Yoga for cancer patients, full session
By Mary Shall, Ph.D.

1. Sit comfortably (chair or mat), focus on good posture in spine, shoulders
2. Close eyes & practice Ujayi breathing for 5 minutes
3. Combine ujayi breathing with side stretch from sitting, Neck rotation, Spine rotation, wrist circles

4. Move into Cat / cow breathing
5. Push back into a squat and Stand up into mountain pose (tadasana)- Emphasize checking each part of the body for posture, breathing
6. Stretch your arms overhead, maintaining same posture as above.
   a. Relax toward the ground. Return to upright.
7. Sun salutation A: reach up and then bend forward as breathe out.
   a. Extend up to a table top and then relax down again.
   b. Bend knees slightly when put hands on floor
   c. Step feet back into a plank and lower to floor
   d. Shift weight forward, lifting up chest into “up dog” or sphinx
   e. Shift weight back, lifting pelvis into “down dog” 5 breaths
   f. Step forward again and back into table top and then relax down
   g. Reach back up and relax hands down into mountain pose
8. Sun Salutation B

a. Reach overhead and bend knees partially
b. Bend forward as breathe out.
c. Extend up to a table top and put hands on floor by feet
d. Step feet back into a plank and lower to floor
e. Shift weight forward, lifting up chest into “up dog” or sphinx
f. Shift weight back, lifting pelvis into “down dog”
g. Step right leg forward and reach overhead
h. Step back and lower to floor, lift to up dog, shift back to down dog
i. Step left leg forward and reach over head
j. Step back and lower to floor, lift to up dog, shift back to down dog, 5 breaths
k. Step forward again into table top and then relax down
I. Reach back up and relax hands down into mountain pose  

9. **Reverse Warrior 1** - step back with right leg first, emphasize front bent knee over ankle, hips forward, left arm over head while sliding right hand down right leg (sitting people slide to edge of chair with right leg down) *breathe*

10. **Extended side angle:** place left elbow on left knee and stretch your right arm forward.

11. **Warrior II:** Lower arms to parallel to the ground, open hips to side. *breathe*

12. **triangle** to the left– straighten left leg, reach forward (to left) and tip forward to place left hand on block beside left foot, keeping your chest open to the side and reach over head with your right hand.
13. Straighten back up and turn to the side of the mat. Forward bend, or forward from chair, place one hand on floor or block and twist to reach other arm to the ceiling. Repeat to other side.

14. Turn so that your right foot is facing forward for Triangle to right. Reach forward (to right) and tip forward to place right hand on block, keeping your chest open to the side and reach over head with your right hand. Breathe

15. Warrior II: return trunk upright and maintain arms parallel to the ground, bend right knee. Breathe

16. Extended side angle to the right. Stretch left arm over head to the right and place right hand on block or thigh. Breathe
17. Reverse warrior 1: Rotate hips to face right leg and stretch right arm over head while sliding left hand down left leg. *breathe*

18. Return to mountain pose *breathe and catch up with yourself*
   a. Use sun salutation to go to ground
   b. Shift weight back with pelvis over heels into “child’s pose”, extending arms forward 5 full breaths

19. **Locust pose:** stretch forward to lay face down on mat with arms along sides. Lift head and shoulders up, hold and down. Lift legs up, hold and down. Lift both shoulders and legs at same time.

20. Roll to your side and come up to sitting for **Boat pose**. Gently lean back and raise your legs so that you look like a boat. Hold, relax and repeat.
21. Sit up with your legs out straight. Cross right leg over left, turn toward the right leg, using the leg to help your trunk twist to the right. Repeat to other side.

22. Lie on your back. Bring both knees to your chest, cross left leg over right, and bring the legs down to the right. Look toward outstretched left arm. Repeat to the other side.

23. Move up to the wall and place a bolster under pelvis. Stretch legs straight up on wall. Rest for 5 minutes.
24. Move away from the wall. Position your feet close to pelvis. Lift pelvis into bridge pose and slip block under sacrum for support. Rest for 5 minutes

25. Lay back into “corpse pose” and rest 5 minutes. Bolster under knees, rolled blanket along vertebral spine.