

WEST BABYLON, NY, September 26, 2013 /24-7PressRelease/ -- [Michael Annunziata, West Babylon](#) yoga instructor, fully believes in the power of yoga. This belief is only heightened by a new [article](#) that explains that low-intensity yoga has been found to provide a number of benefits for cancer survivors. In fact, a new study shows that cancer survivors dealing with insomnia reported better sleep quality and less reliance on sleeping medication after working through a low-intensity yoga program.

Somewhere between 30 and 90 percent of cancer survivors are known to have issues falling asleep at night after their cancer treatment. These issues can continue for months or even years, thus causing a deterioration of the person's overall well being. Fortunately, low-impact yoga may provide a useful remedy for these issues. The study focused on participants who attended 75-minute yoga sessions twice weekly for a month. After this regimen was complete, these people were found to be able to cut back on their sleep medications by 21 percent. Many of those who did not participate in regular yoga sessions actually had to increase their drug intake by five percent.

Study participants who did the yoga routine had a much easier time falling asleep, slept for longer, and did not wake up as frequently in the middle of the night. These findings are substantial, as poor sleep quality can negatively impact a person's physical and emotional well being, thus making battling cancer even more of a challenge.

The yoga routine that was done in the study was developed specifically with cancer survivors in mind. It included elements of hatha yoga and restorative yoga, as well as a focus on mindful breathing, plenty of gentle stretching, and meditation. The study took a look at 410 cancer survivors who were dealing with moderate to severe sleep disturbance issues that happened anywhere between two months and two years after their cancer treatments began. Ninety-six percent of those who participated in the study were female. Seventy-five percent of them had breast cancer, and the average age of the participants was 54.

The participants in the yoga routine study spoke highly of the program's value. In fact, 90 percent said they found that the yoga workouts helped them to sleep and 63 percent said they would highly recommend it to other cancer survivors.

"Yoga has benefits for people coming from all walks of life, and is especially helping for those looking for healing. This study provides an impactful look at just how useful yoga is. Those dealing with cancer should certainly think about giving yoga a try," states Michael Annunziata,

West Babylon yoga teacher.

ABOUT:

Michael Annunziata, West Babylon yoga instructor, fully believes in the power of the practice. He is the owner of a studio called Yoga Solutions, where students of all ages and ability levels can come to learn under the watchful eye of carefully trained instructors. In addition to a state-of-the-art studio, those who participate in classes at Yoga Solutions can also enjoy browsing a shop filled with high-quality yoga gear. There is also a tearoom, which is a popular gathering space for students after class.