


# Yoga for Pain

Pain can come in many forms during cancer treatment, from surgery, the bone pain associated with some chemotherapy, localized pain from radiation treatments, or from the cancer itself. This week we will concentrate on practices that gently move the body to ensure proper circulation of blood and energy to help alleviate pain.



## CENTERING

These breathing practices help to create a calm and cooling effect on the body and nervous system. They also are helpful when there is pain in the body by giving the body and mind an anchor.

	<p><b>Chant AHAM</b></p> <ul style="list-style-type: none"><li>• Sit comfortably and chant the mantra "A-HAM" for up to one minute.</li><li>• <b>Benefits:</b> Aham means "I am" and affirms our birthright of being alive right here and right now.</li></ul>
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## PRANAYAMA

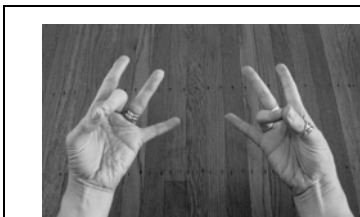
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	<p><b>Belly Breath</b></p> <ul style="list-style-type: none"><li>• Lie down comfortably and place the hands on the lower belly. Inhale and feel the fullness in the belly, exhale and feel the surrender in the belly. Practice for up to 5 minutes.</li><li>• <b>Benefits:</b> Calms the nervous system, grounds the emotions, and relaxes the body.</li></ul>
	<p><b>Breathe through Teeth</b></p> <ul style="list-style-type: none"><li>• Press tips of teeth together. Inhale through teeth and over gums down to lungs. Close mouth and exhale through nostrils.</li><li>• <b>Benefits:</b> Activates parasympathetic nervous system, reduces heat in body, revitalizing</li></ul>

## MUDRA

These mudras help to release muscular tension, reduce nerve pain and increase overall healing in the body.

	<p><b>Matsya Mudra</b></p> <ul style="list-style-type: none"><li>• Place the right hand on top of the left hand with both palms down. Extend thumbs out to sides to resemble the fins of a fish. Hold forearms against abdomen.</li><li>• <b>Benefits:</b> Nourishes the joints, releases muscular tension, aligns the spine, reduces stress.</li></ul>
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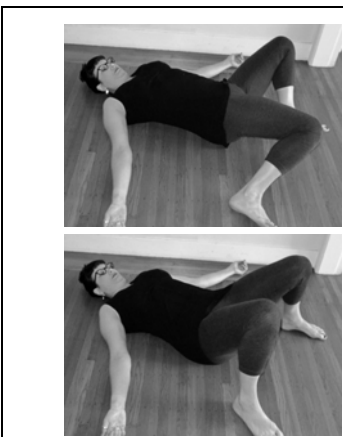


## Vyana Vayu Mudra

- On the left hand, touch the tips of the thumb and middle finger together. On the right hand, touch the tips of the thumb and ring finger together. Rest backs of the hands on the thighs.
- **Benefits:** Supports the health of the joints, improves circulation to the extremities, enhances body awareness, and promotes flow of energy throughout the body.

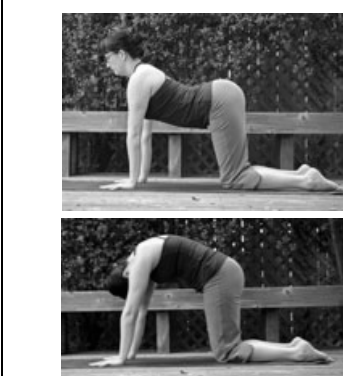
## ASANA

Very gentle movements focused on increasing comfortable range of motion as well as the circulation of blood and lymph throughout the body.



## Windshield Wipers

- Lie on back with knees drawn into chest. On an inhalation lower knees to the left side. Exhale and engage belly as you bring knees back to the center. Inhale as you lower knees to the right side. Exhale and engage belly as you bring knees back to the center. You can either leave knees bent, or press feet out to straighten legs. Repeat alternately with the breath 5-10 times per side.
- **Benefits:** Broadens back of pelvis, stretches outside of legs, gently compresses the abdominal organs

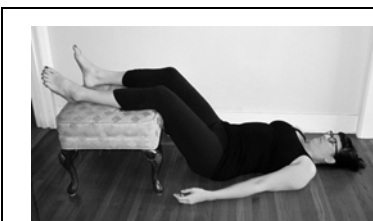


## Cat/Cow

- **Cow:** Begin on the hands and knees, toes pointed. Inhale, lift the sternum forward and drop the pubic bone back between the legs to arch the spine.
- **Cat:** Exhale round the back and drop the head and tail bone towards the floor. Repeat with your breath 10 times.
- **Benefits:** Massages the internal organs and warms-up the muscles along the spine.

## RESTORATIVE

This restorative posture is very helpful to induce relaxation and provide deep rest for the body and mind.



## Legs in Chair

- Lay on back with legs in the seat of a chair. Place arms away from sides and palms up. Rest 15 minutes.
- **Benefits:** Induces relaxation response, reduces swelling of feet and legs, and relaxes lower back.

## MEDITATION

The Pain Meditation below is very helpful for increasing the body's natural ability to heal itself and for releasing pain from the body through the breath. Lay comfortably on the back with support under the head and knees if needed.

Imagine the shape of your body as you rest inside the temple. As if the skin on your body was a hollow shell. As you inhale, imagine drawing prana inside of this hollow shell. Each inhalation brings more and more life energy into your form. See the energy dispersing evenly throughout every part of your body. From the top of your head to the soles of your feet ... from the tips of your fingers to the tips of your toes there is energy.

Now moving through the body, look for any places of pain, illness or injury. There may be just one place or many. As you find these places in need of healing, see the prana inside of your body concentrate in those places. With each inhalation the prana gets more concentrated increasing your body's natural ability to heal itself. And with each exhalation, imagine the pain, illness or injury releasing you from its grip. Inhale to concentrate healing energy where it is needed. Exhale to release pain and discomfort from the body. Take as many breaths as you need to complete this transformation until the body feels free and at ease.