

Living Beyond Cancer



Pranayama

1) Belly Breathing:

- Practice breathing in and out through your nose.
- Make sure that you are trying to match the length of the inhale to the length of the exhale.
- On the inhale, you should be filling the belly with air.
- On the exhale, you should be pushing all of the air out of the belly.

2) 4x4 Breath:

- This exercise is beneficial because it helps lower stress while relaxing the body and renewing your energy.
- You'll want to focus on breathing in and out through your nose.
- Inhale to a count of four; then exhale to a count of four.
- Repeat this breathing pattern at least 3-4 more times.

3) 4-6-6 Breath (working towards a 4-7-8 breath):

- This exercise is beneficial because it helps improve your relaxation and ability to sleep.
- You'll want to inhale through your nose to a count of four.
- After the inhale, hold your breath at the top for a count of six – this is the most important part of the exercise.
- Next, exhale out through the mouth for a count of six.
- Repeat this breathing pattern at least 3-4 more times.
- As you practice this breathing exercise more and improve your ability to hold your breath at the top, try holding your breath at the top for a count of seven, followed by an exhale for a count of eight.

Loving Kindness Meditation

The loving kindness meditation is a way to cultivate kindness and compassion for ourselves and others by sending goodwill and warmth by silently repeating a series of mantras.

- Find a comfortable seat. Start by closing the eyes, silencing the mind, and connecting to the breath.
- Now, imagine feeling perfect love for yourself, thanking yourself for all that you are – knowing you are whole just the way you are.

→ Focus on this feeling of inner peace and visualize that you are breathing out tension and breathing in love.

"May I be happy, may I be strong, may I give and receive appreciation today."
(repeat 3 times)

→ Now, bask in this feeling of loving kindness for a moment.

→ Gently shift your focus to loved ones in your life. Begin with someone close to you
– a spouse, a child, a best friend. Feel your gratitude and love for them.

"May you be happy, may you be strong, may you give and receive appreciation today." (repeat 3 times)

→ Take one more moment to bask in this feeling of loving kindness.

→ Take a few moments in silence before opening your eyes and returning to the duties of the day.

Additional Resources



Udaya Online Yoga Platform

Visit the following link and use the coupon code "ASUxUDAYA" for a discounted monthly membership: www.udaya.com



Calm - #1 App for Sleep, Meditation, and Relaxation

Visit the following link for a 25% discount: www.calm.com/huberty