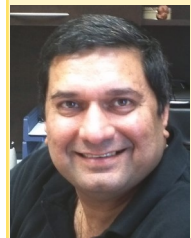


KNOW YOUR EXPERT



The first **Yoga Oncologist** in the world, **Jitender K Sahdev** completed his M.B.,B.S. degree in Modern Medicine in 1987 in India and is a registered Physician in India. He got training in General Surgery, Ambulatory Surgery, Urology, Obstetrics and Gynecology, Endoscopic Surgery, Neurosurgery, Surgical Oncology, Peripheral Vascular Surgery, Neurosurgery, Orthopedics, Anaesthesia and did a small stint in Cardiothoracic Surgery as well.

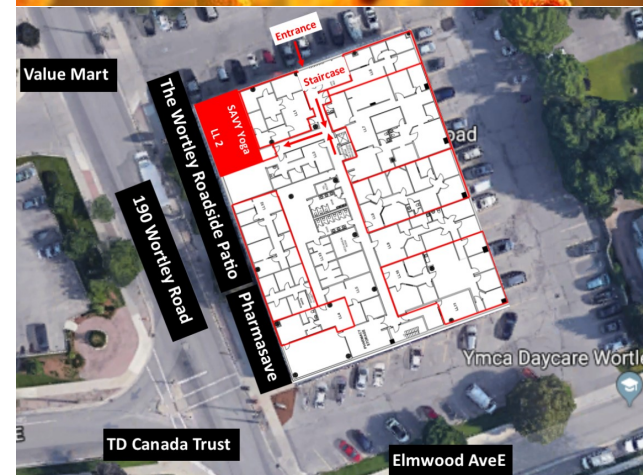
He started learning Yoga at a very early age. He also pursued his interest in other healing modalities & received advanced training in Yoga, esp. advanced pranayama & meditation techniques, Ayurveda, Ayurvedic abhyanga, gharshan, foot massage (Kerala massage), marm bindu chikitsa, panchakarma, shatkarma and many other Yogic and Ayurvedic procedures at various schools and ashrams in India & completed doctorates in Alternative Medicine.

With over four decades of experience in Yoga & Ayurveda and more than three decades of experience in Modern Medicine, he has a wealth of experience in healing sciences. He has practiced as an advanced registered Yoga Teacher, Yoga Therapist, Yoga Oncologist, Meditation Teacher and Ayurveda consultant in Canada since 2010. He also specializes in Pre-Natal Yoga & Children's Yoga.

SAVY International Inc. - an **ISLAND OF EXCELLENCE** for Yoga, Yoga Therapy, Ayurveda, Meditation and Healing Sciences, is the **oldest RYS 200 & RYS 300 yoga school** in London registered with Yoga Alliance, USA, & with Worldwide Yoga Alliance, Canada for Yoga, Yoga Therapy, Ayurveda and other specialized Teacher Training courses. Some of the major areas of our interest are:

- **Group/ Semi-Private/ Private Sessions: Yoga- Pranayama, Pratyahara & Meditation** sessions for all levels of learning and Positive Health.
- **Workshops** on Yoga for Face, Trauma Release, Mudras, Mood Disorders, Mental Health, Degenerative Nervous System Disorders, Cancer Care, Kriyas, Mudras, etc.
- **Yoga Nutrition/ Ayurvedic/ Yoga Cookery Classes**
- **Vedic Meditation**, Mindfulness & Breathing-Based Healing (MBH), Trauma
- **Release Yoga (TRY)**, Fibromyalgia, Breast Cancer Care, Shambhavi
- **Registered Teacher Training Courses in Yoga, Yoga Therapy, Meditation, Pranayama** and more,
- **Wellness Coaching:** Vedic Meditation, Yoga Therapy, Ayurveda, Yoga Psychology Counselling, Life Coach, Marma/ Mantra Therapy etc.
- **Goal Achievement**, Stress Management, Smoking Cessation, Fears, Phobias etc.
- **Yoga Retreats**

- ◇ SAVY Yoga routines guide you gently from your present level of fitness to the next!
- ◇ Authentic, traditional, comprehensive, **Ashtanga** Yoga routines with profound healing effect
- ◇ Safe and Authentic Ashtanga & Vinyasa Yoga from India
- ◇ Clear, concise, to-the-point instruction to avoid injuries
- ◇ **The most qualified & experienced Yoga faculty in Canada**
- ◇ One of the most qualified & experienced faculty in the world
- ◇ Routines perfected with more than 3 decades of experience in **Modern Medicine, Alternative Modalities, Ayurveda & Yoga**



SAVY International Inc.
SAVY Yoga Studio - Old South London
190 Wortley Road, Suite Lower Level - 2,
London ON N6C 4Y7

Administrative Hours:
Monday to Thursday, 10 am to 4 pm

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Programs Designed By A Physician Trained in Modern Medicine & Yogic Sciences

Cancer is the number 1 cause of death in Canada and the 2nd leading cause of death globally. Cancer was responsible for an estimated 9.6 million deaths in 2018 worldwide. About 1 in 6 deaths occur due to **cancer**. Cancer has been increasing at an alarming rate. Receiving a cancer diagnosis can be devastating - it affects not only the physical body, but also the emotional, social and spiritual aspects of a person and their loved ones.

SAVY offers **Yoga Oncology**® (Cancer Care Yoga®) program, the first super-specialty Yoga Therapy program for cancer, under the able and qualified guidance of [Dr Jitender K Sahdev](#), the first **Yoga Oncologist**® (Cancer Care Yoga Specialist®) in the world and a pioneer in this field. **Yoga Oncology**®, or **Cancer Care Yoga**® is the new subject and super-specialization in Yoga Therapy which was conceived, raised, nurtured and introduced by Dr Jitender K Sahdev; this is to provide specialized Yoga care for all types of cancers.

Let Yoga show you the way to navigate around the problem. While Modern Medicine has its important role to play, and five-year survival rates are taking their own time to improve, research has demonstrated that Yoga and Yoga Lifestyle can also provide help. Yoga has a deep and immense therapeutic effect and has a well-established palliative and supportive role for the patients, survivors and their families. Yoga and Yoga Lifestyle can also contribute towards preventive strategies. It is a safe and reliable detoxifying and healing science with a great potential to heal. In the last few decades, many aspects of Yoga and Yoga Lifestyle have been investigated scientifically and have shown Yoga to be quite capable of profound beneficial effects. Yoga can act through:

- Improvement in cellular health, lymphatic circulation, natural anti-oxidant levels and immunomodulation,
- Better hormonal balance, autophagy and repair mechanisms,
- Modulation of gene expression,
- Stem cell regeneration,

- Reduction in stress and inflammation, and so on....

Yoga Oncology® brings to you more useful, complete, actionable and therapeutic Yoga knowledge. Based on decades of our experience with the well-tested knowledge, our programs provide safe, specific, complete and clear advice on Yoga lifestyle including simple yoga postures, meditation and mindfulness, breathing practices, relaxation and more...

You'll be provided guidance on how to incorporate them easily and correctly into your life. **The consequent reduction in risk factors strengthens the immune system and gives you a better chance at a disease-free life.** Studies on the effect of Yoga done in the past on cancer patients have shown:

- Better overall physical activity levels
- Improved strength
- Improved mood states
- Decreased levels of perceived stress
- Improved quality of life

With our dedicated **Yoga Oncology**® program, we expect to go further and achieve much more.

We accept clients with any stage, any type, any level of the disease progression*.

Please contact us for Free Introductory Session.

Please Note

- **KEEP YOUR CELL PHONES SWITCHED OFF DURING THE CLASS.** Unauthorized use of cell phones/ any recording device without a prior written permission is strictly prohibited.
- **Please register:** You must reserve your spot in a class at least 24 hours in advance! Email, phone, text, see our front desk or book from the website! We have 24-hour cancellation policy.
- **Choices:** We offer a variety of programs. Choose the program that is best suited to your goals, needs and ability. Ask us for guidance if required.
- Please **come in time** for the class.
- Always bring your **Card** and a **Yoga mat**.
- Please wear **loose, breathable attire** for the yoga class. Bring a sweater or blanket for the end of class, if required.
- Please **sign-in** on Sign-in Sheet every time you come.
- If required, **clear your nostrils before the class.**
- Schedule and permission to attend classes/ sessions is at the sole discretion of SAVY International Inc.

SAVY Yoga Safety Tips

- Do not take any **solid food 3 to 5 hours before** the class and liquids 30 minutes before the class, and no liquids during or up to 30 minutes after the class.
- **Warm up:** Cold muscles, tendons and ligaments are more vulnerable to injury. Warming up is a part of all class routines.
- **Start slow & right:** Never strain! Learn the basics. Focus on *tristhana* and alignment, rather than 'just stretching farther'.
- **Ask questions:** If you are unsure of a pose or movement.
- **Know your limits:** Yoga is a personal practice. Do not compete with others or jump into positions beyond your experience or comfort level. Just because the person next to you is trying it doesn't mean you have to! Skip the postures you find hard till you are comfortable attempting them. At any time during the session, **if you feel breathless, or uncomfortable, please stop and let your instructor know immediately.**
- After the class, let your body cool down for at least half an hour before a bath.

Tranquility Breath [©]
(A Part of Dr Sahdev's 'Breathe and Heal' Therapy)
Unleash the power of your breath
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Breathing & Mindfulness Practice
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