

## [Dealing With Cancer Through Yoga](#)

Yoga in and of itself is a wonderful way to help with pain and discomfort from many different problems within the human body. Recently I came across an article on Yoga Journal's website. I thought it would be a wonderful article to share with the community.

Michelle Parodi is a breast cancer survivor who realized the importance of yoga while she was going through her cancer treatments. She realized that although she like to be active with her work she did need to slow down and find other activities that would help her cope. Michelle began posture (asana) practice two months after surgery. The physical aspect allowed her to reconnect with her body, but the spiritual aspect helped with the concept of non-attachment. We are not our bodies, feeling or thoughts....we are mush more.

In the same article a woman named Connie Hawley came to yoga through a similar process. After aggressive treatments for six months for her non-Hodgkin's Lymphoma and a losing battle, she decided to work on her breathing and some gentle stretches she remembered from a yoga class she had taken a few years prior. After working on these techniques in and out of the hospital the doctor's informed her that her cancer was in full remission. All of this was between 1993 and 1995, and she now offers yoga classes for wellness to others.

Our bodies have an amazing gift, they have the power to heal themselves. Although we cannot cure all ailments, we can help ourselves and others live with the knowledge of how precious the human body is, and how much we own the ability to heal our souls.

Namaste.

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