



# Yoga for Cancer Patients and Survivors

## SPEAKER

Sri Ajaya Kumar Sahoo is a dedicated yoga teacher, therapist and consultant, who has 15 years of teaching experience at national and International level, has studied P.G.Diploma in Yoga Education (Utkal), M.Sc. Applied Psychology (B U), Geriatric care (NISD) and Master Degree in Yoga Psychology (B Y B). He has successfully worked as a Yoga teacher, therapist and consultant for three years at Maulana Azad Centre for Indian Culture (MACIC) Embassy of India, Cairo. At Present he is teaching Yoga at Indian Cultural Centre (ICC) High Commission of India, Kuala Lumpur since 10/01/2014.



Sri Ajaya Kumar Sahoo

**16 August 2014 ( Saturday ) 4.00 pm - 6.30 pm**

**Venue : Malaysian Association For The Blind, Brickfields.**

## WHO SHOULD ATTEND

- Anyone who wants to have a greater awareness of health issues.
- Traditional & Complimentary Medicine Practitioners
- Allied health professionals
- Healthcare Administrators
- Academicians & Researchers
- People challenged with cancer & their family members

## REGISTRATION

Kindly reserve your seats by the following options:

1. SMS your name and email address to 017 - 881 2287 or Send an email to [ucansurvive@gmail.com](mailto:ucansurvive@gmail.com) with your name and handphone number.

## SYNOPSIS

Yoga is an ancient cultural heritage of India which was born and developed several thousand years ago. Yoga is the science of life and the art of living and comprises eight aspects, or 'limbs:' yama (universal ethics), niyama (individual ethics), asana (physical postures), pranayama (breath control), pratyahara (control of the senses), dharana (concentration), dyana (meditation), and samadhi (bliss). As an ancient discipline, Yoga has designed to bring balance and health to the physical, mental, emotional, and spiritual dimensions of the individual. Yoga—is described as a complementary therapy and not as a treatment for any disease. Now in the West, it is recognized by the National Center of Complementary and Alternative Medicine (NCCAM) as a mind-body therapy for wellness, symptom management, and overall health promotion.

Yoga is an adjunct therapy to the conventional allopathic treatment of chemotherapy, radiation and surgery. It has been recommended as a complementary strategy to help individuals cope with the symptoms and side effects associated with cancer and its treatment.

Research Studies have shown the positive physical and emotional effects of yoga which can bring to cancer patients and survivors, including managing symptoms like depression; anxiety; insomnia; pain; cancer-related distress; fatigue and enhanced respiration; improved appetite and bowel habits; increased sense of peace and tranquility; brings positive effects on emotional, cognitive function and mood; and overall quality of life. Thus Yoga can help people with cancer as transition from cancer patient to survivor and beyond.

## CANSURVIVE & IT'S PURPOSE

Cansurvive is a support and information service for those who are challenged with cancer. Not just information and support, but a service that offers a greater awareness of the benefits of holistic, non-invasive cancer therapies, nutrition and diet, as well as orthodox treatments; what is available and where to access them. It is a window of light into the world of healing, where the word "Terminal" is a challenge, not a death sentence.

**Organised by : CANSURVIVE CENTRE MALAYSIA BERHAD** (903023-M)  
[www.cansurvive.org.my](http://www.cansurvive.org.my)