

Holistic Path

A *path* from
Hospital bed
to

Holistic presence

**Science changes
YOGA stays**

Your body is a temple



*"I used to treat my body like a machine,
until it broke.
Then I discovered it is a temple "*

When I got diagnosed with cancer *the first time*,
everything I thought I knew about my body collapsed...
Muscles meant nothing.

Endurance left me.

Supplements, routines, even strength, they all cracked under
the side effects of chemotherapy treatments.

But something else **emerged**. Something deeper.
My body wasn't broken, *it was calling me back home*.

In the fire of treatment, I realized: this body, this breath, this
being—***I am***

Not because it's perfect, but because it is the only gateway I
have to life, to presence, to healing.

This booklet is a return. A remembrance. My personal story
which lead me into holistic healing and YOGA!

A reclaiming of the ***I am***—not as a project, but as a temple.
A living, breathing altar through which healing, spirituality,
and consciousness flows.

Whether you're healing from cancer or waking up to life
itself, this is your invitation to walk your **Holistic path**.

The doctor had the protocol in front of her, yet I was full of questions. *What is cancer?*, how does it start?, is there a link between hopelessness and disease, and what can I do in this journey?

The doctor's reply was short: We don't know and you just need to come to the hospital! That answer shook me — and it became the start of my holistic path. I decided: I will search, I will learn, and I will heal.

*"the wound is the place where the
light enters you"*

•
-Rumi

This quote perfectly aligns with my vision:

Pain and suffering lead ultimately to personal and spiritual growth. It is a matter of perspective. You are a victim or a creator. Inside the hospital you are pretty quickly labeled as **Patient**.

Just be patient, we will solve it for you.

But By acknowledging and accepting your vulnerabilities, you can create space for new perspectives, wisdom, and healing to enter.

I never asked to walk the road of cancer—*three times*.

But life doesn't always follow our plans.
Sometimes it opens us up... to show us what's real.

When I first heard the word “**cancer**,” time froze.
It didn't feel like fear at first.
It felt like silence.
A deep, disorienting silence—
as if life itself had stopped beating.

In those early days, I felt like a body without a map.
But with a **strong survival mindset**.
The doctors had plans, the treatments had side effects, and
the people around me—though well-intentioned—Always
looked with so much fear!

And that's when Yoga found me. Or maybe I found it.
At first, it was nothing more than lying down or sitting down
and just noticing - my breath, my heartbeat, my thoughts.
They come and go. That's it! That will also pass.

I didn't move much—my body couldn't handle it.
It was presence. It was spirit.
It was me, coming home.
That was the beginning of a different kind of healing.

What cancer Taught me

Cancer stripped away my ideas of control.

It made me confront fear, mortality, my identity.

But it also offered something I never expected:

A doorway inward.

A return to myself.

A path within.

I realized that healing is not only a physical process.
It's not just about clean scans or strong blood counts.

My blood counts have always been perfect!

Healing is about integration—

Mind, Body, and Spirit.

It is all ONE.

I AM

Yoga gave me a sacred language to listen to myself.

To hear it whisper before it had to scream.

To meet discomfort not with resistance, but with reflection,
surrender and acceptance.

I stopped trying to fix my body... and started learning how to
feel, embrace and express it again.

The practice of presence

It wasn't the physical asanas that saved me.

It was the **presence** inside.

A spiritual practice is a ***practice***.

You practice on the mat, on a pillow, a short 5 seconds centering and you integrate it into your life.

To be more present

The moments of *stillness*.

The breath *before* the thought.

The *awareness* between diagnosis and decision.

The trust in myself instead of listening to others

I didn't just survive cancer.

I **transformed** through it.

And now, I am helping others, learn to meet their pain with presence, their fear with breath, and their healing with devotion.

Wherever you are on your path— this is your invitation to begin. To begin again.

To return inward.

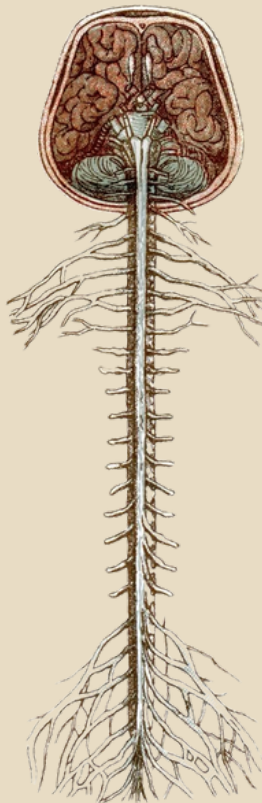
To remember.

The holistic approach

At some point in my healing journey, I realized this truth:

*Nothing in me stands alone; everything
depends on each other*

What I meant and felt in that moment is that your whole existence is an interplay between so many systems. You cannot separate them, as they are nothing without the other. They all function holistically!



Your Inner Universe

Modern science and healthcare are mainly focused on our physical sphere. What we cannot **see or measure** in space and time is not truth.

This concept started in the 17th century, largely due to the work of René Descartes. His concept of mind-body dualism claimed that the mind and body are distinct substances, with the mind being non-physical and the body being physical.

But you are not just a machine or a computer system,

You are

Your **lungs** teach you to receive and release.

Your **heart** pulses with devotion, rhythm, and vitality.

Your **digestive system** processes more than food—
it metabolizes your experiences.

Your **nervous system** holds the memory of joy, trauma, and
everything in between.

Your **fascia and muscles** store energy, tension, and even
emotion.

Your **lymphatic system** clears the waste, physically and
energetically.

Follow your intuition

But wait how do I do that?

I studied and practiced the work of pioneers in quantum physics & integrative medicine: Joe Dispenza, Bruce Lipton, Deepak Chopra, Gabor Mate, Bessel van der Kolk etc.

And interestingly enough, it all comes back to what yogis mentioned already thousand of years ago.

Mind and body are inseparable.

Beliefs create Emotions which create Physical states.

But also the other way around

Physical states create Emotions which create Beliefs

I realized it myself:

When I practiced yoga, breathing, and meditation, I could feel the shift. My body, mind, and spirit weren't separate —

they were working together as one.

It wasn't just an idea anymore, it was an experience.

It is a shift from your Intellect to your intuition. From thinking to feeling. From feeling to be-in

The beauty is this

So many of us try to reach 'enlightenment' by floating away.

I was one of them!

But yoga teaches the opposite:

Ground before you rise.

You can't skip the body.

Because the body is where your spirit lives.

Experiencing your body deepens your spiritual practice
because:

It Brings presence in the **now**,

Builds trust between your mind and emotions,

Allows you to stay present through challenge,

Gives you compassion for your humanness,

Makes space for joy to return.

Yoga is a science working from our gross body towards our
subtle/ energetic body!

Our physical experience can create happiness and aliveness.

You can take a pill (short cut), or a sustainable path where
you learn and practice to heal & thrive

Knowledge comes from books, Experience is Wisdom

I didn't learn anatomy in medical school.

I learned it by surviving. By experience.

Every system in my body was tested by cancer or chemo.

And every practice I now share;
Sleep, Breath, Movement, Nutrition, Presence
helped me rebuild it from the *inside* out.

This is the depth I want to share with you.
Not to overwhelm you with science, but to
Reunite you with your sacred biology in simplicity!

Because you're not just here to cope.

You're here to thrive.

To feel.

To move.

To awaken from within.

You are your own best healer!

The Yogic View of Anatomy

The art of yoga is not describable in a couple of sentences.

But in short:

*"Healing didn't begin when I
understood my diagnosis.
It began when I understood myself."*

Yoga is a path of knowing yourself.

When I first stepped onto my mat after the third diagnosis,

I felt broken.

Physically weak.

Emotionally fractured.

Spiritually numb.

But slowly, through breath, stillness, and movement—
I got back to my center. After years of practice that is what it
brings, a deep presence and trust to be in the here and now!

Long before medical scans and lab reports, yogis mapped the
unseen layers of our being.

They called it the **koshas**—
the five sheaths of self—

and the **nadis**, channels of energy that flow like rivers
beneath the surface of the skin.

The Koshas: The Layers of You

In yoga, we are not just skin, muscles and bones. We are layered beings: Don't split mind and body; instead, they're *interdependent* layers of the same self. Imbalance in one *immediately affects* the other.

Annamaya Kosha – The food body. The physical body (flesh, organs, bones)

Pranamaya Kosha – The energetic body (breath, life force)

Manomaya Kosha – The mental body (thoughts, emotions, the I)

Vijnanamaya Kosha – The wisdom body (intuition, insight)

Anandamaya Kosha – The bliss body (spacious joy beyond form)



During chemo, I only felt the first sheath—my physical body reacting, aching, fatigued.

But when I began to work with breath (pranayama), mantra, and meditation, I started to notice the subtle ones:

A quiet inner strength beyond muscles.

An awareness beyond thought.

A still joy that didn't depend on results.

For a long time, science told us the **autonomic nervous system** was beyond our control. Our heartbeat, our breath, our stress response — *all happening automatically*.

But **today**, we know differently.

Through breath, meditation, and mindful practice — through YOGA— we can calm the nervous system, ease anxiety, and restore balance.

Yoga maps the nadis: 72,000 subtle channels carrying prana, the life force, throughout the body.

Among them, three are primary — Ida, Pingala, and Sushumna.

When these nadis are open, **life flows freely**.

When they are blocked, we feel stagnant, stuck, even unwell.

Yoga is *the path to clear them* — not only through posture, breath concentration and intention but also true simple moral commitments, simple diet and gratitude.

Because everything is connected. You are Holistic!

These principles calm the fluctuations of the mind, relaxes our nervous system,

preparing us for balance, clarity, and peace.

Only then does practice unfold into posture, breath, and meditation — guiding us home to ourselves.

Why This Matters

You are more than your symptoms.

You are more than your physical recovery.

Healing isn't only cellular.

It's energetic.

The yogic view gave me a lens not of illness,
but of integration. From symptom focused to me centered.

It helped me see that what I was navigating wasn't just a
medical battle—
it was an **initiation** into deeper alignment.

*"True healing happens not just in the
body but through the body, into the soul."*

If you're ready to explore a path that supports not just your
body, but your whole being, I'd love to walk this journey with
YOU.

👉 [Book a Free Discovery Call] —
let's create a personalized path of nourishment, clarity, and
resilience, together