

Class Time

Friday
10.30 a.m. — 12.00 noon

To book a place or for a
consultation with

John Bell
Senior Yoga Instructor

Please call
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**Restorative Yoga
can help if you
are living with a
diagnosis of
cancer**



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Healing - the importance of relaxation

People living with cancer are coping with a medical condition, and with treatments which can greatly deplete energies. This can result in anxiety, exhaustion, tension and low mood.

Relaxation is a vital element in healing. It gives release from the muscular and mental tension that is so detrimental to the immune system.

Restorative yoga has been found to slow, regulate and calm breathing, and to lower heart rate and blood pressure. As body and mind let go, tension and anxiety give way to comfort, stillness and peace of mind. This quieter mental and emotional state allows energies to be nourished and the body's own balancing and healing systems to emerge.



What is Restorative Yoga?

The main purpose of restorative yoga is to induce deep relaxation and rest of body and mind. The body's stress (fight or flight) response is reduced so the parasympathetic nervous system becomes more predominant. This rebalancing promotes rest, renewal and repair.

The main principles of a restorative practice are support, stillness and relaxation. The body is fully supported by using props.

Different restorative poses bring about muscular release in different areas of the body including all movements of the spine.

Restorative yoga can provide a gentle opportunity to explore yoga for those who are unfamiliar with the practice. Santosha Yoga Studio offers a safe, quiet, warm and darkened space ensuring that clients can get the most from their practice.

***Be Mindful:** If you are having active chemotherapy, it can be important to avoid mixing with groups of people for a short time while the body's immunity is recovering from the temporary impact of treatment. If you are having treatment at present, please check with your doctor to ensure that the time is right for you to join a group class.*

How restorative yoga can help

People who are living with the debilitating effects of cancer treatment need simple practices that are nurturing, restorative, energising and effective.

Practices include:

- Physical movement which must not make strenuous demands.
- Simple breathing exercises helps to improve respiration and energy levels.
- Relaxation helps to de-stress, to undo tension.
- Meditation helps to accept 'where we are' – it offers inner strength.

