



Karuna Yoga Newsletter

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YOGA THERAPY YOUR YOGA PRACTICE BRINGING IT ALL TOGETHER

We started the year by focusing on loosening the joints of the body. We worked on the wrists, shoulders, knees and ankles. Warming up your joints is essential before any yoga practice. After warming up the joints, we practiced yoga postures to stretch the major muscles in the body.

The following month we practiced lots of standing postures, which improves awareness of our bodies; builds strength, endurance, flexibility, and balance. Developing strength and stability in your standing postures benefits your whole yoga practice.

In March we included lots of balancing postures in our practice. We learnt that when we stand on one foot, we have to keep all other thoughts out of our mind and just concentrate on the balance. That's why these postures can give us a deep sense of calm even though they require our full attention. These postures also strengthen our muscles and build our coordination and balance, improving our ways of standing and walking as well as how we perform many other everyday activities.

We then moved on to twisting postures. Twisting postures help to restore your spine's natural range of motion, cleanse your internal organs, and stimulate circulation. Your yoga practice should include a variety of twists because they provide so many benefits, helping the internal organs of the body as well as improving spinal rotation.

During May we focused on the abdominals. We learnt that our core strength is the vital force that holds us steady in the asanas, keeps us upright in our standing postures, gives us vitality in backbends and enables us to maintain balance.

YOUR YOGA PRACTICE

When you start your yoga practice it is a good idea to sit or lie down and focus on your breath. Slow, deep breathing brings you into the present moment and then you are ready to begin.





Always stretch the major muscles before you practice any of the standing postures.

Include a variety of standing postures, balancing postures and sitting postures in your yoga practice. If you only have time for one of each, that's fine.

Always finish with Savasana; a quiet relaxation with gentle music is a wonderful way to complete your yoga practice.

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POSTURES TO INCLUDE IN YOUR YOGA PRACTICE

<p>SUPTA PADANGUSTHASANA</p> <p>Benefits</p> <ul style="list-style-type: none"> ³⁵/₁₇ Stretches the hips, thighs, hamstrings, groins and calves. ³⁵/₁₇ Strengthens the knees. ³⁵/₁₇ Relieves backache, sciatica, and menstrual discomfort. 	
<p>TRIKONASANA (Triangle)</p> <p>Benefits</p> <ul style="list-style-type: none"> ³⁵/₁₇ Stretches and strengthens the thighs, knees, and ankles ³⁵/₁₇ Stretches the hips, groins, hamstrings, and calves; shoulders, chest, and spine ³⁵/₁₇ Stimulates the abdominal organs <p>Cautions</p> <p>Neck problems: Don't turn your head to look upward.</p>	
<p>VRKSASANA (tree posture)</p> <p>Benefits</p> <ul style="list-style-type: none"> ³⁵/₁₇ Strengthens thighs, calves, ankles, and spine ³⁵/₁₇ Stretches the groins and inner thighs, chest and shoulders ³⁵/₁₇ Improves sense of balance ³⁵/₁₇ Relieves sciatica and reduces flat feet <p>Cautions:-If you have high blood pressure, don't raise your arms overhead. Keep your hands on your hips or stretched out to the side.</p>	
<p>JATHARA PARIVARTANASANA VARIATION</p> <p>Benefits</p> <ul style="list-style-type: none"> ³⁵/₁₇ Increases the blood supply to the lower spinal region and helps the spine and the muscles of the back to function properly. ³⁵/₁₇ Invigorates the abdominal organs and strengthens the hip muscles. <p>Cautions</p> <ul style="list-style-type: none"> ³⁵/₁₇ Prolapsed disc or other spinal injury. 	
<p>PARIPURNA NAVASANA (BOAT)</p> <p>Benefits</p> <ul style="list-style-type: none"> ³⁵/₁₇ Strengthens the abdomen, hip flexors, and spine. ³⁵/₁₇ Stimulates the kidneys, thyroid and intestines. ³⁵/₁₇ Improves digestion. <p>Cautions</p> <ul style="list-style-type: none"> ³⁵/₁₇ Neck injury: Sit with your back near a wall to perform this posture. As you tilt your torso back, rest the back of your head on the wall. 	