



FREE YOGA CLASSES AT BARRETT CENTER

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Yoga classes specifically tailored to patients undergoing cancer treatment and cancer survivors, known as Yoga Therapy in Cancer and Chronic Illness (YCat), are now being offered free at the UC Health Barrett Cancer Center, the hub for the University of Cincinnati Cancer Institute.

The classes, taught by YCat certified yoga therapist and UC Health contractor Tina Walter, are being held at 5:30 p.m. every Tuesday evening in the second-floor lobby of the Barrett, 234 Goodman Ave.

Walter, who also leads a class at the Cancer Support Community in Blue Ash, says she is happy to be offering these services on the Corryville campus and that the form of yoga used is truly tailored to cancer patients. The focus is on safety and comfort while improving flexibility, range of motion, blood flow and overall mental well-being.

"We call this 'chair yoga' although other poses are taught when appropriate," she says. "The program we use was developed by an oncology nurse from evidence-based research and is physiology based in nature. We really mold classes to meet the needs of each participant, and we gather input from our participants to address problems they may be having—physically, mentally and emotionally."

Walter continues that her classes



(Photo courtesy of the CDC PHIL gallery/Amanda Mills)

focus on breathing practices and guided relaxation.

"We also begin each class with a 'check-in,' to see how everyone is feeling and just to build a sense of community," she says. "We want to empower patients and make them an expert of their own body, which will help overall outcomes."

Research has shown that yoga has beneficial effects on patients with chronic conditions, like cancer, and shows improved disease management and reduction of stress.

"This class is also open to the loved ones of patients and survivors," she says, adding that caregiving can cause a number of stressors that could be

harmful to health. "We're excited to offer these classes at a facility like the Barrett, where I hope to communicate regularly with health care providers and show our team's dedication to caring for all aspects of patient care."

UC Health Integrative Medicine began offering services at the Barrett Cancer Center in January 2014. Massage therapy, acupuncture, reflexology, acupressure—which targets the same pressure points as acupuncture only without needles—and National Acupuncture Detoxification Association (NADA) auricular acupuncture are provided at this location.

For more information, visit uhealth.com/integrativemedicine.

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