



## **Research on Tibetan Yoga for Women with Breast Cancer Ligmincha Research Director Presents at National Conference**



Ligmincha's Director of Research Alejandro Chaoul-Reich presented results of a study investigating the effects of Tibetan yoga for female breast cancer chemotherapy patients to worldwide researchers at a recent national conference in Boston.

The Society of Integrative Oncology held its 12th annual conference, whose topic was "Integrative Innovation," in Boston, Massachusetts, November 13–16, 2015. The conference brought together researchers from all over the world to present and discuss the latest research in integrative oncology.

Ligmincha International has been partnering with The University of Texas MD Anderson Cancer Center since 1999, with Tenzin Wangyal Rinpoche as the main adviser. Lorenzo Cohen, Ph.D., professor and director of Integrative Medicine at MD Anderson, served as the principal investigator of a large study on the effects of a Tibetan yoga practice for women with breast cancer undergoing chemotherapy, funded by the National Cancer institute, with Alejandro Chaoul-Reich, Ph.D., faculty at MD Anderson and director for research of Ligmincha International, as a co-investigator.



## Tibetan Bon Meditation

Relax and access a deeper awareness through connecting your mind, body and heart through breath, sound and movement practices. Class method rotates weekly (see calendar).

- **Power of Breath**

Through breath, learn various contemplative stress-relieving methods to use in everyday life.

- **Sacred Sounds**

Use sound techniques in combination with the breath, that can be helpful to increase memory and cognitive function.

- **Movement & Breath**

Experience meditation through simple movements & breathing techniques, supportive of better sleep.

[Mandala of the Pericharita Retreat, June 3–5 at Serenity Ridge with](#) (T)