



**NIROGA™**

*Fostering Health and Well Being Through Yoga*

**Niroga Healing Yoga Program Evaluation  
Alta Bates Comprehensive Cancer Center (11.02.06)**

**Number of Respondents= 23**

**Program quality: 6.96/7**  
**Instructor: 7.00/7**  
**Program effectiveness: 6.91/7**  
**Overall satisfaction: 6.79/7**

**What do you especially like about the program?**

- 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 experience 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!**

**Any recommendations for improving the program?**

- Offer this class twice a week: several respondents
- Need a larger space: several respondents
- We need more space to accommodate participants – we often cannot do the exercises in the space provided
- Different space: makes me sick, more ventilation, more light
- Quietness, and not being disturbed by noises
- The yoga itself is so healing, but the setting does not reflect the commitment to healing
- The class is very popular – always too crowded. If Alta Bates really has a commitment to healing and complementary therapies, consideration should be given to an adequate space.

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