



NIROGA™

Transforming Lives and Healing Communities

Niroga Institute

Feedback from Cancer Survivors on Healing Yoga Protocol

Alta Bates Summit Comprehensive Cancer Center, Berkeley, CA;

- ongoing for 10 years
- Style of teaching, helping to offset the toxic effects of treatment
- The poses help manage pain; the breathing helps lower blood pressure
- The instructors' knowledge, experience, and understanding; consistency, clear instruction
- The creation of a spiritual healing environment; friendly, gentle, and sensitive
- BK is excellent, very calming, wonderful, kind; the pacing is individualized
- Breath instruction and variety between static poses and movement; the meditative aspects
- The fact that each person can work to her ability without pressure; the calmness
- Combining mindful opposites: tension and relaxation exercises, letting go, all with mindful breathing. So important to spend time attuned exquisitely to your body
- I've never experienced a yoga class like this, where an 'invitation' is made to my body to stretch, to challenge the limits.
- When I started in July after 8 chemo sessions, my strength and balance were gone. Now in October they are nearly the same as before cancer thanks to this class.

Working with other people who have/had cancer

- BK has certainly helped me with my back problems, and having gone through chemo, it has given me confidence and reassurance.
- That it's at the Cancer Center, reminds me to make keeping myself healthy a priority.
- That Alta Bates thinks it's important to offer this to patients
- This Yoga class is the one truly healing activity I've participated in since my cancer diagnosis 8 years ago.
- This Yoga class is one of the most healing experiences I've had after all the toxicity of treatment - surgery and chemo. It is very important to me!

Healing Journeys Workshop, Monterey, CA

- B.K. (Bidyut Bose of Niroga) exudes a calmness, sureness which gives an unmistakable strength to his method.
- This was totally awesome. I was left wanting more!
- Inspirational!
- BK was excellent in putting into practice, through yoga, healing body, mind & soul. His exercises were exceptional.
- Outstanding. Very good teacher!
- Loved it. I loved hearing his philosophy on what Yoga should be. What kind of yoga to avoid
- Loved it. Best yoga ever!!
- Might have been timing, but I fell asleep.
- Marvelous!
- Very inspiring!

Hundreds of cancer survivors are using the Healing Yoga DVD from Niroga Institute: 20 Minutes a Day for Health and Well-Being; this protocol has been approved for a multi-center research study.

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