













Home Yoga Practice for Cancer Survivors

A simple customizable home yoga practice that may reduce treatment side effects such as pain, anxiety cancer-related fatigue, insomnia, neuropathy & lymphedema

 <p>Mudra for Anxiety</p>	<ul style="list-style-type: none"> Gently hold your thumbs in the palms of your hands Wrap your other fingers around your thumbs Rest your hands palms down on your lap for several minutes Benefit: This gesture is calming and helps with anxiety 	 <p>Knees to Chest</p>	<ul style="list-style-type: none"> Recline on floor or bed with knees bent Alternately draw each knee toward the chest Move slowly and with awareness Change sides 10 times Benefit: Improves constipation & lymphatic draining, reduces pain 	 <p>Windshield Wipers</p>	<ul style="list-style-type: none"> Recline on floor or bed with knees bent and feet wide Alternately relax knees to side, then back to center Move with awareness Change sides 10 times Benefit: Improves constipation & lymphatic draining, reduces pain
 <p>Seated Lateral Bend</p>	<ul style="list-style-type: none"> Sit cross-legged or in chair Reach arm to opposite shoulder or top of head Lean to opposite side, keeping hips level on floor Take several breaths before releasing and changing sides 5 times Benefit: Improves lymphatic drainage, reduces pain 	 <p>Seated Twist</p>	<ul style="list-style-type: none"> Sit cross-legged or in chair Lengthen spine and gently twist to each side moving from belly towards head Take several breaths, then return to center and change sides Alternate sides 5 times Benefit: Improves constipation & lymphatic drainage, reduces pain 	 <p>Seated Forward Fold</p>	<ul style="list-style-type: none"> Sit cross-legged or in chair Lengthen spine from pubic bone to top of head Tilt torso forward and rest hands on knees or on floor Keep spine long and take several breaths Return to center and repeat twice more Benefit: Creates calm, reduces back pain
 <p>Cat/Cow</p>	<ul style="list-style-type: none"> From all-fours arch the back by lifting heart and tail bone upwards Then round the back by dropping head and tail Repeat 5-10 times breathing evenly Benefit: Improves lymphatic drainage, reduces pain 	 <p>Tree Pose</p>	<ul style="list-style-type: none"> Stand with a book between feet Prop one heel on the other ankle Place hands at heart and take several breaths Bring foot down and change sides Benefit: Improves balance and focus 	 <p>Warrior II Pose</p>	<ul style="list-style-type: none"> Stand with feet wide apart Turn one foot out to 90°, the other in 30° Raise arms to shoulder height, bend front knee Take several breaths, release and change sides Benefit: Improves balance and focus, increases energy
 <p>Legs in Chair</p>	<ul style="list-style-type: none"> Recline on floor with calves and feet on seat of chair Support head or hips as needed Rest for 10-15 minutes Benefit: Reduces fatigue, neuropathy, anxiety & lymphedema 	 <p>Belly Breathing</p>	<ul style="list-style-type: none"> Recline on floor or bed Rest hands on lower belly Notice expansion on inhale and relaxation on exhale Breathe this way for several minutes Benefit: Reduces anxiety, and insomnia 	 <p>Mudra for Immunity</p>	<ul style="list-style-type: none"> Clasp hands together Touch index fingers and thumbs together Draw thumbs back and place hands at lower belly Benefit: Improves immunity Namaste'

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