

ASTHMA



&

YOGA



Yoga For Asthma

Let's talk about how yoga can help asthma. Asthma is getting more and more common due to pollution, diet and allergies, etc.

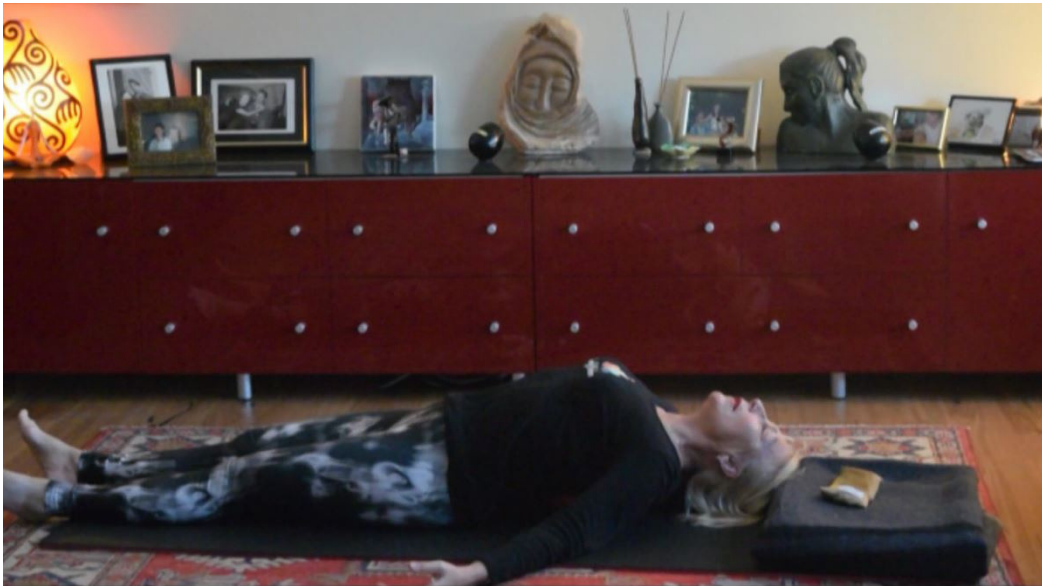
One of the issues that occurs with asthma is the airways are not fully open, causing a lack of oxygen going into the body.

It is a chronic disease of the airways that makes breathing difficult. Breathing exercises can help to open the airways.



Here Are Some Exercises That Can Help

One of the things that really helps asthma is to open up the lungs and open up the chest.



Chest Opening Exercise



- Get a chi ball and place the chi ball on the thoracic area of your spine.
 - Inhaling, lay on the mat, with the ball behind the spine, opening up the chest.
- Dropping your arms down to the floor and take some deep breaths. Opening up the airways, opening up the lungs.
 - Inhaling and exhaling, and again inhale and exhale..... Take some time to take deep breaths here.

This is really good, if you have had an asthma attack and you're feeling quite stressed with it.



- Close your eyes, breathing deeply, opening up the lungs, opening up the airway passages.
- Inhaling through your nose, and exhaling through your mouth.
- Giving yourself a couple of breaths here. Inhaling and exhaling.... Inhaling and exhaling.... Now remove the ball.

Exercise and movement is beneficial as it moves oxygen through the blood to the muscles, to the lungs, to the brain, and that will help people who suffer from asthma.

So keep your body moving.



Supine Spinal Twist



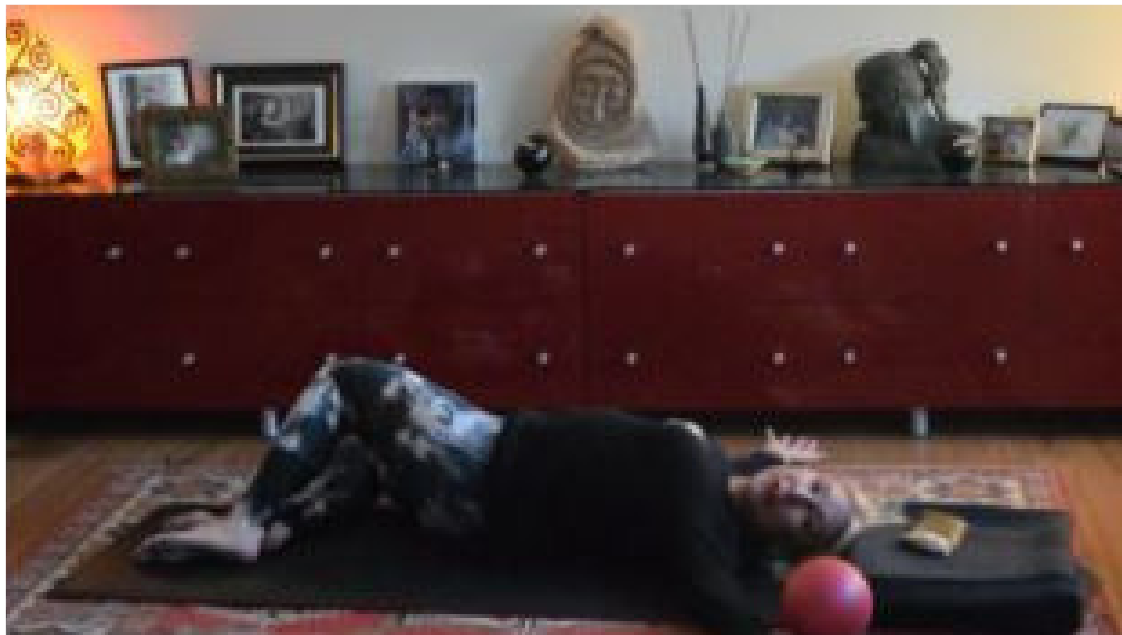
Supine Spinal Twist (Supta Jaṭhara Parivartānāsana)



- Taking yourself back down to the mat, laying on your back.
 - Stretch out your back.
 - Drop your feet, flat to the mat.
 - Open your arms out to the side.
- Inhale, turn and drop your legs to one side. Opening up the lungs, stretching into the spine using your breath.
- Inhale again and move over it to the other side, dropping the legs and exhale.



Stretching



Stretching



- Come to the centre of your mat.
 - Take a deep breath.
- Reaching your arms back towards the floor.
- Reach with one arm and one leg, inhaling and exhaling, and again, inhale and exhale and reaching back.
- Inhaling and exhaling and reaching back with both arms and both legs extending.

Feeling a long stretch into the body.



It is very important to keep moving and help yourself to use your lung capacity.

Now coming over to your side. We are going to move over to your abdominals.

One of the things that people have used for years is swimming.

It helps asthma attacks and people suffering from asthma.

There's a Pilate's exercise called swimming.



Here Is A Pilates Exercise For Asthma



Swan Dive Prep & Swimming For Spinal Balance & Abdominal Strength.



Swan Dive can be done at a modified level right to a very advanced level that includes rocking.

I will be only doing a Swan Dive Prep which is modified as we are also leading into further spinal strengthening with Yoga Modified Bow Pose.

This strengthens the entire spinal muscles while it is also an excellent counter stretch from the side lifts and forward flexion exercises as it opens the chest, stretches the abdominals, hips and quadriceps.



It is also similar to the yoga pose called Cobra or Mini Cobra (Salabhasana).

This pose counteracts the forward bending exercises and balances the spine, chest, and shoulders after sitting in a slouched position, such as desk/computer work, for an extended period of time. Great for evening classes.

- Begin by lying face down on the mat with your arms in an L shape with your hands next to your shoulders and shoulders are away from the ears.
- The legs are hip width apart and can be parallel or turned out slightly.



- Inhale and engage abdominals on the exhale as though you are lifting your belly button off the mat. Keep the abdominals engaged with a feeling of lifted throughout the exercise which protects the lumbar spine.
- Inhale again and lengthen your spine and on the exhale press your arms to the mat and lift the upper body keeping the neck lengthened and the hips and legs on the mat.
- Inhale again and as you exhale release the lift and lengthen your spine as you return your upper body to the mat. Repeat 3-5 times and then lift 1 leg at a time for 4 and if the back is feeling strong and supported lift both legs and arms off the mat.



- This then moves into swimming alternating 1 leg and opposite arm either from the floor or in the air again depending on core strength and stability. This balances the spinal muscles as it works across the back while developing control from the prone or face down position.

- Lengthen arms in front and inhale maintaining a stable pelvis as you exhale lengthen and lift alternate legs from the floor while lifting and lengthen alternate arms.

This can also be done lifting both legs and arms from the floor and alternating in the air, but the torso must remain stable without swinging from side to side. Repeat 3-5 times.



- Rest taking the arms down the side of the body and turning the head to one side stretching the neck and then to the other side.

Come on up into child's pose.



Here Is A Yoga Exercise For Asthma



**Spine Stretch or Child's Pose with
Extended Arms**



Jill Healy-Quintard's Fitness and Wellness Tips.

Aim: To stretch the spine, hips, thighs and ankles.

To stretch shoulders, hands and wrists.

This is perfect as a rest and stretch between all exercises from Down Dog to floor work and especially after back exercises and a lead and flow into Cat Stretches.



Breathing

Inhale/Exhale through the nose and relax into this pose

- Move to the floor from Down Dog.
- Either spread the knees or keep straight ahead depending on weight, pregnancy and knee condition.
- Bring the front of torso to rest on the thighs if possible and forehead to or on the floor.



- Stretch arms in front. This can also be a chance for a wrist stretch by firstly lifting the fingertips and then lifting the wrists.
- The arms can also be along the side of the body.
- Keep the toes rolled under for a dynamic stretch of the toes as well and then prepare for Cat Stretch.

Watch Point: Lengthen arms as far as comfortable, knees hip width or separate further particularly if pregnant for more comfort.



Contraindications

Knee issues and recent hip replacement and shoulder issues with extended arms. Arms can be placed at the side of the body.

Come back up to sitting, inhaling – taking a deep breath and relaxing. Take it easy on your body while it is healing.



**This Ebook is a collaboration between Jill Healy-
Quintard, Yoga Teacher at bodyandbalance
& Global Healing Exchange**

