

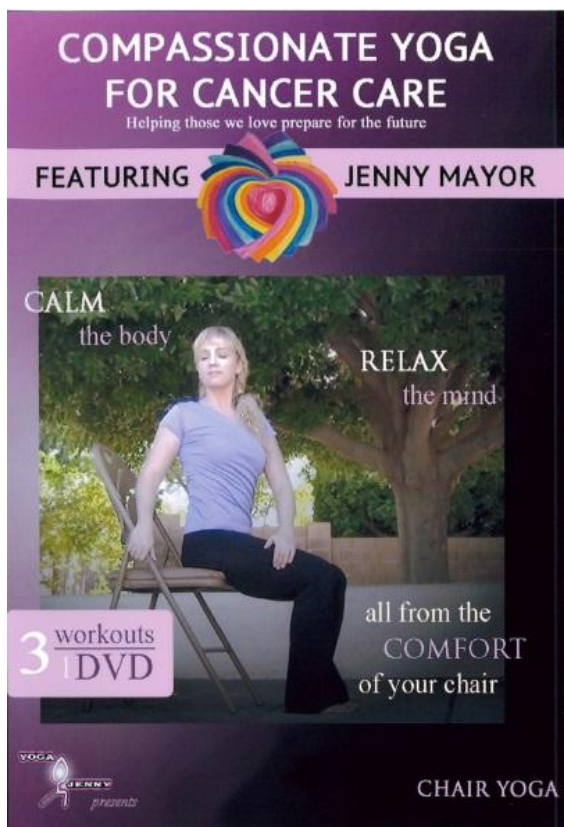
DR. CHRISTOPHER'S Herbal Legacy Newsletter

November 19, 2014

Compassionate Yoga for Cancer Care with Jenny Mayor

Jenny created this video, "to help cancer patients and survivors to know that someone has true compassion for them and wants them to be well and happy."

The title of this DVD would indicate that the Yoga practice included within, would be a specific program for individuals who actually have cancer, or are recovering and healing from cancer.



While it is an amazing practice for those healing from cancer, I found it to be a great yoga practice for those who are required to sit at a desk all day, and are in need of a way to increase circulation. It is also extremely beneficial for the elderly, individuals who are wheelchair bound, those who are in need of building strength and flexibility after an accident, or someone looking for an oxygenating and strength building practice, but is not quite ready to hop on a yoga mat.

Compassionate Yoga for Cancer Care is an excellent DVD that features 3 yoga sessions; 15 minutes, 20 minutes and 25 minutes in length. The workouts are gentle, yet effective, and each practice is performed from the comfort of your chair.

Yoga has many benefits which include, but are not limited to the following: the ability to oxygenate the blood, lower blood pressure, increase flexibility, improve respiration, improve circulation, strengthen and tone muscles, improve posture, aid

in weight loss, and clear and calm the mind.

"Yoga is simply a beautiful practice to bring one more in-tune to the body, the breath and ourselves. Yoga is about releasing the pressure of life and feeling the peace within." -Jenny Mayor

Jenny Mayor is an E-RYT 200 certified yoga instructor. She has taught yoga to cancer patients, cancer survivors, teachers and the elderly in her community.

DVD now available at Christopher Publications.