

**GENE VISION SCIENCE
FOUNDATION and GLENN'S
STUDIO SINGAPORE
PRESENTS**

Workshop on **YOGA** for **CANCER**



STRESS AND CANCER

We know that many environmental factors like cigarettes; tobacco, alcohol consumption, exposure to radiation etc. play a crucial role in the development of cancer. Research over the last three decades has clearly shown that psychological stress is also a major contributor to cancer susceptibility and progression. This may account for the widespread occurrence of cancer in cities. It is also noted that recurrences are more frequent in patients who have associated depression. Psychological stress may also result as a side effect of the present day conventional modalities of treatment (Surgery, Chemotherapy and Radiotherapy), which may be traumatic and sometimes dangerous. There is increasing evidence to show that facing the cancer with a positive attitude and fighting spirit can inhibit and even prevent the disease.

YOGA AND CANCER

Yoga is an ancient Indian system of practice, which is now proving itself as a science. It can be applied effectively in the management of numerous disorders, including cancer. Yoga is helpful in bringing about a state of relaxation and positive attitude in the patient and increases their fighting spirit. In this way, yoga adds a new dimension to the treatment of cancers, reducing side effects and improving the overall quality of the patient's life.

YOGA MODULE

The typical yoga practice includes simple body movements plus breath awareness and sound resonance. It also includes relaxation techniques and meditation modules. These practices have been time tested on hundreds of patients and are proven acceptable and easy to practice. The workshop will include a series of talks and practice sessions on the effects of yoga and how it can help in the reversal of cancer. This introductory workshop should be followed by daily yoga practice sessions, which will provide more in-depth treatment of how to manage cancer through yoga.

RESEARCH

A study done by Dr. Raj on breast cancer patients showed that the depression, anxiety and side effects had reduced considerably when yoga was added to the conventional modalities of surgery, radiation and chemotherapy.

CONTACT

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for more details about other
workshop and yoga therapy course

**Venue: Glenn's Studio
39 Stamford Road
#02-07 Stamford House
Tel: 6338-7467**

**Date: 9th June or July 14th
Time: 3:30 - 6:00pm
Workshop fee : **\$95****