



Cancer & Yoga

A Gentle Guide for
Patients & Caregivers



D.S.
Research
Centre

LET US SAVE OUR WORLD FROM CANCER

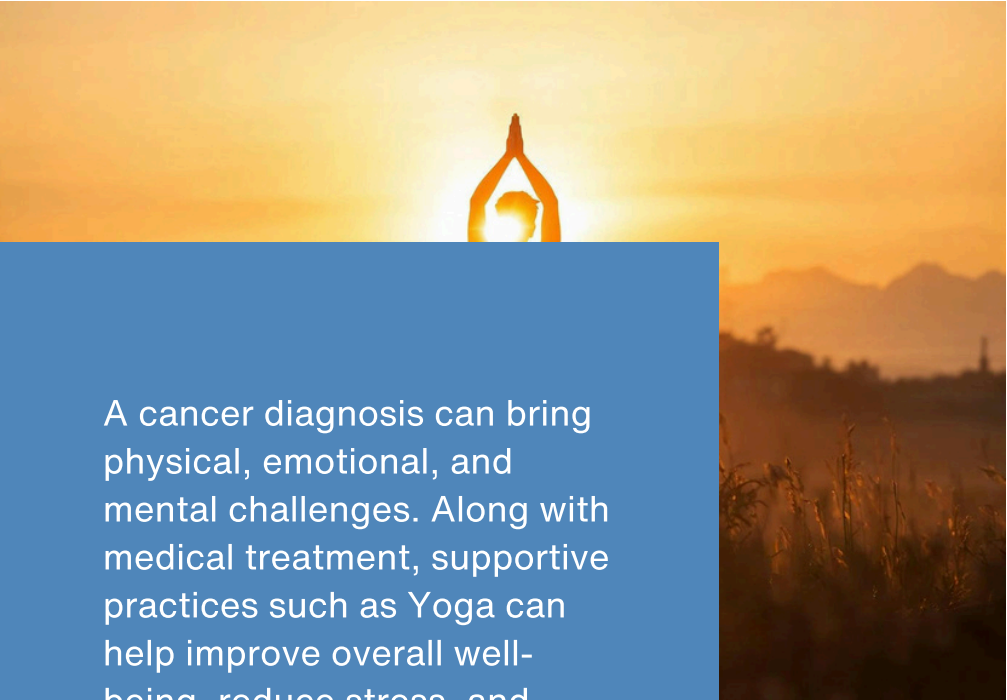
Important Safety Guidelines



Before starting Yoga:

- Consult your doctor or healthcare provider.
- Practice only under the guidance of a trained Yoga therapist if undergoing active treatment.
- Avoid strenuous exercises during periods of weakness.
- Stop immediately if you experience pain, dizziness, breathlessness, or discomfort.
- Modify postures according to your physical condition.

CANCER & YOGA



A cancer diagnosis can bring physical, emotional, and mental challenges. Along with medical treatment, supportive practices such as Yoga can help improve overall well-being, reduce stress, and enhance quality of life.

Benefits of Yoga for Cancer Patients

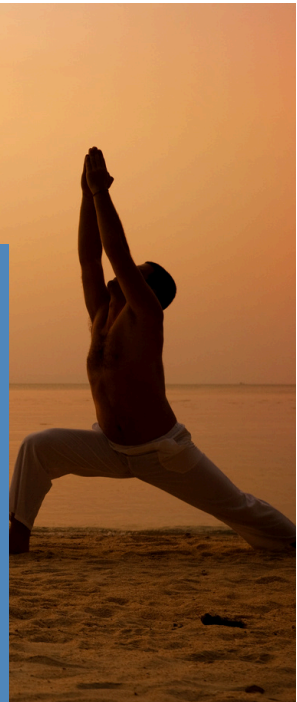


- ✓ Reduces stress and anxiety
- ✓ Improves sleep quality
- ✓ Enhances breathing and lung capacity
- ✓ Helps manage fatigue
- ✓ Supports emotional well-being
- ✓ Improves flexibility and mobility
- ✓ Encourages relaxation and mindfulness
- ✓ Promotes a positive outlook during treatment

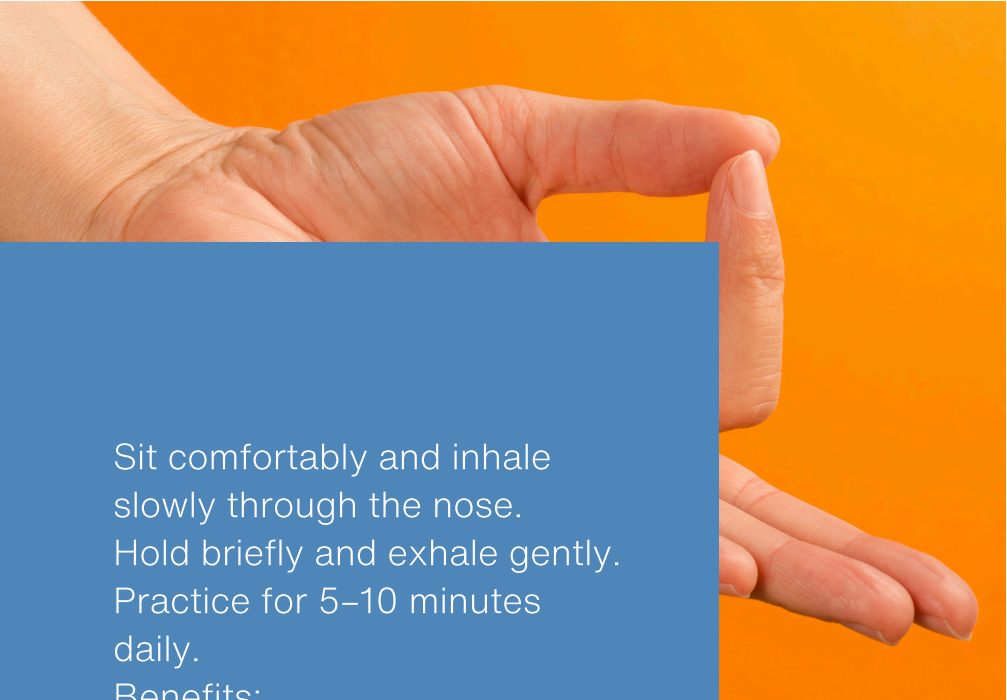


Simple Yoga Practices

Every cancer journey is unique. Yoga can be a valuable companion, helping patients cultivate strength, resilience, and peace of mind throughout treatment and recovery. Small daily practices can make a meaningful difference in physical comfort and emotional well-being.



Deep Breathing (Pranayama)



Sit comfortably and inhale slowly through the nose. Hold briefly and exhale gently. Practice for 5–10 minutes daily.

Benefits:

- Calms the mind
- Reduces anxiety
- Improves oxygenation

Anulom Vilom (Alternate Nostril Breathing)

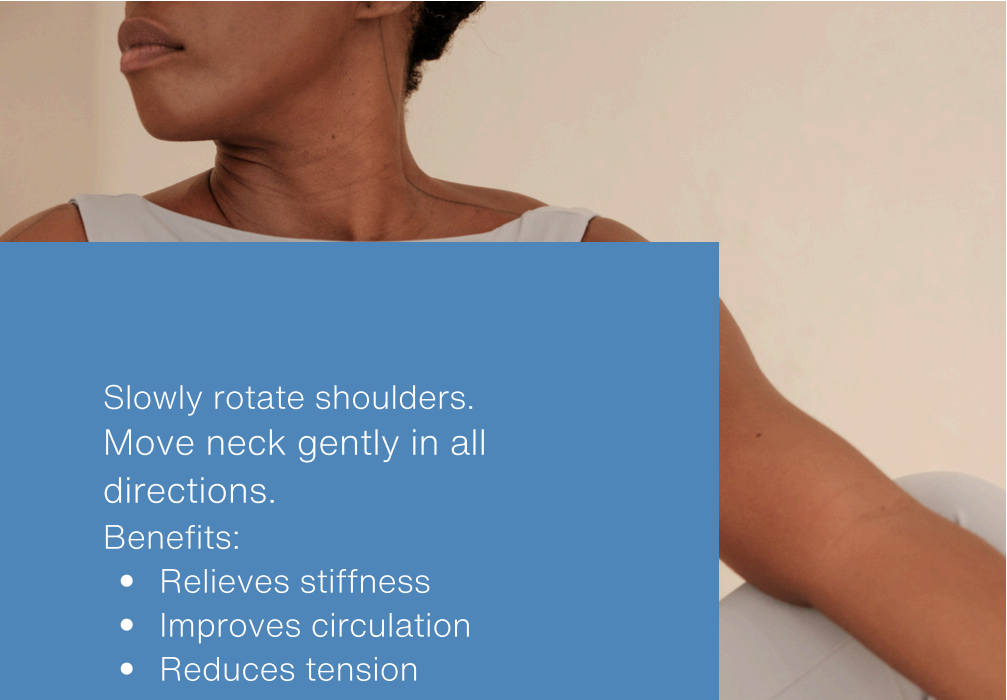
Close one nostril and inhale through the other.
Switch nostrils and exhale.
Continue slowly for 5 minutes.

Benefits:

- Promotes relaxation
- Improves concentration
- Helps balance the nervous system



Gentle Neck and Shoulder Movements

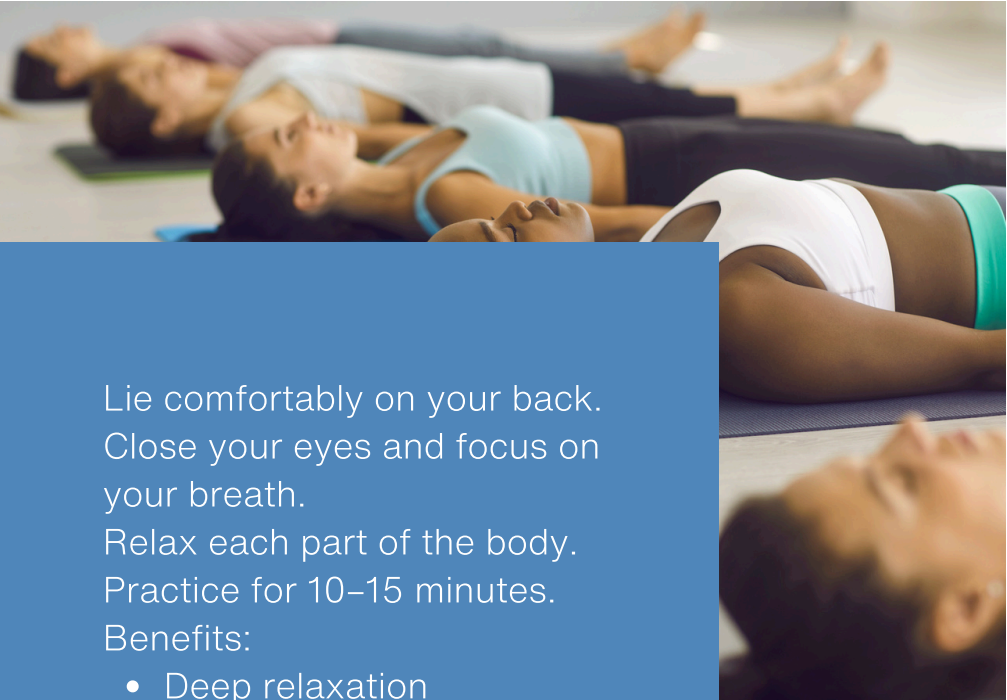


Slowly rotate shoulders.
Move neck gently in all
directions.

Benefits:

- Relieves stiffness
- Improves circulation
- Reduces tension

Shavasana (Relaxation Pose)



Lie comfortably on your back.
Close your eyes and focus on
your breath.

Relax each part of the body.
Practice for 10–15 minutes.

Benefits:

- Deep relaxation
- Better sleep
- Reduced mental stress

Meditation for Inner Strength

Spend 5–10 minutes daily in silence.

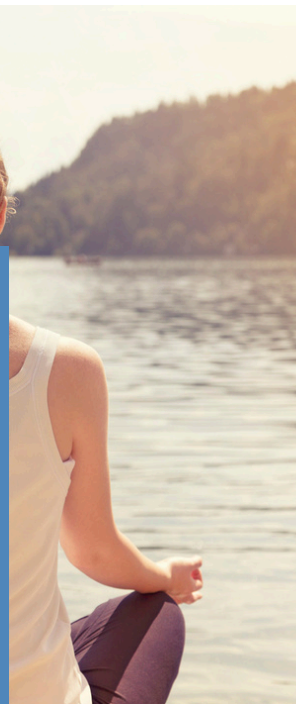
Focus on breathing or a positive affirmation such as:

"I am calm."

"I am strong."

"I am healing."

Meditation can help reduce emotional distress and improve coping abilities.



Yoga During Cancer Treatment

During Chemotherapy

- ✓ Gentle breathing exercises
 - ✓ Relaxation techniques
 - ✓ Short meditation sessions
- Avoid intense physical activity unless advised by your doctor.



Yoga During Cancer Treatment



After Surgery

- ✓ Begin only after medical clearance
- ✓ Start with breathing and gentle movements
- ✓ Progress gradually under supervision

Yoga During Cancer Treatment



During Recovery

- ✓ Gentle stretching
- ✓ Walking
- ✓ Relaxation and mindfulness practices

Nutrition and Lifestyle

Yoga works best when combined with:

- ✓ Balanced nutrition
- ✓ Adequate hydration
- ✓ Proper sleep
- ✓ Positive social support
- ✓ Regular follow-up with healthcare providers



"Healing is not linear — it is a spiral toward light."



Cancer & Yoga – A Gentle Guide for Patients & Caregivers

This booklet has been prepared by the experienced Ayurvedacharyas and Clinical Dietitians of D.S. Research Centre, who support cancer patients and their families every day. Based on decades of integrative cancer care experience, it offers practical guidance on yoga, breathing exercises, nutrition, relaxation, and healthy lifestyle practices to support overall well-being during the cancer journey.

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