

Online

Yoga & Meditation

for Cancer Survivors

A gentle, guided practice to support healing, inner strength and a better quality of life.

Mon–Fri **8:00–8:45 AM IST** **₹300 / month**

MEET YOUR GUIDES



Prof. Dr. Bhavna Joshi

M.D. Ayurveda Oncology
Gold Medalist

Atharva Global Academy of Ayurveda

Start Living Healthy
अथर्व
Cancer • Skin Care • Ayurveda

MEET YOUR GUIDES



Dr. Gaurang Joshi

International Ayurveda Physician

Atharva Global Academy of Ayurveda

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WELCOME

A supportive practice, at your own pace

The cancer journey can bring changes to the body, emotions and everyday routine. ATHARVA's online sessions offer a welcoming opportunity to include gentle movement and mindfulness in your day.

There is no pressure to perform or keep up with anyone. Follow your comfort level, take breaks and rest whenever you need to.



> *A moment to pause. A space to reconnect. A gentle routine for your well-being.*

THE PRACTICE

Four gentle pillars



Gentle Yoga

Simple movements and stretching, with options to adapt or rest.



Mindful Breathing

Comfortable breathing practices without force or strain.



Guided Meditation

A quiet moment for awareness, relaxation and reflection.

Community & Routine

A regular shared practice from the comfort of home.

YOUR MORNING

A calm start, guided with care

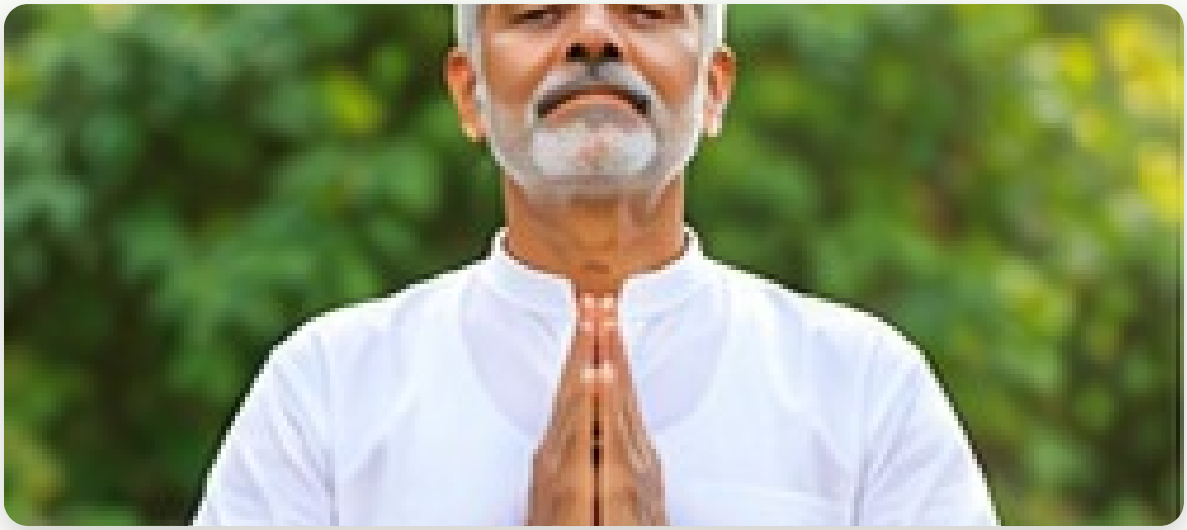
- **Gentle movement**
  Simple yoga postures and stretching, with modifications and rest options.
- **Comfortable breathing**
  Mindful breathing; no forceful breathing or breath-holding is required.
- **Guided meditation**
  A relaxation and mindfulness practice to help you turn your attention inward.
- **A supportive close**
  A few quiet moments to finish and continue your day at your own pace.



BENEFITS

Benefits for cancer survivors

- Helps reduce stress, anxiety and fatigue
- Builds emotional resilience and a positive outlook
- Improves flexibility, strength and energy
- Promotes better sleep and relaxation
- Nurtures hope, confidence and overall wellbeing



WELCOME CIRCLE

Who can join?

Cancer survivors
In recovery or long-term follow-up

People in treatment
Join with medical advice

Caregivers
Who wish to learn supportive wellbeing practices

Family members
Who want to feel more prepared and positive

If you are currently receiving treatment or have health concerns or activity restrictions, please consult your treating healthcare professional before participating.

JOIN US

Programme & how to join

WHEN	TIME	FEE
Mon – Fri	8:00 – 8:45 AM IST	₹300 / month

1. **Register your interest**
   Contact ATHARVA by WhatsApp or email.
2. **Receive details**
   Our team shares the online joining instructions.
3. **Join the class**
   Connect from a quiet, comfortable space.
4. **Practise gently**
   Take breaks and adapt movements as needed.

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Atharva Global Academy of Ayurveda

Start Living Healthy

॥ अथर्व ॥

Cancer · Skin Care · Ayurveda

A gentle step towards holistic healing

Join the Online Yoga & Meditation Programme and be part of a caring, supportive community.

ATHARVA, Atharva 2, Paras Society, Nirmala Road, Rajkot – 360007, Gujarat, India

Important: These sessions are supportive well-being activities. They do not diagnose, treat or cure cancer and are not a substitute for oncology care, prescribed medicines or medical advice. Please consult your treating healthcare team before beginning physical activity. Stop any activity that causes pain, dizziness, breathlessness or discomfort.