



## Yoga: Functional - Movement and Meditation Programs

### Intended Audience

All members including people living with cancer, family members and significant caregivers.

### Program Description

Nourish and renew your body, mind and spirit with yoga poses that are safe and adaptable for your specific needs. This program offers a subtle blend of slow relaxing movement and breath work, building toward more active poses that increase functional movement and improve mobility and stability. The intention is to provide participants with tools that empower them to connect mind and body while experiencing a sense of calm, well-being and presence in the moment.

### Benefits and Impact

Therapeutic yoga is drawn from ancient yoga practices known to boost energy, build strength and enhance physical and mental stamina. The beauty of therapeutic practice is that it addresses the whole person, and educates and empowers participants to choose how much they can do on any given day. The practice meets participants where they are by offering modifications and props and by creating a safe nurturing environment to do as little or as much as one is able.

### What to Expect at a Session

This yoga class is slightly more active, focusing on functional movement and rehabilitation techniques to facilitate further recovery and healing. Each class begins with breathing and awareness practices that set a calming tone and bring participants into the present moment. Classes then move through postures that are sequenced in a manner to improve mobility and stability, reduce pain and build energy. Near the end of the class participants are guided back with moves that calm and slow the nervous system, eventually ending in relaxation.

### Participant Comments

*"I cannot get this healing time anywhere else! This program offers a spiritually and physically healing experience."*

*"I feel relaxed and energized. I carry the poses with me to practice at home. I am quite excited to continue my yoga education."*

*"The facilitator is so positive, she helped nurse me back to health."*

### What the Research Says:

In several studies, yoga is cited as yielding modest improvements on sleep quality, mood, stress, cancer-related distress, cancer-related symptoms, and overall quality of life for cancer patients and survivors. In further studies yoga is named as a physical activity with significant potential in reducing cancer-related stress and symptoms (Bower J.E., Woolery A., Sternlieb B., Garet D. 2005. Yoga for cancer patients and survivors. *Cancer Control* 12(3): 165-71. Culos-Reed S.N., Carlson L.E., Daroux L.M., Hatley-Aldous S. 2006. A pilot study of yoga for breast cancer survivors: physical and psychological benefits. *Psychooncology* 15(10): 891-7).

### Program Frequency:

**1.5 hours** per week  
**16 weeks** per program  
**1 program** per session  
Winter, spring/summer, fall

**Optimum Class Size: 6-10**

### Related Programs:

Qigong  
Restorative Yoga  
Tai Chi  
Yoga For Well-Being

