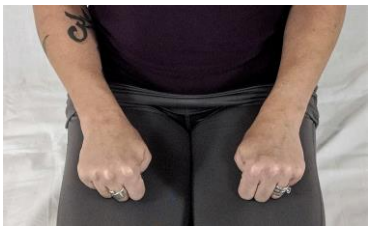
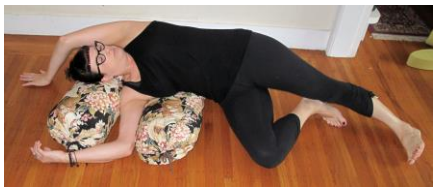
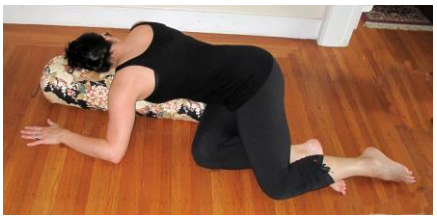
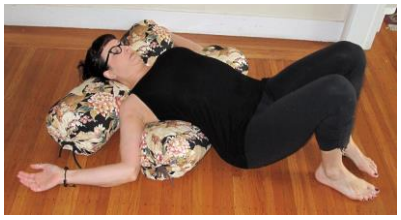
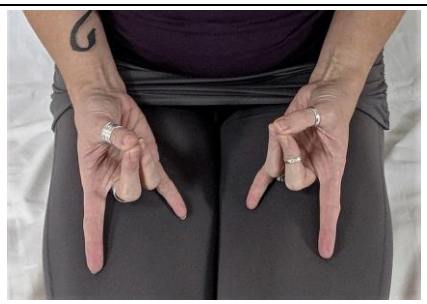
Restorative Yoga for Cancer

Series of restorative yoga postures and mudras for cancer patients.

Practice	Method	Benefits & Tips
 **Supported Childs Pose**	Kneel on shins with toes pointed Place bolster between thighs and calves gently lay forward with forearms on floor Rest head on stacked blocks Bring hands into **Adhi Mudra** Rest up to 5 minutes	Benefits: Creates a sense of safety and security (a.k.a. fetal position). Draws senses inward, away from external stimulus and stressors Practice Tips: Listen for the sound of your breath and your heart beat, feeling grateful each time you can make that connection to your internal world
 **Adhi Mudra**	Curl the fingers around the thumbs forming a soft fist with the thumb held inside Place the hands palms down on either side of the bolster	Benefits: Soothing, calming for the entire nervous system. Strengthens the breath in the lower abdomen and back body. Helps to ground the emotions and energy
 **Reclining Side Bend**	Lie on side with bolster under side chest, folded blanket under head. Lay bottom arm in between props and extend top arm over head taking **Vayu Mudra** Bend bottom knee and extend top leg	Benefits: Opens breath into side body, stimulates lymph nodes in armpit Practice Tips: Breathe into side chest that is facing ceiling
 **Vayu Mudra**	Fold index finger down to base of thumb and hold it in place with the thumb.	Benefits: Activates the flow of prana in the body to encourage healing
 **Supta Bharadvajasana**	Sit with right hip at end of bolster, legs folded to left Turn to the right and place hands on either side of prop, lay over bolster If too much pressure is placed on breast, angle far end of bolster to the left so center of chest is on top Turn head towards legs Hands in **Brahma Mudra**	Benefits: Detoxifies the abdominal organs, opens rib cage and stretches muscles along the side body and spine, activates elimination Practice Tips: Feel the breath flow into side of body facing ceiling

Practice	Method	Benefits & Tips
	Rest 3 minutes per side	
 **Brahma Mudra**	Make a fist and turn palms upwards pressing knuckles against each other. Hold hands in front of solar plexus.	Benefits: Activates metabolism and your connection to your personal power Practice Tips: Use when you are feeling pushed around by the events of your life
 **Heart Opener**	Place two bolsters across mat, one slightly taller Sit on floor and place upper back on lower bolster, head on higher bolster Rest arms out to sides and bring hands into **Vajrapradama Mudra** with support under elbows if needed Rest up to 5 minutes	Benefits: Opens space in the front torso for the heart and lungs Practice Tips: Inhale into the heart space and imagine it growing larger with each breath Caution: 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
 **Vajrapradama**	Clasp fingers and open palms toward heart; point thumbs upwards. Hold a few inches away from the chest.	Benefits: Builds confidence, security, opens the heart very gently Practice Tips: Use when frightened or anxious
 **Supta Baddha Konasana**	Lie lengthwise on bolster or 2 long-folded blankets Place soles of feet together and let knees rest on bocks Support head if needed Bring hands into **Ushas Mudra** with support under elbows Rest 5-15 minutes	Benefits: Opens the energy of the lower belly and pelvis. Relaxes the body and creates a sense of being cradled Practice Tips: Use when in need of self-care and nourishment

Practice	Method	Benefits & Tips
 **Ushas Mudra**	Interlace the fingers with the left thumb above and gently pressing down onto the right thumb The clasped hands cradle and nourish the abdominal area Use blocks under the elbows for support when reclining	Benefits: Enhances immunity, facilitates endorphin release, creates a sense of well-being and protection Practice Tips: Know that you are in a safe place to express whatever emotions may arise
 **Setu Bandha**	Place bolster across mat beside long folded blanket Sit in front of bolster and lie back so that upper back rests on blanket, back of head on floor Place block under pelvis, rest feet on floor with knees bent Bring hands into **Hansi Mudra** with support under elbows if needed Rest up to 5 minutes	Benefits: Opens space in the front torso for the heart and throat, elevates pelvis above heart, heart above head Contraindications: Use caution if high blood pressure not controlled by medication or with cancers of the brain, or head surgery
 **Instant Maui**	Lie on back with knees bent and toes in front of chair legs Draw knees into chest and place calves in seat of chair Optional: Lift pelvis and place block on lowest height under sacrum Bring hands into **Apana Mudra** and rest arms slightly away from sides, palms facing upwards Rest for 5-15 minutes	Benefits: Elevates legs above heart to encourage venous return. Activates Relaxation Response in body which reduces heart rate, breath rate and stress hormone production Practice Tips: Allow a deep feeling of peace and well-being to envelop you
 **Apana Mudra**	Touch tips of thumb, middle and ring fingers together, extend index and little fingers.	Benefits: Eliminates toxins from the body, creates a sense of calm Practice Tips: Use when you need to feel safe and tranquil

Practice	Method	Benefits & Tips
 **Seated Meditation**	Sit in a comfortable cross-legged position on the floor or in a chair if needed Bring hands into **Avhana Mudra** and concentrate on receiving healing from the universe for 5-15 minutes	Benefits: Allows activity of mind to quiet down Practice Tips: Use when i waiting for appointments or treatments
 **Hansi Mudra**	Touch tips of all fingers together except for the pinkie fingers. Hold hands out to sides in a cactus position with extended pinkies pointing upwards.	Benefits: Releases inner smile and sense of contentment Practice Tips: Use when sad or lonely