

## Help Your Health - The Weekly Review - Summer Session - 2017 - #9

### **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.*

### **Asana this week:**

Langana Asana Series  
Visualized Body Cleansing Savasana  
Yoga Snack

**Name: Langana Asana Series -**

### **What does Langhana mean?**

*Langhana* is a Sanskrit word that means “to fast,” “to reduce” or “to diminish back to its cause.”

In the traditional Indian medical practice known as Ayurveda, langhana is used to describe dieting, fasting and weight-reducing therapy in general, but includes related treatments that reduce various types of heaviness in the body and mind.

### **Description:**

Movement on the **Exhale** only. Whenever **Inhale** is mentioned the intention is lengthening the body.

These movements are done slowly on both the inhale and exhale as they will also address the balance as a slow flow, each series to be repeated 6-10x and of course on both sides when applicable.

Always being mindful to go slowly and moving only on the exhale.

### **#1. Standing in Mountain Pose**

Inhale (lengthening the torso by gently reaching with the crown of the head)

On the exhale -turn the palms up and slowly raise them overhead, let the fingers touch.

Inhale

On the exhale -turn the palms down and return to Mountain Pose.

### **#2. Forward Fold from Mountain Pose**

Standing either facing a chair (optional) or having a chair next to the body if needed for balance.

Inhale

On the exhale - bring the arms forward and up over head

Inhale

On the exhale -slightly bending the knees, hinge forward from the hips to a forward fold, arms following body straight forward to the chair, legs or floor.

Inhale -remain with the head down.

On the exhale -slowly return the arms overhead (be mindful to engage core as you come up so as not to put unnecessary pressure on the back, if you feel it in your back possibly you are not engaging enough or the knees are not slightly bent)

Inhale

On the exhale - return the arms to Mountain Pose.

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### #3 Warrior I

Standing either facing a chair (optional) or having a chair next to the body if needed for balance. Place your feet in a proper Warrior I.

Beginning with front leg straight and arms at your sides.

Inhale

On the Exhale - bring the arms forward and up over head as you bend the front knee to Warrior I

Inhale -hold....hold....

On the Exhale -return to original position

Inhale

continue....

### #4 Warrior II

Stand facing the chair on the side of your mat (just in case you need it for balance).

Open the legs wide (working towards being as wide as your wrists with out stretched arms).

Turn the right foot to the front of your mat and the left heel slightly towards the back of your mat.

Shoulders facing the chair but hips slightly angled towards the right of the chair.

Begin in Warrior II on the Inhale and be still.

On the Exhale -take the arms overhead, straighten the knee and turn the head to look towards the chair.

Inhale -lengthen

On the Exhale -return to Warrior II by bending the knee, reaching out both arms and turning the head looking to the middle finger of your right hand.

Inhale -hold....hold....

continue....

The above mentions Langa Asanas can be repeated 6-10x and if they call for both sides, please do. A

### Physical Benefits:

The emphasis in a langhana practice is on exhaling and holding poses. As well as slowing the heart rate, breathing and metabolism, relaxing the nervous system, and calming the mind.

If you are mindful during this practiced you will see that you are also using many muscles throughout the body both on movement and especially on holding.

We used this series to be a transition from the 5 Tibetans to a Visualized Savasana.

### General Class:

#### Supine:

Legs up the Chair - 2x blanket position or Legs up the Wall

Morning Wake-Up-Stretch (6-6-3-3 breaths)

Hip-Openers

Leg/Ankles & Arms/Wrist Flex/Extension & Circles

#### Prone:

Thread the Needle R/L

Cat/Cow

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Balancing Spine

**Yogi Snack:** Prone. Hands at the hear, Inhale and reaching out to the sides and up overhead. On the exhale, a swan dive slowly to the mat with the head touching (or not) and hands to the sacrum, palms facing up. Inhale and returning to a reach over head. Continue flowing with the breath.

**Standing:**

Tibetan #1

Langana Exhale Asana Series

**Supine:**

Tibetan #2-5

**Visualized Body Cleansing Savasana**

A guided visualization from the toes to the finger tips as you cleanse the body.

**Music:**

Parijat -The Healing Path