

## ***Calm Steady Strong™*** Therapeutic Yoga for people affected by cancer.

Have you been recently diagnosed with cancer? Are you starting, undergoing, or just finished with treatment? I can help you:

- Decrease and/or manage pain levels
- Decrease stress levels
- Decrease fatigue levels
- Manage chemo and radiation treatments and effects
- Regain range of movement and activity levels
- Improve ability to sleep
- Manage effects of surgery (such as scar tissue, loss of limbs or organs) and improve function
- Manage the psychological and spiritual issues that facing serious disease or even death can raise

Contrary to popular belief you do not need to be “flexible” or “strong” to do yoga. Now is the perfect day to begin.

*In short, this program is all about enabling a person to move from surviving to thriving, to move from where they are, to where they want to be. AND, to get there in a process that is calm, steady, and strong.*

**The research:** this program was created as part of a study looking at the impact of yoga on cancer survivors. Designed by Susi Hatley and studied at the University of Calgary for 8 years, this program has demonstrated significant results both physically and psychologically. People completing the program experience improved mood, improved quality of life, reduction of fatigue, and less of a feeling of helplessness. For those going through cancer treatment, there is more ease associated with the chemotherapy and radiation treatments. This method also helps restore more functional movement after surgery as people adjust to damaged tissues, scarring, even removed parts.

A teacher of Hatha Yoga for many years, I recently completed my international 800-hour certification in Therapeutic Yoga, studying for several years with Ms. Hatley (above). Under her guidance I am bringing this program to Maine.

### **What to expect:**

- intake health questionnaire (prior to first session)
- identify key goals based on your current condition and what outcomes are most important to you

- series of 1 hour classes or private sessions: gentle and gradually progressive program that helps to rebuild breath awareness, body awareness, flexibility, and as the weeks progress, stability and strength
- If private session, then home program, customized to you and adjusted weekly, including one for the “tough” days, and another for the “better” days

Private sessions can be scheduled Monday through Friday, and some Saturday mornings.

Group Classes – please inquire

I am also willing to travel to intact groups to offer this class. Contact me for rates and availability.

### **FAQ's:**

#### 1. Style of Yoga

This program is a therapeutic yoga program. It is based on hatha yoga with a strong connection to improving your body mechanics, breathing, ease, flexibility and strength. It is progressive and builds slowly yet deliberately so that by the end of the 6 weeks you will feel better – stronger, more relaxed and in more control.

#### 2. Do I need to be flexible?

No, flexibility is a result of ease of functional movement across a range of motion. This program will help you gain flexibility that is based on stability. Now is always a good time to start!

#### 3. Is there Weight Bearing?

Ultimately this depends on the client. Often there are standing poses to help you gain strength in your legs. There are not arm balancing poses, so you will not be putting your full body weight through your arms, although perhaps kneeling or getting up or down. We work on the floor or on a table, depending on the client.

#### 4. How does yoga work?

Yoga helps by bringing awareness into the body and improving its communication with the nervous system. It helps by improving function of all the major joints, tissues, and systems, building stability and strength on top of ease. Yoga is different than fitness in that fitness sometimes leads to tension and tightness; yoga does not. Research has demonstrated that regular yoga practice leads to positive gains not only physically, but psychologically.

#### 5. Should I wait until my treatments are done? Or before or during my treatments?

How individuals respond to treatment is unique to the chemistry of the treatment selected, frequency and duration of treatment, the individual's general health, reactions to toxicity, etc. It's good to have part of this conversation with your

treating specialists. We can design a program for the good days when you want to move and progress, and an alternate program for the days when you just want to rest and recover.