


YOGA FOR COGNITIVE FOG

Cognitive fog, sometimes called cog fog, can be caused by many cancer treatments. There may be memory lapses, difficulty concentrating, remembering details, and difficulty multi-tasking. These symptoms may be short-lived or may last for a long while after treatment ends. This week we will focus on balancing pranayamas, grounding mudras that help clear the mind, and standing balancing postures to help build mental focus.




Centering


These preparation practices help to set the mood and intention for healing to take place.

	<p>Chant MMM</p> <ul style="list-style-type: none"> • Begin seated comfortably • Take a deep inhale into the lower abdomen • As you exhale chant MMM while touching the tip of your tongue to the roof of your mouth so that the vibration moves toward the crown of the head. • <u>Benefits</u>: Enhances concentration and focus
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Pranayama




This breathing practice helps to balance the two hemispheres of the brain.

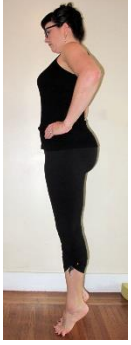



	<p>Nadi Shodhana (Alternate Nostril Breathing)</p> <ul style="list-style-type: none"> • With right hand close right nostril with thumb and left nostril with pinkie finger in the following pattern • Inhale through right nostril, exhale through left nostril, inhale through left nostril, exhale through right nostril • Repeat for 10 rounds at a time, monitoring the effects. • <u>Benefits</u>: Balances nervous system, increases communication between the right and left hemispheres of the brain.
	<p>Chinmaya Mudra</p> <ul style="list-style-type: none"> • Curl the middle, ring and pinkie fingers into the palm to make a fist and touch the tips of the index finger and thumb together. Rest the hands palms down on the knees. • <u>Benefits</u>: Improves mental clarity and concentration
	<p>Jnana Mudra</p> <ul style="list-style-type: none"> • Touch the tips of thumb and index fingers together. Extend middle, ring, and pinkie fingers and rest hands palms up on lap. • <u>Benefits</u>: Helps with concentration and meditation, helps to calm circular thoughts

	<p>Dhyana Mudra</p> <ul style="list-style-type: none"> • Touch tips of thumbs and index fingers together. • Bring right and left hands together and place right middle, ring and • pinkie fingers on top of left middle, ring and pinkie fingers. • Benefits: Encourages meditative state, enhances focus and memory
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Asana

These balancing postures help to build mental focus and concentration.

	<p>Reclining Floor Flow</p> <ul style="list-style-type: none"> • Begin lying on the back with the legs straight and arms extended over the head, take an inhale to prepare. • Exhale and draw the right knee into the chest, holding it with the right hand. • Inhale draw the right knee out to the right side with the right hand, left hand in cactus on the floor. • Exhale and cross the right knee over to the left side of the body with the left hand, right hand in cactus on the floor. • Inhale back to the center and extend the right leg up toward the ceiling, holding behind thigh with the clasped hands. • Exhale draw the right knee to the chest. • Inhale extend the leg to the floor and the arms overhead. • Exhale and repeat the entire sequence with left leg.
	<p>Reclining Tree Pose</p> <ul style="list-style-type: none"> • Lie on the back with legs extended. Bring left foot onto the inside of the right calf. Use a block under the outside of the left knee. Make sure that the shoulder blades and back of pelvis are square to the floor. Extend out through the right leg. • Hold 10 breaths then release and change sides.
	<p>Tree Pose</p> <ul style="list-style-type: none"> • Stand with feet hips-width apart and block between feet. • Step right foot onto block with heel resting on inner left ankle. • Draw belly in and release tail bone towards floor. • Inhale and draw arms overhead without gripping shoulders. • Hold as long as you can balance with comfort. Then release and change sides. • Benefits: Mental focus and balance, leg strength, stretches inner thighs

	<p>Palm Tree Pose</p> <ul style="list-style-type: none"> • Stand with feet hips-width apart. • Inhale lift-up onto balls of the feet as you raise arms forward and either place hands on hips or raise them overhead. • Exhale release weight back into heels as you release the arms to sides. • Repeat 3-5 times with the breath. • Benefits: Strengthens arches of feet, ankles and calves, improves balance
	<p>Stork Pose</p> <ul style="list-style-type: none"> • Stand with feet hips-width apart. • Pick up left knee up to hip height and allow shin to hang vertically. • Hold for a moment and then release on the exhalation. • Release and repeat to other side. • You may also raise arms overhead and balance on one leg for several breaths. • Benefits: Builds focus and balance
	<p>Supported Forward Fold with Block & Chair</p> <ul style="list-style-type: none"> • Stand with feet wider than hips facing chair with block on the seat. • Inhale and lift spine upwards, exhale and fold forward, bending knees and resting forehead on block. • Hold for up to a minute • Benefits: Creates a calm focus in the mind
	<p>Supported Forward Fold with Block & Chair</p> <ul style="list-style-type: none"> • Rest with calves on seat of chair. Make sure feet are slightly higher than knees. • Optionally rest hips on block or rest eye bag on forehead lightly.