



yoga4cancer

about y4c

Cancer and its related treatments can have debilitating physical and emotional side effects. Fear, anger, fatigue, muscular pain and fragile bones are just a few commonly experienced side effects. yoga4cancer (**y4c**) is a specialized yoga methodology designed to address the unique needs of cancer survivors. y4c is not restorative yoga. It is not gentle yoga. Rather, y4c focuses on wellness, flexibility and strength by using movement to target the immune system, reduce anxiety and boost overall well-being.

y4c was developed over a decade ago by Tari Prinster – a cancer survivor and master yoga teacher. In developing this program, Tari consulted with medical experts to ensure its safety and practicality. To date, hundreds of experienced yoga teachers have completed y4c training, enabling thousands of cancer survivors to feel more empowered, rooted and whole.

y4c offers

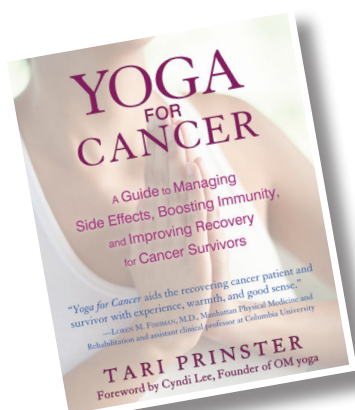
- Classes, private sessions and retreats for those with cancer.
- Certification for experienced yoga teachers in the **y4c** instructional method. This training is offered as intensives and a blended curriculum of online and live learning. A total of 45 credits are recognized by Yoga Alliance for continuing education.
- A directory of **y4c** trained teachers.

join the community

It takes a village to drive sustainable change. **y4c** is committed to creating a vast network of learning, exchange, trainings and **y4c** classes in order to assist the growing number of cancer survivors. To learn more about classes and teacher trainings visit **y4c.com**.

the book

In *Yoga for Cancer*, Tari shares her personal and professional experience using yoga to manage the challenges of cancer and its treatment:



- Includes 53 yoga poses and 20 sequences that use movement and breathing to reduce and manage treatment side effects.
- Reveals how current research supports the physical and psychological benefits of yoga to aid recovery and reduce risk of recurrence.
- Is an easy-to-follow illustrated guide for cancer patients and survivors to take an active role in their recovery and long-term health.

Available in bookstores or buy online at **y4c.com**



"It seems like everyone knows yoga is good for you. At first glance, the idea of yoga for cancer patients undergoing treatment or in survivorship seems a logical step to manage anxiety, gain strength, increase flexibility and create feelings of well-being! Those should be the goals and 'job' of every cancer patient and survivor. Right? Along with keeping their immune system strong to avoid a recurrence. Based on evidence and research all these good things can happen with yoga. However, just like cancer, not all yoga is the same. There are hundreds of yoga styles, philosophies and variations. Seeking specific yoga benefits to aid cancer recovery, what kind of yoga should a cancer patient and survivor choose?"

Answer: yoga4cancer (**y4c**)

the yoga+cancer story

the cancer story

Today, more people survive cancer, thanks to medical advancements and diagnostic tools. While this is wonderful news, it has also created a growing population of survivors living with the often debilitating side effects of cancer surgeries and treatment.

the facts are:

- 1 in 4 Americans will experience cancer in their lifetime. Most will survive but will face long term side effects.
- 13.7 million Americans are living with cancer today. Sadly, that number will grow 24% by 2022 to 18 million.
- The American Cancer Society (ACS) states that 150 minutes of moderate weekly exercise, like yoga, may reduce the risk of cancer or recurrence. Complementary Alternative Medical facilities (CAM) offer and an ever-growing number of doctors recommend yoga for cancer patients and survivors.

The question is:

Where can these cancer survivors find the support and strength to reclaim their lives? The answer is: in **y4c** classes everywhere.

the y4c story

The y4c mission is to be that place where all survivors can reclaim their lives. We know our y4c classes help hundreds of survivors build strength, hope and community. Many, like Andria, Veronica, Virginia, Margret. Grace, Janet and Lisa already turn to yoga.

Because **y4c**'s goal is to improve lives of low-income and under-served cancer survivors, classes are free. We know scholarships help prepare yoga teachers meet survivor needs and create healing experiences based on knowledge and evidence along with compassion. We believe survivors should not just survive, they should thrive using the transformative power of yoga.

The classes and scholarships are funded by donations.

yoga4cancer | Box 1235 | Stowe | Vermont | 05672
www.y4c.com

Survivor Stories

yoga4cancer classes have been an emotional and physical bridge to my recovery. I started my yoga with the group before my chemo. This kind of support cannot be found in a "regular" yoga class. – Andrea

I may have to deal with cancer, but yoga helps keep my mind, body and soul healthy and strong. – Veronica

After I finished treatments, I felt beaten down, lost. Cancer seemed to take me away from me. But yoga changed that. Instead of 'hoping' my cancer will not return, I have the perfect prescription, YOGA. – Grace

I walked into yoga class feeling pretty shattered. I walked out feeling powerful and more confident. – Margaret

Thanks to y4c my weekly class give me the courage and healing power of yoga to keep my life in balance and the community support I need to move forward. – Janet

y4c classes have helped me in many ways. They are a safe place to share with other survivors. I don't have to worry about bringing up what I've gone through because everyone understands. – Lisa

yoga4cancer

Cancer took my breath away. Yoga gave it back. – Tari Prinster, founder y4c