



# Karuna Yoga Newsletter

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## YOGA THERAPY HEART AND CIRCULATION (PART 1)

The heart is the organ that pumps blood to all parts of the body. The circulatory system, composed of arteries, veins and capillaries, carries blood to and from the heart to the entire body, supplying oxygen and nutrients, and carrying away waste products.

Inadequate blood supply to the heart muscles can be a result of blocked arteries. This eventually damages the cardiac muscles and is a major cause of heart attacks.

Yoga can heal parts of our bodies that have been injured, traumatised, or simply ignored and neglected. The ancient yogis realised that the cure for diseases lay within us. They formulated a therapy which worked on our very natures, to enable the systems of the body to function as effectively and efficiently as possible, both preventing and curing disease. Yoga asanas involve movements that stimulate injured parts of the body by increasing the blood supply to them. This natural process operates at its own rhythm and pace, and the pace may sometimes be slow.

The practice of asanas lubricates joints and increases mobility, bringing about an awareness of each muscle, joint and organ. Asanas are based on the simple principles of stretching, bending, rotating and relaxing. The approach is holistic, aimed at purifying and strengthening each organ, bone and cell of the body. As you open different parts of the body, it allows the organs to absorb fresh healing blood and energy. When a part of the body is affected by disease, it loses its sensitivity. During the practice of the specific therapeutic asanas, energy flows uninterrupted to the affected area, allowing the healing process to begin.

### HEART NUTRIENTS

#### CoQ10









Your heart beats about 100,000 times a day to get its job done and is fuelled by an enzyme called CoQ10. Many studies have shown that it is a powerful protection for your entire cardiovascular system. As we age our natural levels of CoQ10 diminish and can lead to symptoms such as muscle pain and weakness, headaches, difficulty sleeping, fatigue, memory loss and confusion. By the age of 50, our CoQ10 levels may be too low to support optimal heart function, and this can lead to an increased risk of heart failure.

#### Magnesium

It's important to feed your heart with magnesium as it regulates the action of calcium in the body. Calcium can lodge in your joints and arteries and anywhere in your body if not balanced with magnesium. A diet high in processed foods and consuming too much caffeine, table salt, or alcohol can lead to a deficiency. The following foods should be included in your diet for their healthy magnesium content: dark leafy greens such as spinach, Swiss chard and kale; pumpkin seeds, brazil nuts and almonds; white beans, brown rice, quinoa and millet. Dark chocolate is high in magnesium but choose a chocolate that is about 80 percent pure cocoa and organic.

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## POSTURES FOR THE HEART AND CIRCULATORY SYSTEM

<p><b>SUPTA BADDHAKONASANA (reclining bound angle )</b></p> <ul style="list-style-type: none"> <li>• <b>Regulates blood pressure</b></li> <li>• <b>Relieves varicose veins and sciatica</b></li> <li>• <b>Improves blood circulation in the ovarian area</b></li> <li>• <b>Helps hips and groins become more supple</b></li> <li>• <b>Tones the kidneys.</b></li> </ul>	 <p style="text-align: right; font-size: small;">CHRIS ANDRE</p>
<p><b>SETU BANDHA (bridge)</b></p> <ul style="list-style-type: none"> <li>• <b>Helps to prevent arterial blockages by resting the heart muscles and increasing blood circulation to the arteries</b></li> <li>• <b>Combats fluctuating blood pressure.</b></li> <li>• <b>Helps relieve stress-related headaches, nervous exhaustion and insomnia.</b></li> </ul>	 <p style="text-align: right; font-size: small;">DAVID MARTINEZ</p>
<p><b>ARDHA CHANDRASANA (half-moon)</b></p> <ul style="list-style-type: none"> <li>• <b>Strengthens the abdomen, ankles, thighs and spine</b></li> <li>• <b>Stretches the groins, hamstrings, chest and spine</b></li> <li>• <b>Improves coordination and sense of balance</b></li> <li>• <b>Helps relieve backache.</b></li> </ul>	 <p style="text-align: right; font-size: small;">MARTIN BOKUZITO</p>
<p><b>UTTHITA PARSVAKONASANA(intense side stretch)</b></p> <ul style="list-style-type: none"> <li>• <b>Relieves backache and neck sprains</b></li> <li>• <b>Corrects misalignment of the shoulders</b></li> <li>• <b>Makes the hip joint and spinal column supple</b></li> <li>• <b>Stretches and tones the abdominal organs</b></li> <li>• <b>Increases stamina.</b></li> </ul>	 <p style="text-align: right; font-size: small;">RORY EARNSHAW</p>
<p><b>UTTHITA TRIKONASANA (triangle)</b></p> <ul style="list-style-type: none"> <li>• <b>Tones the abdominal organs</b></li> <li>• <b>Stimulates digestion, relieving gastritis, acidity and flatulence</b></li> <li>• <b>Alleviates backache</b></li> <li>• <b>Reduces stiffness in the shoulders.</b></li> </ul>	 <p style="text-align: right; font-size: small;">RORY EARNSHAW</p>
<p><b>UTTANASANA (intense forward stretch)</b></p> <ul style="list-style-type: none"> <li>• <b>Rests and energises the heart and lungs</b></li> <li>• <b>Regulates blood pressure</b></li> <li>• <b>Increases blood flow to the brain soothing the nervous system</b></li> <li>• <b>Cures insomnia and relieves fatigue.</b></li> </ul>	 <p style="text-align: right; font-size: small;">DAVID MARTINEZ</p>
<p><b>USTRASANA (camel)</b></p> <ul style="list-style-type: none"> <li>• <b>Expansion of the chest alleviates stress</b></li> <li>• <b>Increases lung capacity</b></li> <li>• <b>Improves blood circulation</b></li> <li>• <b>Tones the spine relieving lower backache.</b></li> </ul>	 <p style="text-align: right; font-size: small;">CHRIS ANDRE</p>
<p><b>VIPARITA KARANI (inverted lake or legs up the wall)</b></p> <ul style="list-style-type: none"> <li>• <b>Regulates blood pressure</b></li> <li>• <b>Relieves palpitations and breathlessness</b></li> <li>• <b>Relieves asthma, bronchitis and throat ailments</b></li> <li>• <b>Improves circulation and prevents varicose veins.</b></li> </ul>	 <p style="text-align: right; font-size: small;">MICHAEL VENERA</p>