

Help Your Health - The Weekly Review - #07 Summer 2016

Asana:

Sun Salutations with and without the Chair!

Pictures, explanations and U-Tube video are all on my website.

I hope this helps clarify this particular work from last week, we will continue with just a few Sun Salutations each week to build on both confidence and strength.

Pranayama:

Alternative Nostril Breathing Nadi Shodhana/Anuloma Viloma/Channel Cleaning Breath

(nah-dee show-DAH-nah) nadi = channel shodhana = cleaning, purifying

Sit in a comfortable asana or in a chair as straight as possible, with seat bones grounded and chest opened out. Breathe freely. Make the gesture called Vishnu Mudra by curling in the index and middle finger of the right hand so the thumb and fourth finger can be used on either side of the nose to close the nostrils. (or place the tip of the index finger and middle finger of the right hand in between the eyebrows, the ring finger and little finger on the left nostril, and the thumb on the right nostril).

1. Inhale/exhale through both nostrils.
2. Gently close your right nostril with your thumb at the sinus bridge.
3. Inhale through your left nostril for the count of four.
4. Close the left nostril with the fourth finger of right hand, exhale through the right nostril, counting to four. Inhale through the right nostril counting to four.
5. Close the right nostril, exhale through the left nostril counting to four. Inhale through the left nostril counting to four.
6. Release the right nostril and exhale completely.

This is one sequence.

You must first feel comfortable with this breathing technique, then different ratios can be added, deepening the exhalations to twice the length of the inhalations – but you must learn this technique with a teacher. Retention of the inhalations can also be developed. Ten sequences are usually practiced daily.

Points To Remember While Practicing Alternate Nostril Breathing:

Do not force the breathing, and keep the flow gentle and natural. Do not breathe from the mouth or make any sound while breathing. Also, do not use the Ujjayi breath.

Place the fingers very lightly on the forehead and nose. There is no need to apply any pressure.

In case you feel dull and are yawning after practicing Nadi Shodhan pranayama, check the time you take to inhale and exhale. Your exhalation should be longer than inhalation.

So here are three good reasons for practicing this pranayama:

1. **It activates the parasympathetic nervous system and reduces blood pressure** (Can lower heart rate and reduces stress and anxiety, calming the nerves.
Stale air is eliminated, as you increase the length of exhalation; retention of inhalation increases oxygen intake.)
2. **It enhances respiratory functions: increases respiratory strength and endurance.** (It is regarded as a general balancer and purifier of the physical and emotional systems, strengthens and purifies the lungs, purifies the nadis/energy channels and increases pranayama intake)
3. **It improves attention and fine-motor coordination/performance** (synchronizing the two hemispheres of the brain).

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Readings: Breath Focus/Discovery, during the second part of the rolled blanket along with spine, with legs up on the chair.

A 5-10 minute discovery of the breath, based on the book "Breathing Space" which I recommended last week. I have elaborated and customized the guided breath discovery but based on the book.

Music: Deuter: Sea & Silence, Sun Spirit

Quote:

Happiness cannot come from without.

It must come from within.

It is not what we see and touch or that which others do for us which makes us happy; it is that which we think and feel and do, first for the other fellow and then for ourselves.

-Helen Keller

Miscellaneous: A 30 minute video worthy of your time: The Science Behind Yoga

<http://upliftconnect.com/watch-science-behind-yoga/>

I hope you will not only enjoy the video but pass it to others who may have contemplated a yoga class but not yet experienced or possibly those who are skeptical about the practice of yoga.

Important Disclaimer

The news, suggestions, information, exercises and other items in this list are intended for informational purposes only. Not all exercise is suitable for everyone. To reduce the risk of injury, please consult your Doctor before engaging in any physical and/or therapeutic exercise program. Nothing is intended to be a substitute for professional medical care.

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