

Reading Assignment 1 Yoga for Cancer training.

Read a personal recollection of a cancer survivor and answer the questions below. This list is just some suggestions so feel free to choose another account of your choice.

Personal accounts of living with cancer

The Cancer Whisperer, Sophie Sabbage

When Breath becomes Air, Paul Kalanithi

Crazy Sexy Cancer Tips - Kriss Car

Cancer is my teacher - Lucy O'Donnell

The silver Lining, a supportive and insightful guide to Breast Cancer - Hollye Jacobs

F*** You Cancer How to face the big C, live your life and still be yourself - Deborah James

Chasing Daylight, Eugene O'Kelly

Why I wore lipstick to my mastectomy, Geralyn Lucas

It's not about the bike, Lance Armstrong

Lotus in the fire, Ken Wilber

Warrior Pose A war correspondent's memoir. How yoga (literally saved my life). Brad Willis

Questions;

How did the protagonist cope with their diagnosis?

What was most inspiring?

Were there any choice that they made that you found frustrating?

What changes did the person make through the course of the book? How did they change as a person?

With regards to the five koshas how did the person cope or change as a result of their diagnosis. Looking at Annamaya kosha (physical body), Pranamaya Kosha (energy body), Manomaya Kosha (mental body), Vijnyanamaya (wisdom body) and Anandamaya (Bliss Body).

There are no right or wrong answers. It is often interesting to see what comes up when you read another persons account, maybe there were things you were uncomfortable reading and exploring and being aware of this is all ok.

Once you have read the personal account please email your answers to email@victoriafox.com .

1. Please put as a Heading Assignment 1 then **Your Initials**

2. On the top of the assignment please put - the name of the book and your full name.

3. If you have any queries please do not hesitate in getting in touch with me.