

Practice for Constipation during Cancer Treatment




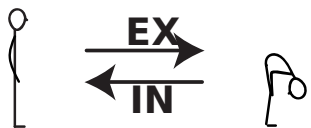

This practice usually works for most people within 24 hours. If you are new to yoga, start out gently, especially if you are on chemotherapy.

This practice uses "Suspension" after exhale, which is a short pause before starting the next inhale. Always pay attention to your breath's signals, and never push your limits. If doing the suspension is not comfortable at this time, skip it.

Always calibrate a yoga practice to your current condition and needs. This may include:

- Decreasing the number of repetitions or the length of stay in a posture
- Decreasing the length of the breaths or taking extra breaths between repetitions
- Skipping vigorous postures

This practice uses a simple "Om" sound on exhalation in some postures. Vocalizing helps extend the exhalation as well as induces a sense of calm. You can substitute any sound or simple verse you like. For instance, you could chant "I like to move" - it lengthens your exhales and may make you smile during this practice!

<p>1</p> 	<p>Come to a state of relaxed, alert presence. Take 3 slow breaths. Gently lengthen the breath, draw navel in on exhale. Take 3 more breaths. If you can, on exhale gently engage the abdominal muscles from pubic bone to navel, then navel to solar plexus, as if you are "zipping up" the front of the body. Take 3 breaths like this.</p> <p>To the extent possible, engage the abdomen in this "zipping" fashion as you do the following postures. Use a soft "hiss" in the throat as you breathe to help lengthen and regulate the flow of air. It sounds a little like you're imitating someone who is just starting to fall asleep.</p>
<p>2</p> 	<p>TABLETOP to CHILD POSE On exhale, bow down as you stretch hips back to heels On inhale, slowly return to Tabletop/all fours.</p> <p>A. Do 3 reps, chanting "Om" (or your own chant) as you exhale to Child's pose. B. Do 3 reps, chanting while still in Tabletop, then move back to Child's pose on suspension, a brief pause after exhale.</p>
<p>3</p> 	<p>STANDING SIDE STRETCH On exhale, stretch to one side On inhale, come back to starting position</p> <p>A. Do 4 reps, alternating sides B. Stay to one side for 1 breath cycle; come up, then go back into stretch and stay for 2 breaths. Repeat to other side.</p>
<p>4</p> 	<p>STANDING FORWARD BEND On exhale, slide hands down the legs; let knees bend slightly; drop chin. On inhale, lead with head and chest as you slide hands up the legs to the starting point.</p> <p>A. Do 3 reps B. Do 3 reps where you exhale in the standing position, and then slide down into the forward bend on suspension after exhale. C. Stay down in the forward bend for 3 breath cycles, taking a short suspension after each exhale. Come up slowly on an inhalation, in stages if necessary.</p>
<p>5</p> 	<p>STANDING TWIST (This is vigorous with strong breath work; calibrate for your system) On exhale, take one hand to floor, look down, other arm extended. On inhale, come back to starting position.</p> <p>A. 2 reps alternating sides, taking hand to center B. 2 reps alternating sides, taking hand halfway between center and opposite foot C. 4 reps alternating sides, taking hand to opposite foot, chanting as you exhale D. 4 reps alternating sides, chanting in upright position on exhale and taking hand to opposite foot on suspension after exhale.</p>

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6

Repeat #2

7



SUPINE TWIST

On exhale, twist knees to one side, head opposite

On inhale, return to starting position

A. 2x to each side, alternating sides

B. Stay to one side for the following succession of breath counts:

Free Inhale - Exhale 4 counts - Suspend 1 count

Free Inhale - Exhale 6 - Suspend 2-3

Free inhale - Exhale 6-8 - Suspend 3-4

Repeat to other side

8



PAUSE

Notice the effects in the body from the practice so far. Notice your breath.

Notice your state of mind.

9



WIND RELIEVING POSE (APANASANA)

On exhale, gently pull knees toward belly

On inhale, straighten arms to starting position

Do 6 reps, gradually increasing length of exhale

10



SEATED TWIST

On exhale, twist from belly first, taking hand to opposite knee, other hand behind back

On inhale, return to starting position

A. 1x to each side

B. Stay in twist for the following:

3 breath cycles, chanting on each exhale.

3 breaths, chanting mentally and adding 1 count of suspension.

C. Inhale to neutral center position. Then repeat B. to other side.

11



WIND RELIEVING POSE (APANASANA)

On exhale, gently pull knees toward belly

On inhale, straighten arms to starting position

Do 6 reps, gradually increasing length of exhale

12



SEATED BREATHING

A. Take several breaths to gradually bring your exhale to 8 counts (free inhale).

B. Krama (segmented) exhale - 8 breaths as follows:

Free inhale

EX 4 counts, contracting pubic bone to navel

Suspend 1 count

EX 4 counts more, contracting from navel to solar plexus

Suspend 1 count

C. Take several free breaths until the breath feels completely relaxed.

13



RESTING POSE

Stay for a minimum of 10 minutes, allowing your body and mind to fully relax and absorb the effects of the practice.

14



GRATEFUL SEAT

Bring your hands to your belly and acknowledge the wonder of the body and the ability of the digestive system to keep what nourishes us and to eliminate what we don't need.

If you like, chant Om or your own chant 3 times, from soft to louder to complete.

When you feel ready, move on to your day.