



# Karuna Yoga Newsletter

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## YOGA THERAPY

### WHY YOGA KEEPS YOU HEALTHY

#### **21 ways your yoga practice can improve your health. (part 2)**

Last month we looked at the first five ways that yoga may help to prevent a number of the most common ailments that lower our vitality and shorten our lives. Here's a few more.

#### **6. Maintenance Plan**

A regular yoga practice that includes pranayama and deep relaxation in **Savasana**, practised for 60 minutes three times a week, is effective for maintaining a healthy weight, particularly when home practice is part of the programme.

#### **7. Rest Easy**

In this stressful world, our bodies spend too much time in an overstimulated state, contributing to a number of sleep problems. Yoga can be helpful for treating sleep disorders. The postures stretch and relax your muscles; breathing exercises can slow your heart rate to help prepare you for sleep; and regular meditation can keep your mind away from the worries that keep you from drifting off.

#### **8. Better Sex**

In India, women who took part in a 12-week study reported improvements in desire, orgasm, and overall satisfaction. Yoga increases blood flow and circulation throughout the body, including the genitals. Yoga may also boost libido by helping people feel more in tune with their bodies.

#### **9. Cool Inflammation**





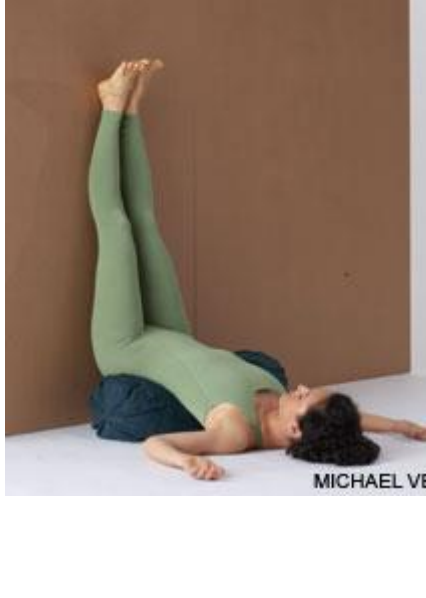
We think of inflammation as a response in the body after an accident or fall. Evidence shows that inflammation can also be triggered in more chronic ways by factors including stress and a sedentary lifestyle. A chronic state of inflammation can raise your risk for disease. Regular yoga practitioners (who practiced once or twice a week for at least three years) have lower inflammatory responses to stress than people new to yoga, pointing to the conclusion that the benefits of a regular yoga practice keep increasing over time.

#### **10. Younger-Looking DNA**

Yoga and meditation may be associated with cellular changes that affect the body's aging process. Each of our cells includes structures called telomeres, bits of DNA at the end of chromosomes that get shorter each time a cell divides. When telomeres get too short, the cells can no longer divide and they die. Yoga may help to preserve their length. Men with prostate cancer who practised yoga an hour a day, six days a week, showed a 30 percent jump in the activity of a key telomere-preserving enzyme called telomerase. In another study, stressed care-givers who participated in a chanting practice called Kirtan had a 39 per-cent increase in telomerase activity, compared with people who simply listened to relaxing music.

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## POSTURES FOR OCTOBER

<p><b>SETU BANDHA (bridge)</b>  <b>Therapeutic Applications</b></p> <ul style="list-style-type: none"> <li>• Stress</li> <li>• Asthma</li> <li>• High blood pressure</li> <li>• Osteoporosis</li> <li>• Sinusitis</li> <li>• Anxiety</li> <li>• Insomnia</li> </ul>	 <p style="text-align: right; font-size: small;">DAVID MARTINEZ</p>
<p><b>SALABHASANA (locust)</b>          This is the best backbend for healing, because it strengthens the lower-back muscles while bringing circulation to the hip muscles.  <b>Therapeutic Applications</b></p> <ul style="list-style-type: none"> <li>• Fatigue</li> <li>• Flatulence</li> <li>• Constipation</li> <li>• Indigestion</li> <li>• Lower-back pain</li> </ul>	 <p style="text-align: right; font-size: small;">MARTY SCONDUTO</p>
<p><b>PARSVOTTANASANA (side stretch)</b>  <b>Therapeutic Applications</b></p> <ul style="list-style-type: none"> <li>• Soothes the nervous system by allowing energy to flow to the spinal column</li> <li>• Increases blood and oxygen flow to the heart and head</li> <li>• Gradually increases blood flow to the brain</li> <li>• Frees the respiratory muscles of the neck from tension.</li> </ul>	 <p style="text-align: right; font-size: small;">PORY EARNSHAW</p>
<p><b>ARDHA MATSYENDRASANA (half lord of the fishes)</b>  <b>Therapeutic Applications</b></p> <ul style="list-style-type: none"> <li>• Sciatica</li> <li>• Fatigue</li> <li>• Backache</li> <li>• Asthma</li> <li>• infertility</li> </ul>	 <p style="text-align: right; font-size: small;">DAVID MARTINEZ</p>
<p><b>VIPARITA KARANI (legs up the wall)</b>  <b>Therapeutic applications</b></p> <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Arthritis</li> <li>• Digestive problems</li> <li>• Headache</li> <li>• High and low blood pressure</li> <li>• Insomnia</li> <li>• Migraine</li> <li>• Mild depression</li> <li>• Respiratory ailments</li> <li>• Urinary disorders</li> <li>• Varicose veins</li> <li>• Menstrual cramps</li> <li>• Premenstrual syndrome</li> <li>• Menopause</li> </ul>	 <p style="text-align: right; font-size: small;">MICHAEL VENERA</p>