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Yoga For Cancer Afflicted Folks

By Ashish Jain

There is no direct correlation between yoga as remedial measure and cancer. However Yoga has proved its efficacy in easing the stress and trauma that a cancer patient undergoes. Yoga could be even adopted as a preventive measure against cancer. Since Yoga happens to be a natural healer of damaged cells and tissues, it is considered to prevent cells from getting cancerous.

Regular Yoga practices tend to increase tissues capacity to overcome inner damages. Once you get this increased ability of resilience through yoga, you are less likely to fall prey to cancer. By enhancing your body's overall capacity to fight diseases, it furthermore lessens possibility of severe maladies like cancer. Yoga has also been proved to be a direct combatant against cancer as it restricts growth of cancerous cells. By doing so, yoga happens to increase longevity of patients.

Your immune system gradually becomes stronger with constant yoga exercises. Once you become internally stronger to resist maladies, you are less susceptible to tumor and cancer.

Since cancer patients are very likely to be under immense stress as it is one of the lethal diseases, Yoga offers a solution to their stress. With the help of Yoga they may keep up with their spirit to fight against the disease.

Yoga helps them shed their constant fear of death. Various relaxation exercises offer them much needed peace of mind. Cancer afflicted folks are made to learn basic asanas and breathing exercises that are of great help in keeping them in good physical and mental condition.

Cancer patients are also recommended to do Pranyama. Among cancerous folks Yoga also reduces side effects of chemotherapy and other cancer treatments.

A cancer patient is never recommended all yoga exercises. Seeing the severity and type of cancer they are suggested to perform selective yoga exercises. They are refrained from doing complex yoga asanas as it may affect them adversely due to their weak physical state.

Before taking up yoga, a cancer patient must consult an experienced Yogi. The yogi would suggest only those exercises that serve the patient's purpose well.

So, yoga could prove to be a good companion for folks afflicted with cancer, a companion that would not only decrease trauma and stress associated with the disease but also help in increasing your life expectancy.

The author writes about a number of different topics. For more information on yoga visit

<http://www.therealyoga.com/> and also visit the article pages:

<http://www.therealyoga.com/yoga-benefits/> and <http://www.therealyoga.com/yoga-and-health/>

Beginner's Yoga Guide: Take Asana Step By Step

By Ashish Jain

Yoga is gaining popularity globally. If you are the one who is keen to take up yoga exercises you are going the right way. Yoga has been found helpful not only in keeping you in good shape but also in preventing various complications. It's not only you but thousand others who take refuge in yoga every day in America to attain physical as well as mental rejuvenation.

In order to practice yoga you may enroll yourself in Yoga classes being run in your locality. A beginner is first taught basics of yoga including basic postures and mudras. If you are willing to learn yoga by yourself, you better go for beginner's yoga videos. You can practice yoga while watching these videos. But while learning yoga on your own you must not take plunge into complex yoga practices at first. As your exercise tolerance increases gradually so you should first take up simpler forms of asana and other yoga exercises.

First thing that you probably learn as a beginner is yoga's way of saluting sun and moon. Then you are made to do relaxation exercises. In earlier phase of yoga lessons you are also imparted various breathing techniques.

Gradually in beginner's classes you learn asana that could be performed easily. For example you are made to practice Savashana and Padmasana that are easier to follow. After first few classes you might be directed to do yoga postures of crouching and stooping.

Beginner's yoga movements are aimed at enhancing body flexibility. Once you get the required flexibility and tolerance, you can go for complex or difficult yogic practices.

In beginner's yoga sessions you also get to know basic body balance postures. There could be various other basic positions ranging from standing poses to various bending and sitting positions.

Once you are through with the first week of yoga classes, you are accorded with a little higher level of exercise that is taking different yoga turns and twists.

Meditation of various kinds, happen to be an integral part of beginners practices.

Beginner's yoga is basically meant to make folks accustomed with yoga. Once desired level of comfortability and familiarity is achieved you can go ahead with elevated genres of yoga. If you face a little discomfort in doing yoga, don't give up the practice. A little perseverance would make you comfortable with it and all benefits are yours.

Lastly all beginners are most welcome to the world of yoga. By taking up yoga you are helping yourselves with holistic health improvement.

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