

Yoga takes on cancer in this initiative to empower patients

LOCATION:Seville

DURATION:02'00"

SUMMARY: A yoga center in Seville gives free yoga and meditation classes for people with cancer after scientifically verifying the benefits from this type of exercise. The classes are supervised by Ana Casas, an oncologist from the Virgen del Rocío Hospital, and designed by yoga teacher Lourdes Vidal, the founder of Oyoga, specifically for cancer patients.

VTR:

BACKGROUND:“I want to be stronger than my illness.”

This sickness is called cancer; a sickness that more than 222,000 people in Spain suffer from. In this yoga center in Seville they have launched an initiative called the Hora Blanca (White Hour) to help these people. They offer free yoga classes especially designed for those going through this difficult period.

LOURDES VIDAL
Oyoga Founder

“La Hora Blanca is a space to be with oneself, and to go past the fear, the rage, the frustration...to grow above this obstacle that is your illness.”

ANA CASAS
Medical Oncologist

“It has already been proven by scientific studies that yoga improves the quality of life for people who suffer from cancer because it improves their functional state, performance, physical activity, and mental health.”

Cancer has also united the developers of this project. Lourdes' father is currently fighting cancer, and so is Ana, an oncologist from the Virgen del Rocío Hospital, to whom life has played one of its sick jokes.

ANA CASAS
Medical Oncologist

“In my double role as a medical oncology specialist in breast cancer, and as a patient, I am in a dual situation where I really believe I can help.”

The majority belong to Creando Lazos, the association that Ana launched in this journey they travel through together.

ISABEL M^a CASTILLO
Hora Blanca Student

“The first day I came here I entered crying, I was constantly afraid, but I honestly left feeling like Tinker Bell from Peter Pan. It has been very good for me.”

ANA M^a MUÑOZ
Hora Blanca Student

“There are a lot of thoughts, and you need to look for a place to disconnect, and above all, to get away from the bad vibes.”

LOURDES VIDAL
Oyoga Founder

“The mind is essential, your whole belief system determines how much power your body has to help or not help yourself fight against this illness.”

Evidence, at least physical, has already been confirmed by science.

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