

COLD/FLU



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YOGA



Yoga For Cold/Flu

Let's talk about cold & flu and if it's possible to actually exercise. When you have a cold and it is in the nasal passage and/or in the head, it is OK to do some gentle exercises but not intense exercise.

Do exercise that is mild and feels OK for you at the time. Do not push your body.

If you have a headache, of course, it's not going to be very comfortable but breathing will help your headache.



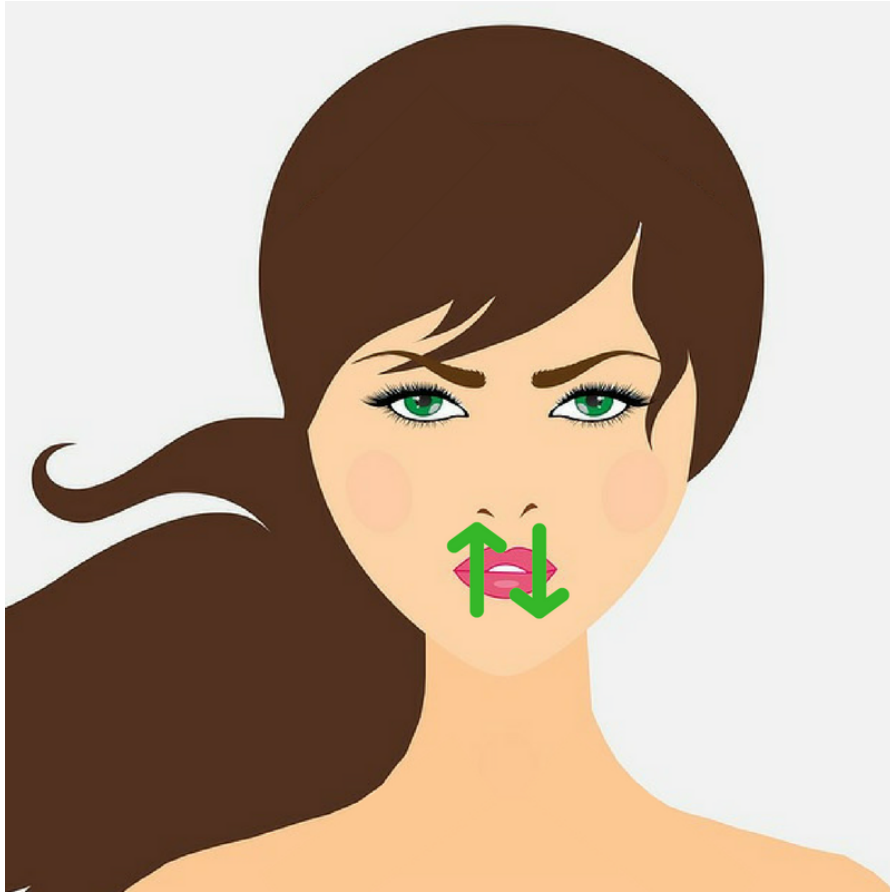
If you have blocked nasal passages and the cold has not moved down to your chest, then you can still quite comfortably exercise, while taking it gently.

There is a great yoga breathing technique that actually helps unblock nostrils, it is called alternate nostril breathing. If your nostrils are very blocked, you may have an issue with this. This is a very, very simple exercise.

We will show you how easy it is...



Alternate Nostril Breathing



Alternate Nostril Breathing - Nadi Sodhana

This breath is balancing, relaxing, and calming.



1. Sit in a comfortable cross-legged position.
2. Using your right hand, fold your index and middle fingers into your palm, leaving your thumb, ring finger, and little finger sticking up.
3. Bring your thumb to the right side of your nose and your ring finger to the left side.
4. Close off your right nostril with your thumb.
5. Inhale through your left nostril.
6. Close off your left nostril with your ring finger.



7. Open and exhale through your right nostril.

8. Inhale through your right nostril.

9. Close off your right nostril with your thumb.

10. Open and exhale through your left nostril.

11. Inhale through your left nostril.

12. Continue alternating 5 to 10 times.

This can be counted by placing your thumb on each finger 1 or 2 times round.



After a few rounds of doing this, you will be breathing a little bit more freely. But if the cold or flu has travelled further down and it's on your chest, it's actually not safe to exercise at all because it is really hard on the heart.

If you've got anything going on with your lungs, (mucous filled lungs, cough, deep flu symptoms), then it is actually more stressful than beneficial to do exercise.

You can however, exercise just by relaxing and breathing. Finding a comfortable position, inhaling and exhaling through the nostrils, alternate nostril breathing or taking gentle breaths yourself.



Take some time to fill the lungs up (as much as you can) and exhale. If you find you have a lot of mucus on the lungs, just go with some breathing and expanding your lung capacity.



Here Is A Yoga Exercise For Cold/Flu



Expand Lung Capacity By Opening The Chest



You can expand lung capacity using a few different exercises and one is putting something underneath your back around the thoracic area and laying down on the mat or floor, opening up the chest and breathing, this is actually quite relaxing too.

Drop your arms down, knees are bent. Take in some inhales and exhales, keeping a broadened ribcage, opening up into the lungs.

This could help you with your breath, particularly if you do have a flu. It is relaxing too. Close your eyes inhaling deeply and slowly, exhaling deeply and slowly.

Relaxing.



Visualisation

It is really good to use visualisation, so visualize yourself clearing any blockages.

Visualise yourself feeling better. Feel what that feels like. Let your body relax into what is happening right now.

Inhale in through the nose, exhale out through the nose.

Relaxing the body.

Give yourself a few minutes of doing this, then sit up, turn around and bring yourself into a spine stretch.



Here Is A Yoga Exercise For Cold/Flu



**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

