



Karuna Yoga Newsletter

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YOGA THERAPY YOGA POSTURES TO SPRING CLEAN YOUR BODY

Spring cleaning isn't just for your house. You also need to give your body a spring clean after the winter months. Yoga cleanses the body by increasing the circulation of fresh blood, purging it of toxins which can build up over the winter months because of more clothes covering your skin which restricts the release of toxins. Regular practice of the stretches, twists, bends, and inversions restores strength and stamina to the body. The yoga postures together with the control of the breath, rectify physical and psychological disorders. Your body is gently rejuvenated by strengthening bones and muscles, improving posture, improving your breathing, and increasing your energy. It also has a calming effect on the mind. Here are three yoga postures to include in your regular practice this spring.

Dolphin Posture Benefits

- Drains excess mucus from the lungs
- Calms the brain and helps relieve stress and mild depression
- Stretches the shoulders, hamstrings, calves, and arches
- Strengthens the arms and legs
- Helps prevent osteoporosis
- Improves digestion
- Relieves headache, insomnia, back pain, and fatigue
- Therapeutic for high blood pressure, asthma, flat feet, sciatica

Side Plank (Vasisthasana) Benefits

- Boosts metabolism to help reduce puffiness and water retention
- Builds core strength
- Strengthens the arms and legs
- Stretches and strengthens the wrists
- Stretches the backs of the legs
- Improves sense of balance

Revolved Chair (Parivrtta Utkatasana) Benefits

- Wrings out congestion in the abdominal region
- Strengthens the ankles, thighs, calves, and spine
- Stretches shoulders and chest
- Stimulates the abdominal organs, diaphragm, and heart
- Reduces flat feet

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YOGA POSTURES TO SPRING CLEAN YOUR BODY

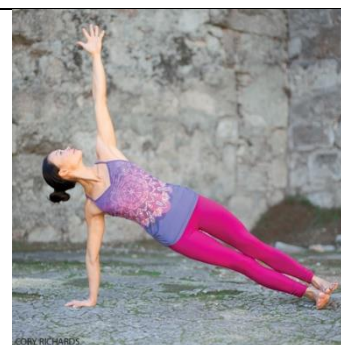
DOLPHIN

- Come onto the floor on your hands and knees. Set your knees directly below your hips and your forearms on the floor with your shoulders directly above your wrists.
- Curl your toes under, then exhale and lift your knees away from the floor. At first keep the knees slightly bent and the heels lifted away from the floor.
- Lift the sitting bones toward the ceiling, and from your inner ankles draw the inner legs up into the groins.
- Stay between 30 seconds to one minute. Then release your knees to the floor with an exhale.



VASISTHASANA (side plank)

- Come into full plank and then move onto the outside edge of your right foot, and stack your left foot on top of the right. With your left hand on your hip, turn your torso to the left and support the weight of your body on the outer right foot and right hand.
- Position the right hand slightly in front of its shoulder, so the supporting arm is angled to the floor.
- Strengthen the thighs and align your entire body into one long diagonal line from the heels to the crown.
- You can stretch the top arm toward the ceiling keeping the head in a neutral position, or turn it to gaze up at the top hand.
- Stay in this position for 15 to 30 seconds and then back to full plank. Do the other side.



PARIVRTTA UTKATASANA (revolved chair)

- Stand in Tadasana (mountain). Inhale to lift your arms overhead. Exhale to shift your weight into your heels and bend your knees.
- Take your hips back and down into Utkatasana but do not let your knees go in front of your toes.
- Exhale to bring your hands together in front of your heart. On an exhalation, hook your left elbow outside your right thigh as low as you can get it, and press your palms together.
- Keep your weight in your heels, especially your left heel. Draw your left thighbone back to keep your hips and knees even. Then gently roll your belly, chest, neck, and head even more to the right, twisting deeper.
- Open your arms wide into a straight line, pressing your left arm against your right thigh, taking your twist a bit deeper. Press your left hand down into your mat outside your right foot, and reach your right arm upward.
- Balance the work of grounding back and down in your legs, anchoring your heels, while you lengthen your spine, twist, and open your chest. Spread your arms even more.
- Hold for 5 breaths then exhale and unwind. Switch sides.

