

A New Year and a new beginning...

We are delighted to announce the commencement of a

Relaxation and Meditation Hour

WHAT

An experiential hour to learn and practice stress reduction skills, breathing exercises, body awareness, mindfulness meditation, and gentle movement.

WHO

All Cancer Center patients and their family members, including those with limited mobility. Please obtain clearance from your nurse if you are in the midst of treatment during this hour.

WHEN

Every Friday from 10AM to 11AM – please feel free to drop in anytime and stay as long as you like.

WHERE

The Lower Level conference room. Look for signage or ask the Info/Check-in Desk.

Tea will be provided.

Turn page over for a breathing exercise.



CEDARS-SINAI MEDICAL CENTER.
Outpatient Cancer Center at the
Samuel Oschin Comprehensive Cancer Institute

Basic Breathing Practice

TIME REQUIRED

At least 5 minutes.

IDEAL LOCATION

Anytime, anywhere – but it may be helpful to start this practice in a calm, quiet place.

GETTING STARTED

- Find a comfortable, seated position – on a chair or on a cushion.
- Confirm a grounded pose: feet or knees making contact with the floor; sitting bones equally supporting your left and right; tongue resting gently in your mouth with the tip lightly touching the roof; eyes closed or focused a few feet in front of you on the floor.
- Sit upright, imagining a string gently pulling the crown of your head, making you taller and taller.
- Feel the expanse of your throat, chest, and abdomen as you lengthen your torso in this way.
- Now, pay attention to your breathing – Is it shallow? Labored? Fast? In your chest? Notice this. Accept whatever it is that is happening in your body at this moment.
- Next, gently and slowly alter your breathing, with the goals of approaching a slower, longer, deeper, richer, more healing breath.
- Continue and try to initiate your inhalation via belly breathing.
- Next, try to allow the time breathing out to take twice as long as when you breathe in.
- Continue this practice for as long as you can, ideally at least 5 minutes per day.
- Slowly allow yourself to come back to your present life, feeling refreshed and relaxed.
- Pride yourself on taking this time for yourself today.

