



When you have a little more energy try a few supine leg raises, Camel pose (standing on the knees, hip width apart, tuck tail bone and lift heart to the sky; this opens the abdomen and chest and strengthens the legs, arms and back.

## PRANAYAMA

Yoga breathing exercises, such as Humming Bee Breath, help calm your nervous system and increase oxygen levels and blood supply to the internal organs. This promotes deep calm and balance. Learning how to breathe correctly is a wonderful skill to use anytime during a flare-up or when in remission, to help maintain an even keel.

**Ujjayi** – is the foundation breath which supports all others. It is vocal diaphragmatic breathing which activates a symphony with the thoracic and pelvic diaphragms. Breathing diaphragmatically ensures maximum oxygen uptake with minimum effort. The body discharges 70% of its toxic waste through exhalation and receives 50% of its energy base through inhalation - correct breathing ensures the greatest opportunity for efficiency. The base of the lungs house the majority of lung blood cells, absorbing more oxygen than above as a result. When you breathe diaphragmatically you draw air into the lowest lungs, (as well as the middle and top) easily. The load on the heart reduces and the nervous system maintains parasympathetic status, which means cellular regeneration.

Lengthen your exhale with a 'haaaaaaaa', pause and then inhale mentally and physically below and behind the navel. Being the centre of gravity, this allows the deepest absorption and greatest expansion of energy throughout the body's mass. Try Alternate Nostril Breathing and Chandra Bhedana (breathe out right nostril, in left) to further to calm the mind and nerves.

**Sitali pranayama** - Cooling breath to reduce inflammation.

**Vaman Dhauti** - for a more intense practice which requires the aid of an experienced teacher, this is drinking and regurgitating water to flush the stomach and reduce acidity.

**Compression** – When constipated, inhale into the belly and chest, gently press the belly down as if to break wind, hold the breath a few seconds, (not with heart condition or pregnancy), then relax and exhale.

**Bhastrika** – or Bellows Breath purifies the blood, oxygenates the system and stimulates digestive fire. Moves blood in and out of the digestive organs, increases lubrication, tones the liver and kidneys to promote toxic discharge. Calms the mind and eliminates excess bile and mucous to balances the three doshas, giving rise to excellent health. Note: When you start Bhastrika acidity may increase, so do very little (1 or 2 rounds of 10) and counteract with the Cooling Breath and Natural Yoghurt.

## MEDITATION

Practice yoga nidra or yogic sleep as regularly as possible. Be aware of your breathing and focus it in to any pain. With every exhale, learn to let go. If you are practicing postures and breathing, let them culminate in yogic sleep. This is a superior practice with amazing physical and spiritual benefits.

Knowing the body is like a river, changing cells each moment, reminds us that if we alter the 'programme' the image alters respectively. Mind shapes matter and so feelings and beliefs of self love and compassion enable us to grow to see the lessons sickness comes to remind us of.