

Webinar on NATURAL PRODUCTS, CAM THERAPIES, AND TRADITIONAL CHINESE MEDICINE

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Yoga for cancer patients and survivors

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Diagnosis and consequent treatments for cancer possess serious physical and emotional side effects for the patients. A cancer patient must deal with many emotionally destructuring aspects: the trauma of diagnosis, physical pain, fear of death, physical disabilities just to mention a few. Cancer survivors are not exempt from continuous emotional stress: anxiety, physical consequences, fear of relapse, the constant thought of a 'death sentence' are everlasting emotional issues. Studies have also shown a constant state of emotional turmoil on problems like sleep disturbances, aberrant cortisol rhythms, poor antitumor immune response, heightened distress, change of character and so on.

As a yoga teacher I wish to share, not only the scientific evidence but also my experience as a Trauma Informed Yoga practitioner with cancer patients. Yoga has a "holistic effect" and activates many different 'functions' of our body. It does not merely consist of postures, but involves specific breathing techniques, and/or concentration techniques which foster a particular state of mind calming. Meditation, from a yogic point of view, means "to empty the mind" to let our light to emerge. This is important for oncologic patients and helps to avoid the down spiraling effects of fear, desperation, anxiety, panic attacks. We must not underestimate the value of reaching this goal even if it is achieved for a limited time. Yoga is a great and flexible discipline that can be adapted to different types of patients and help to reach the main objective: reduction of stress which promotes a better medical treatment compliance.

Biography

Eleonora Medici is a yoga teacher certified with ERYT (1500 hours of updates and training) from Yoga Alliance International and Italy Division and the National Register CSEN Yoga Gymnastics Teachers where she functions as a member. She has a bachelor's degree in Yoga (Istituto Scienze Umane Rome). She has done a Diploma in yoga from Anandamaya Savona School, Diploma in Yoga and Meditation from Ananda Ashram. She is a teacher of continuous training program (CEAS) Yoga Alliance Italy Division. Additionally, she has done her Bachelor's Diploma of Naturopath -Ayurveda specialization (Florence-Pune), Bachelor's degree Floritherapy from the Milan Riza Institute of Psychosomatic Medicine. She is a member of the Floritherapy R.I.F. registered with IAS and has done PhD in Foreign Language and Literature, Genoa University.

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