

**Healing Journeys Conference: Cancer as a Turning Point
September 13 and 14, 2008; Sacramento, CA**

Feedback on Healing Yoga sessions presented by Bidyut (BK) Bose

*Please evaluate each speaker, including teaching methods, using a scale from 1 to 5
(5 = EXCELLENT)*

of 5s = 368, # of 4s = 107, # of 3s = 28, # of 2s = 2, # of 1s = 0; 9 scored greater than 5

Comments

- Most motivating appeal to do yoga that I've ever heard!
- Great way to get energized while calming at the same time.
- Loved. Loved. Loved.
- Best movement and exercise ever!
- Too short. Too short.
- Excellent set of movements for short time period.
- Wonderful. Touching. So supportive.
- Such positive effects in such a short time!
- Calming, gentle, wise, wonderful addition.
- Not fancy yoga - I've done yoga for 20 years. This was a gentle and helpful introduction.
- Loved him. Will explore with yoga.
- I had never done yoga before, so the "warm-up" before lunch was wonderful.
- I needed to move and wake up. It was great!
- First time I did yoga and didn't hurt my neck.
- Fantastic both days.
- Good way to end the morning.
- I never thought I could do yoga. I followed along and it felt great!
- Gorgeous healing voice!
- Wonderful, especially for someone who is totally non-flexible. Very supportive and inspiring!
- That felt good. Would like to know the translation of the mantra.
- Perfect time to do this: before lunch.
- Wish he could be a part of all conferences.
- Wonderful release, inspiration and timing.
- Resonating voice. Simple, easy-to-do movements.
- Challenged me to relax.
- Lovely and peaceful. Excellent! Thank you!!
- I had never done yoga before, and I had mixed feelings about it. I found that I could do it, and it felt *so* wonderful!

Feedback from Cancer Survivors on Healing Yoga Protocol

Alta Bates Summit Comprehensive Cancer Center, Berkeley, CA; ongoing for last 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; April 21, 2007

- B.K. 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. Call, email or write us for more information, and please visit us online: www.niroga.org; 510.451.3004; info@niroga.org; 111 Fairmount Ave, Oakland, CA 94611