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John Doe, MD
Medical Director
Baptist MD Anderson Cancer Center
1301 Palm Ave.
Jacksonville, Florida 32207

Dear Dr. Doe,

I was provided an opportunity to teach the current yoga for cancer survivors class at your facility several times and, based on observations from those experiences, I want to present some elements that I believe would improve the quality of your program at Baptist MD Anderson Cancer Center. The current program is lead by compassionate professionals but I do believe the existing program is missing certain opportunities to better support your community, reduce side effects, improve agency and mitigate recurrence. My recommendations here are all based on robust research and I believe warrant a discussion with you and your team.

A few observations:

- **Chair yoga limits the benefits yoga can provide both physically and emotionally.** There are safe and effective ways to perform a more active yoga practice that will motivate patients and enable them to get a full benefit of yoga poses.

- **Facts motivate ultimately encouraging agency and self-care.** Cancer-specific yoga interventions for patient and survivors should encourage students to take an active role in the recovery and long-term health. Teachers should discuss the benefits of the yoga practice they are teaching.

- **More interventions per week are recommended.** Following the American Cancer Society's recommendation of 150-320 minutes of moderate exercise every week (depending on the obesity of a patient), it is recommended that participants are provided more opportunity to participate in a yoga intervention. This will help manage the risk of weight gain, which is a key indicator of recurrence.

The goal with this letter is to share my observations and provide the recent '*Yoga Interventions for Cancer Patients and Survivors*' White Paper. As professionals, we share a common goal to best support the cancer survivors in our community. It is my goal to share the research that motivates me and engage you how we can best meet the unique needs of cancer patients and survivors in our community of Jacksonville.

Please let me know when is a good time to discuss this material further.

Sincerely,

Jeannine Bishop, RYT, y4c