



Karuna Yoga Newsletter

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YOGA THERAPY

STUCK ON THE SOFA SYNDROME

During this time of lockdown, it is quite easy to get stuck on the sofa. Feeling comfortable on cushions and pillows while watching TV movies, DVDs, reading magazines and books while possibly eating too many snacks. Does this sound too familiar? So easy to get stuck in this mode.

The only cure for being stuck on the sofa is to find a bit of inspiration to begin some simple and mindful movements. Know that starting off slowly will help bring vitality back into your body and energise your whole system.

Once you begin these simple movements designed to increase circulation and range of motion, you will be back to your usual self in no time.

PRANAYAMA AND THE POWER OF SOUND

There are different techniques for yoga breathing called pranayama. One of these techniques is called Bhamari breathing. Bhamari means a large black bee. To put it simply, as you exhale, you make a soft humming sound like a bee.

There is a book called The Humming Effect by Jonathan Goldman, who has more than 25 years' experience in the field of sound healing. He advocates that humming is a wonderful tool to reduce stress, as well as reducing blood pressure, reducing heart rate, increasing melatonin and nitric oxide. Many people have blocked throat chakras and humming can help to open the throat chakra with the power of sound.

To do conscious humming, you close your eyes, take a deep breath and hum on one tone, and feel the vibrations. If you have any pain in your body, as you hum send the vibration of the hum to any part of your body. Do three hums sending the vibration to where you need it. Then a period of silence and notice how you feel.

Vibrational frequencies are a prescription for self-healing that has only positive side effects, including better health, more happiness and deeper spiritual awareness.

Sound healing has proven positive effects on your physical, emotional, and spiritual being.

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YOGA POSTURES TO BRING VITALITY BACK INTO YOUR BODY

<p>SUPTA PADANGUSTHASANA (hand to big toe) Before you get into this posture, bend the right knee, and hug the thigh to your belly. Press your left thigh to the floor and push actively through the left heel. Place a belt around the right foot and hold the strap in both hands. Inhale and straighten the knee, pressing the right heel up toward the ceiling. Repeat with the other leg.</p>	
<p>PARIVRTTA SUPTA PADANGUSTHASANA Hold the belt in your right hand. Exhale and take your right leg slowly down to the right, easing your left hip towards the floor. Hold for a few breaths. Inhale and lift your leg up to the centre and then hold the belt in your left hand and lower your right leg down to the left across your body. Keep your left leg straight. Hold for a few breaths and then change sides.</p>	
<p>TADASANA (mountain posture) Slowly come up to standing. Yes! You're up! This posture is the foundation of all standing postures, and is a great starting position, resting position, or tool to improve posture. Stretch your arms up over your head and feel the flow of energy from your feet to your fingertips. Try humming in this posture.</p>	
<p>VRKSASANA (tree) Place your hands on your pelvis and lift one knee. Find your balance and then change legs. If your balance isn't too good, stand near a wall. To come into the posture, lift one knee and rotate outwards through the hip joint. Place your foot on your inner thigh and place your knee on the wall to help you balance but make sure your hips are level. Take a few breaths and then change legs. Try humming in this posture.</p>	
<p>VIRABHADRASANA II (warrior II) This posture strengthens the legs and the hips and opens your shoulders. It generates energy and focus and strengthens the will.</p>	
<p>VIRABHADRASANA III (warrior III) Stand facing a wall if you need help to balance. Stand in Tadasana and stretch your arms up. Moving through the hip joint, lower your arms towards the wall or onto the wall and lift your right leg to a horizontal position. Change legs.</p>	
<p>SAVASANA (corpse or relaxation posture) Always finish with Savasana as you completely surrender into stillness, letting down into the earth and allowing your body to integrate your practice.</p>	 <p style="text-align: right; font-size: small;">MARTIN SCONDUTO</p>