



Energy Boosting Yoga for Cancer Recovery

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Yoga for: This uplifting routine can help to increase your energy levels. It's a good practice to try in the mornings.

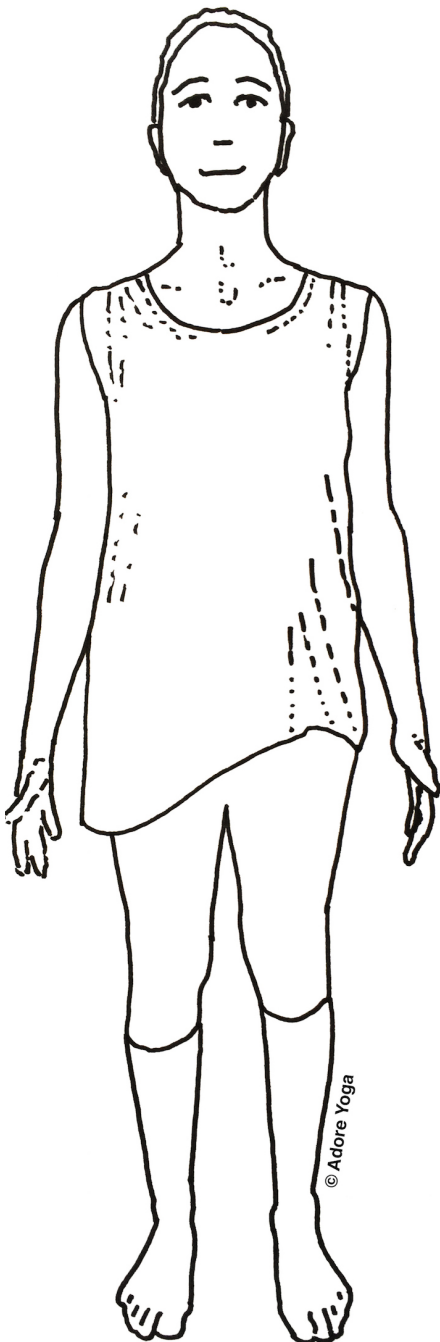
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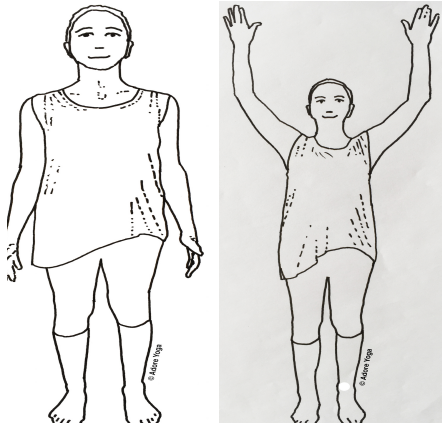
Appropriate for:

Notes: Please take advice from your primary health carer prior to practicing yoga. If any yoga practice feels uncomfortable or painful, stop immediately and seek advice from a qualified medical professional. For more

Mountain Pose

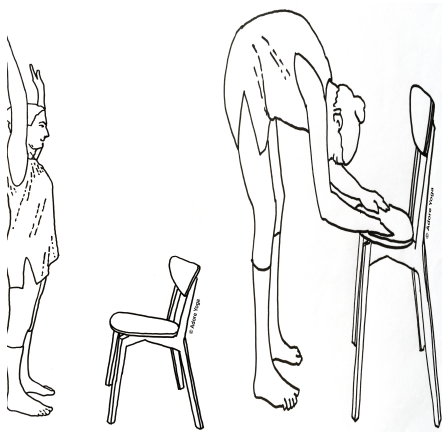
1. Stand tall with both feet flat on the ground. Check your feet are about hip width apart and parallel.
2. Feel the ground beneath your feet.
3. Try centering your weight through the centre of your feet.
4. Soften the knees and relax your face.
5. Lengthen the crown of your head upwards towards the ceiling, but keep your chin slightly tucked down.
6. Imagine your spine lengthening, creating space between your vertebrae and making you a little taller.
7. Notice your breathing.
8. Count eight breaths in this posture.





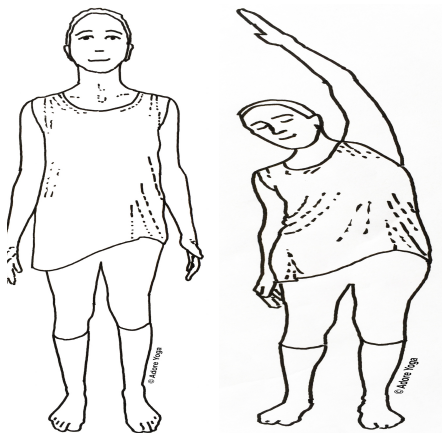
Standing arm raises

1. Stand comfortably on a flat, even surface.
2. As you inhale, raise your arms up as high as you comfortably can (right up overhead if that feels ok).
3. As you exhale, lower your arms back down to your sides.
4. Try synchronizing your arm movements to match the pace of your breath.
5. Repeat up to six times.



Standing arm raises to forward bend

1. Place a chair in front of you.
2. As you inhale, raise your arms up as high as you comfortably can.
3. As you exhale, bend your knees a little and slowly fold forwards, bringing your hands to the back or the seat of the chair.
4. As you inhale, raise your arms up as you lift back up to standing.
5. Exhale to lower your hands back to your sides.
6. Repeat steps 2-5 up to six times

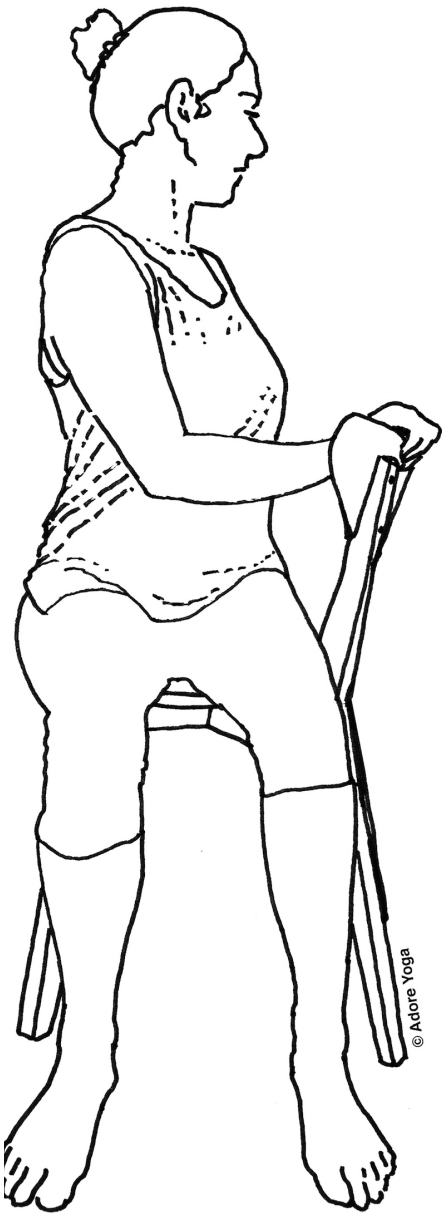


Palm tree pose

1. Stand tall with both feet flat on the ground. Check your feet are about hip width apart and parallel.
2. As you inhale, raise your arms up as high as you comfortably can (right up overhead if that feels ok).
3. As you exhale, slowly lower your right arm down to your side and, at the same time, lean your torso slowly and gently over to the right side, reaching your left arm up and over towards the right side.
4. As you inhale, lift both arms back up overhead, straightening the body up.
5. As you exhale, slowly lower your left arm down to your side and, at the same time, lean over to the left side, reaching your right arm up and over towards the left side.
6. As you inhale, lift both arms back up overhead, straightening the body up.
7. Repeat steps 3-6 up to six times, then lower both arms back to your sides.

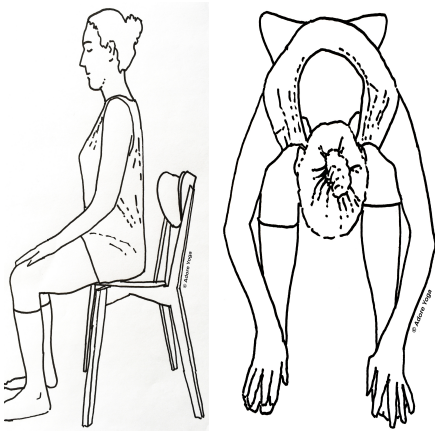
Twisting on the chair

1. Sit sideways in a chair with your feet flat on the ground.
2. Place your hands on the back of the chair.
3. As you inhale, lift up through the spine so that you are very tall.
4. As you exhale, gently twist around so that you are looking over your shoulder towards the wall behind you.
5. If it's comfortable, hold this twisting position for a breath.
6. Inhale to slowly untwist.
7. Repeat steps 3-6 up to three more times.
8. Change the direction your facing in by sitting sideways on the chair facing the other way.
9. Repeat steps 3-6 up to three times on the second side.



Forward bending on the chair

1. Sit straight in the chair.
2. As you inhale, lift up through the spine so that you are very tall.
3. As you exhale, round your back forwards, bringing your belly down towards your thighs and dropping your head down towards your knees.
4. Stay here for one breath.
5. As you inhale, gently come back up to sitting upright.



Sun breath

Please don't do this breathing practice if either of your nostrils feel blocked.



1. Sit comfortably in the chair with your feet flat on the ground.
2. Place the tips of your right index and middle fingers at your eyebrow centre.
3. Place the tip of your right thumb on the outer edge of your right nostril.
4. Place the tip of your right ring finger on the outer edge of your left nostril.
5. Close the left nostril by gently pressing the tip of the ring finger against the side of the nostril.
6. Inhale through the right nostril only.
7. Release the ring finger and close the right nostril by gently pressing the tip of the thumb against the side of the nostril.
8. Exhale through the left nostril only
9. Repeat steps 5-8 up to eight times.



Sitting comfortably

1. Sit comfortably in a chair with your feet flat on the ground.
2. Look down or close your eyes
3. Take a few moments to become aware of the parts of your body that are touching the ground and the chair – your feet, sitting bones and other parts of the body.
4. Notice that you are breathing. If it's comfortable for you, try breathing through the nose.
5. Count 12 smooth breaths.

