

The Southampton Press

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CANCER JOURNEYS

A Twice-a-month column from
Fighting Chance

Free Yoga for Cancer Patients - Our 10th Anniversary



Diagnosis

Emotional Impact

Treatment/Side Effects

Survivorship

Patient Stories

“Cancer took my breath away . . . and yoga gave it back.”

In 2008 Rodney Yee and Colleen Saidman stopped by the Sag Harbor office of Fighting Chance, which was just a few blocks away from their Yoga Shanti studio.

They had an idea: if a yoga class emphasized breathing, meditation and stretching it could be well suited to cancer patients and beneficial to them. It turned out they had developed this idea with Donna Karan, whose husband had relied on yoga during his battle with cancer.

At Fighting Chance our main mission has always been for our oncology social workers to help cancer patients cope with the hopelessness, trauma and hyper-anxiety that comes from a diagnosis.

We see most of our patients once a week for a month or two. But what if we could then refer them to a yoga class? Then our treatment plan would be expanded and perhaps be more effective.

Before long our charity was sponsoring “Free Yoga for Cancer Patients” which is still held Tuesday and Thursday afternoons at Yoga Shanti.

The success of the classes is due, in large part, to the gifted yoga teacher, Eric Pettigrew. So we celebrate his contribution with a few words from the patients he has taught:

“Having way outlived my dismal prognosis for advanced lung cancer, it has crossed my mind that regular attendance at Eric’s class is a contributing factor to my longevity. It is a special, life-saving resource.”

Anonymous



Eric teaching a class at Yoga Shanti.

“The class provides relaxing motivation and inspiration to deal with each situation that comes our way. They are very caring, kind and supportive. Thank God for a wonderful program.”

Maryann Arendt

“Thanks to Fighting Chance and Yoga Shanti for providing solace, friendship and loving mindfulness. Eric is an amazing instructor who has given me strength, confidence and more.”

Suzanne

“At the end of each class Eric says ‘may the light in me shine into the light in you.’ Practicing yoga is gentle, dynamic and peaceful.”

Denise G.

“The yoga class fills me with joy due to Eric’s kind, insightful approach and understanding of the challenges cancer presents.”

Vicki

Until further notice Free Yoga for Cancer Patients is being conducted via Zoom. Please call 631 725 4646 for information and a link to the class.

Fighting Chance has offices in Sag Harbor and at the Phillips Family Cancer Center in Southampton.

For more details, or information please call 631 725 4646.

Visit our website at www.fightingchance.org