>• Helps to ground the emotions and energy</li> </ul>





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	<ul style="list-style-type: none"> <li>• Place bolster across mat beside long folded blanket</li> <li>• Sit in front of bolster and lie back so that upper back rests on blanket, back of head on floor</li> <li>• Place block under pelvis</li> <li>• Rest feet on floor with knees bent</li> <li>• Bring hands into Vajrapradama Mudra with support under elbows if needed</li> <li>• Rest up to 5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Opens space in the front torso for the heart and throat</li> <li>• Elevates pelvis above heart, heart above head</li> <li>• Use caution if high blood pressure not controlled by medication or with cancers of the brain, head surgery</li> </ul>
	<p><b>Unshakable Confidence Mudra</b></p> <ul style="list-style-type: none"> <li>• Interlace the fingers with palms facing the heart and thumbs pointing upwards</li> <li>• Open palms away from each other and place hands on heart</li> <li>• Rest elbows on floor or use folded blankets underneath for support</li> </ul>	<ul style="list-style-type: none"> <li>• Instills confidence, security and interconnectedness</li> <li>• Opens the heart to greater compassion for self and others</li> <li>• <i>Inhale into the heart space and imagine it growing larger with each breath</i></li> </ul>
	<ul style="list-style-type: none"> <li>• Lie on back with knees bent and toes in front of chair legs</li> <li>• Draw knees into chest and place calves in seat of chair</li> <li>• Optional: Lift pelvis and place block on lowest height under sacrum</li> <li>• Bring hands into Medha Prana Kriya and rest arms slightly away from sides, palms facing upwards</li> <li>• Rest for 5-15 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Elevates legs above heart to encourage venous return</li> <li>• Activates Relaxation Response in body which reduces heart rate, breath rate and stress hormone production</li> <li>• <i>Allow a deep feeling of peace and well-being to envelop you</i></li> </ul>
	<p><b>Energy Cleansing Mudra</b></p> <ul style="list-style-type: none"> <li>• Touch flat of index nail to second joint of thumb, extend all others</li> <li>• Place back of hands on floor with arms at sides</li> <li>• Sense the energy within the circle created by the index finger and thumb</li> </ul>	<ul style="list-style-type: none"> <li>• Opens and de-conditions the emotional centers of the brain</li> <li>• Good for the endocrine system, immunity, and cerebral circulation</li> <li>• Especially helpful for emotional trauma</li> </ul>

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	<ul style="list-style-type: none"> <li>• Lie on back with legs over bolster or rolled blanket</li> <li>• Can also support head with folded blanket</li> <li>• For the first few minutes, bring hands into Mukula Mudra and place on body where you need healing</li> <li>• Then rest hands to sides and continue to relax</li> <li>• Rest 5-10 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Calms and balances the entire body</li> <li>• Allows for deep stillness and thoughtlessness to arise</li> </ul>
	<p><b>Healing Mudra</b></p> <ul style="list-style-type: none"> <li>• Bring the tips of all five fingers together to create a point</li> <li>• Touch the point to any part of the body needing healing or extra attention</li> </ul>	<ul style="list-style-type: none"> <li>• directs energy to areas of body where healing is needed</li> <li>• Imagine inhaling to draw life force into the body, exhaling through fingers into the place that needs attention</li> <li>• Helps you feel the power within to facilitate your own healing and well-being</li> </ul>
	<ul style="list-style-type: none"> <li>• Sit in a comfortable cross-legged position on the floor or in a chair if needed</li> <li>• Bring hands into Avhana Mudra and concentrate on receiving healing from the universe for 5-15 minutes</li> <li>• Bring hands into Hasta Mudra and release grip of mind for 5-15 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Allows activity of mind to quiet down</li> <li>• Use these techniques when in waiting for appointments or treatments</li> </ul>
	<p><b>Opening and Receiving Mudra</b></p> <ul style="list-style-type: none"> <li>• Place the edges of the little fingers together with the palms facing up</li> <li>• Press the thumbs gently into the base of the index finger</li> <li>• Sit in cross-legged position and meditate for up to 15 minutes with hands in Avhana Mudra</li> </ul>	<ul style="list-style-type: none"> <li>• A gesture of receiving</li> <li>• Expands breathing capacity and fills the body with healing life-force</li> <li>• Use when you are having trouble accepting help from others</li> <li>• Especially helpful for the pulmonary and digestive systems</li> </ul>
	<p><b>Hand Mudra</b></p> <ul style="list-style-type: none"> <li>• Gently press together the tips of all of the fingers until you sense the best energetic connection</li> <li>• The fingers are gently curved to create a globe shape</li> <li>• Sit in cross-legged position and meditate for up to 15 minutes with hands in Hasta Mudra</li> </ul>	<ul style="list-style-type: none"> <li>• Directs breath into and opens the entire body</li> <li>• Helps to engage the witness consciousness</li> <li>• Good for when the mind is especially active or negative</li> </ul>

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