

## Healing Yoga for Cancer Project 2012 Findings

The Healing Yoga for Cancer Project consisted of an eight-week yoga class held at the Cancer Support Community in April-May, 2012. The students in the class consisted of ten adults with a various forms of cancer including breast, prostate, pancreas and uterine. All of the patients were in treatment at the time of the study which consisted of post-surgery chemotherapy treatments. Participants were asked to rate their levels of anxiety, fatigue, pain disturbance, sleep disturbance and digestive disturbance over the course of the program. The first and last weeks participants were asked to fill out a Quality of Life Assessment and an average was taken of their responses. The middle six weeks the participants were asked to fill out a shorter Weekly Quality of Life Assessment and asked to rate their levels for the past 7 days:

"In the past seven days, I have experienced the following:  
Anxiety, Fatigue, Pain Disturbance, Sleep Disturbance, Digestive Disturbance  
Not at All (1), A little bit (2), Somewhat (3), Quite a bit (4), Very much (5)"

### ANXIETY

Patient #	3/15/12	3/21/12	3/28/12	4/4/12	4/11/12	4/18/12	4/25/12	5/5/12
2	3.1	3	3	2	3	2	2	-
4	2.6	2	2	2	2	3	2	-
5	2.6	2	-	2	2	1	2	1.25
6	3.6	4	3.5	-	4	4	3.5	-
7	2	1	-	1	1	1	1	1
8	2.7	2	3	2	3	-	-	-
9	2.5	2	2	2	-	2	3	-
10	2.8	3	2	-	-	-	-	-
11	2	3	3	4	2	3	4	1
12	2.5	-	-	-	-	-	-	-
<b>Average</b>	2.64	2.44	2.64	2.14	2.43	2.29	2.36	1.08

### FATIGUE

Patient #	3/15/12	3/21/12	3/28/12	4/4/12	4/11/12	4/18/12	4/25/12	5/5/12
2	3.6	4	4	4	3	4	3	-
4	3.3	3	5	4	4	3	4	-
5	3.3	3	-	3	4	2	2	1.5
6	1.6	2	2	-	3	3	2	-
7	3	4	-	4	4	3	4	2.63
8	4	4	4	3	3	-	-	-
9	3.8	4	3	3	-	4	4	-
10	4.1	4	4	-	-	-	-	-
11	2.8	4	3	3	3	2	3	2
12	4.4	-	-	-	-	-	-	-
<b>Average</b>	3.39	3.20	3.57	3.42	3.43	3	3.14	2.04

PAIN DISTURBANCE

Patient #	3/15/12	3/21/12	3/28/12	4/4/12	4/11/12	4/18/12	4/25/12	5/5/12
2	3.9	4	3	4	3	3	3	-
4	1.3	2	1	2	2	1	1	-
5	2.5	3	-	2	2	4	2	2.75
6	3	1	1	-	2	1	1	-
7	4	5	-	5	4	5	4	4.25
8	3.9	4	4	4	3	-	-	-
9	1.1	1	3	3	-	1	1	-
10	3.8	4	4	-	-	-	-	-
11	1.8	2	2	2	2	2	1	1.28
12	3.5	-	-	-	-	-	-	-
<b>Average</b>	2.88	2.89	2.57	3.14	2.57	2.43	1.86	2.15

SLEEP DISTURBANCE

Patient #	3/15/12	3/21/12	3/28/12	4/4/12	4/11/12	4/18/12	4/25/12	5/5/12
2	2	3	2	2	2	2	1	-
4	3.8	4	5	5	5	4	4	-
5	2	2	-	1	2	3	2	1.2
6	2.5	3	2	-	4	3	3	-
7	1.5	1	-	1	1	1	1	1.6
8	4	3	4	3	3	-	-	-
9	3.2	3	2	3	-	3	4	-
10	2	1	2	-	-	-	-	-
11	3.2	4	2	2	3	3	2	2.5
12	2.8	-	-	-	-	-	-	-
<b>Average</b>	2.80	2.67	2.71	2.43	2.86	2.71	2.43	1.77

DIGESTIVE DISTURBANCE

Patient #	3/15/12	3/21/12	3/28/12	4/4/12	4/11/12	4/18/12	4/25/12	5/5/12
2	3	4	4	5	3	2	2	-
4	1.7	2	2	2	2	1	1	-
5	1.3	-	-	2	1	1	1	1.29
6	1.5	1	1	-	2	2	1	-
7	2.4	-	-	4	2	1	1	1.57
8	2.9	1	1	1	2	-	-	-
9	2.3	3	3	2	-	2	2	-
10	2.6	3	3	-	-	-	-	-
11	1.6	2	2	1	1	2	4	1.75
12	2	-	-	-	-	-	-	-
<b>Average</b>	2.13	2.29	2.29	2.43	1.86	1.57	1.71	1.54

CHANGE IN SIDE EFFECTS OVER COURSE OF STUDY (AVERAGES)

<b>SIDE EFFECT</b>	<b>CLASS #1</b>	<b>CLASS #8</b>	<b>REDUCTION</b>
Anxiety	2.64	1.08	1.56
Fatigue	.3.39	2.04	1.35
Pain Disturbance	2.88	2.15	0.73
Sleep Disturbance	2.80	1.77	1.03
Digestive Disturbance	2.13	1.71	0.42