


Yoga for Fatigue

Fatigue is a common side-effect and can be caused by radiation treatments, chemotherapy and other drug therapies, over all stress and the lack of sleep common during treatment. This week we will focus on energizing mudras and pranayama and restorative postures to provide true rest and relaxation to the body to help alleviate fatigue. Conserving energy is an important part of dealing with fatigue. Try not to do too much on your good days and make time for nurturing activities that will help you save your healing energy for yourself rather than expending it on others.

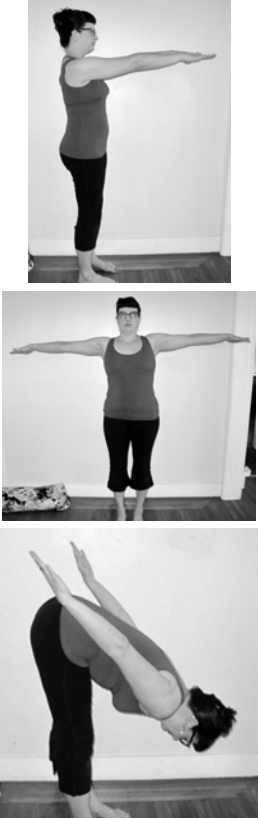
CENTERING

These preparation practices help to set the mood and intention for healing to take place.

	<p>Bhramari</p> <ul style="list-style-type: none">• Close the eyes and hold fingers over the eyes and ears.• Inhale thru nostrils.• Exhale a long smooth humming sound created by vocal cords and sinuses while ears are closed.• <u>Benefits</u>: Resonates with the frequency of the mind, good for overactive mind, invigorating
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PRANAYAMA

This breathing practice will invigorate the mind and body and open the body for deeper respiration.

	<p>Breath of Joy</p> <ul style="list-style-type: none">• Begin standing with feet hips width apart.• Take a short sip of breath thru the nose and raise arms up in front of body parallel to floor.• Hold breath in and lower arms.• Take a second short sip of breath thru the nose and raise arms out to sides parallel to floor.• Hold breath in and lower arms.• Take a third and final short sip of breath thru nose and raise arms up in front of body all the way overhead.• Exhale and fold forward over bent knees and exhale through the mouth with a strong HA as you let the arms swing forward and down.• <u>Benefits</u>: Releases deeply held tension in the body and increases energy.
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MUDRA

These mudras energize the body and help to combat fatigue.

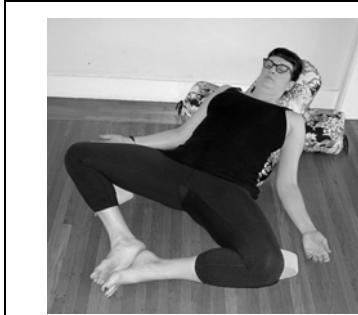
	<p>Surya Mudra</p> <ul style="list-style-type: none"> • Curl tip of the ring finger into the base of the thumb and press thumb on top, extend index, middle and little fingers; rest back of hands on thighs. • Benefit: Enhances radiant energy in the mind and body, builds self-esteem, and enables the digestion of life experiences.
	<p>Uttarabodhi Mudra</p> <ul style="list-style-type: none"> • Clasp hands together and press index fingers together and thumbs together. Press hands against sternum, thumbs down. • Benefits: Draws energy into torso and stimulates the Thymus gland

RESTORATIVES

This practice of restorative postures provides the body with deep rest and rejuvenation while opening the body to greater breath and energy absorption.

	<p>Reclining Side Bend</p> <ul style="list-style-type: none"> • Lie on side with rolled blanket under side ribs, bottom arm under head for support. • Begin with both knees bent then try extending top leg in line with the rest of the spine. • Raise top arm overhead and support with props or hold with bottom hand. • Rest 3-5 minutes per side. • Benefits: Opens both sides of thoracic region increasing breath capacity.
	<p>Restorative Heart Opener</p> <ul style="list-style-type: none"> • Set up two bolsters perpendicular to mat with folded blanket on the one toward the back of the mat. • Sit on folded blanket or on floor facing away from bolsters. • Lie back so that shoulder blades and upper back are supported by shorter bolster and the head and neck are supported by the taller bolster. • The upper line of the shoulders and arms should fall in between the bolsters. If the elbows do not readily reach the floor, support with more folded blankets. • Either straighten legs out to floor or rest knees over bolster. • Benefits: Opens heart and releases tension across chest, shoulders and neck.

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Queen's Pose

- Sit in front of two long-fold blankets or a bolster parallel to mat.
- Place soles of feet together and let knees move apart resting on blocks or bolster.
- Lie back on bolster and place blanket under head if needed.
- Rest 5-15 minutes, then release.
- **Benefits:** Relaxes floor of pelvis, opens belly and chest, and creates a sense of safety and calm.



Legs up the Wall

- Sit beside wall. Swing legs up wall as you lay back on mat.
- Rest hands on lap, belly or place arms out to sides with palms facing up.
- The back should be relatively flat on the floor and the legs can be slightly bent, especially if the hamstrings are tight.
- Rest at least 10-15 minutes, and then roll over to release.
- **Benefits:** Activates the Relaxation Response, reduces swelling in the legs and feet, balances the nervous system, good if you have been sitting or on your feet all day

MEDITATION

The yoga nidra session available on the webcast helps to provide deep rest and rejuvenation to body, mind and spirit.



Yoga Nidra

- Lay comfortably on the floor or on your bed with support under the head and knees if needed.
- Find the audio recording of this week's yoga nidra session and listen at home or during treatment.