

Yoga Flow for Patients Undergoing Chemotherapy:

- **Note** that these are suggested poses and it is important to listen to your body and do what is best for you. Ultimately, this is your practice and it is never a good idea to stress your body out.

Props Recommended:

- 1) yoga mat
- 2) yoga bolster (can be replaced with a pillow or rolled up towel)
- 3) foam blocks

Yoga Flow: This flow is a Yin Yoga flow as Yin is a type of yoga that is much more gentle and restorative compared to other types of yoga. Each posture is held for typically 3-5 minutes to provide a deep stretch and sense of grounding.

Posture 1: Child's Pose (Balasana) with Bolster

- Place a bolster lengthwise on your mat.
- Kneel down with your big toes touching and knees apart.
- Lay your torso over the bolster, reaching your arms forward.
- Rest your forehead on the bolster or turn your head to one side.
- Breathe deeply and stay in this pose for 2-3 minutes.

Posture 2: Butterfly Pose (Baddha Konasana) with Forward Fold

- Sit on your mat with your legs extended.
- Bend your knees and bring the soles of your feet together, letting your knees drop to the sides.
- Place yoga blocks or cushions under your knees for support.
- Hinge forward from your hips, keeping your spine straight.
- Hold onto your feet or ankles, or use a strap if needed.
- Breathe deeply and stay in this pose for 3-4 minutes.

Posture 3: Supported Bridge Pose (Setu Bandha Sarvangasana)

- Lie on your back with your knees bent and feet flat on the mat.
- Place a yoga block or bolster under your sacrum (lower back).
- Rest your arms at your sides with palms facing up.
- Close your eyes and relax in this pose for 2-3 minutes.

Posture 4: Reclining Twist (Supta Matsyendrasana)

- Lie on your back with your legs extended.
- Bend your right knee and cross it over your left leg.
- Gently lower your legs to the left side of your body.
- Extend your right arm out to the right, turning your head to the right.
- Breathe deeply and hold for 2-3 minutes, then switch sides.

Posture 5: Supported Savasana

- Lie on your back with your legs extended.
- Place a bolster or rolled-up blanket under your knees to support your lower back.
- Relax your arms at your sides with palms facing up.
- Close your eyes and take slow, deep breaths.
- Stay in Savasana for at least 5-10 minutes or longer if desired.

It is always best to listen to your body, these are just recommendations. Feel free to make modifications as needed. If any discomfort is felt or pain, gently come out of the pose. This sequence is a yin yoga sequence and intended to promote relaxation, ease tension, and support well-being during chemotherapy. Remember to consult your healthcare provider before starting any new exercises, especially during cancer treatment, to ensure it's safe and suitable for your needs. Namaste! :)