

IMMUNE SYSTEM



&

YOGA



Yoga For Strengthening The Immune System

Let's talk about exercises to help you to build-up your immunity.

If you have a cold or flu, are on antibiotics, or feeling low, you want to build up your immune system so you feel stronger.

Let's start with your posture and your breath.



When you start breathing deeper, it helps you to circulate the blood through the body and oxygenating the blood.

This actually helps you to build your immune system.

We are going to do a mixture of Yoga & Pilates.

Standing up straight.

Inhale through nose.

Exhale through your mouth.



As you do that, you begin to engage your core muscles. So breathe in through the nose again, and as you breathe out, engage your core muscles, (the area between the navel and pubic bone).

Lifting up slightly through the pelvic floor muscles, trying not to squeeze the buttocks and engaging those core muscles to around 50%.

If you think that 100% is a tight belt, bring it in to around 50%. Breathing in through the nose, filling out the lungs, feeling the space between the ribs and breathing out through the mouth.



Roll Down Or Standing Forward Pose



We are going to do a roll down or, in yoga we call this a standing forward pose.

Inhale and lift your arms up, reaching up.

Exhale as you bring your arms down.



Filling up the lungs, beginning to warm the body.

Inhale, bringing your hands together, softening your knees, exhale and let yourself fold all the way down to the floor, reaching your hands towards the floor.

Give your shoulders a shake and move your head from side to side, so it is nice and loose. Letting gravity take your body towards the floor.

This is bringing the blood to the brain, oxygenating the whole body. All of this will help you to build your immune system.



Side Twist



Inhale again.

Exhale, hold.

Dropping your body forward towards the ground.



Hold your elbows (with both hands) twist to one side (bringing your ribcage closer to your hips) as you exhale. There is a little bit of a massage to internal organs here as well.

Inhale and twist to the other side as you exhale.

Inhale as you roll back up to standing, exhaling and dropping your shoulders down.

Inhale, reaching up again,

Exhale as you bring your arms down.



Lunge Or Warrior One



We are going to take this into a lunge or warrior one pose. Warrior one is a good strong pose.

Standing on your right leg, Take your left leg forward.



Coming into a lunge position, you can wriggle your toes forward a little, if you have any knee issues. Make sure you can see your toes.

Dropping your left knee down.

Feeling the length in your body. Engaging your core.

Inhale, reaching up.

Dropping your weight down and feeling the length in your spine.



Taking deep breaths, concentrating, holding the position, thinking of your immune system getting stronger as you are reaching up, and dropping your weight down. Keeping the length in your spine.

Inhaling. Exhaling.

Swap sides.

Come back up to standing, bring your feet together. We are now going to take this down onto the floor.

Inhale again and roll yourself down.

Drop to your knees.



Child's Pose



Moving to an all fours position.

Then moving back, bum towards feet, stretching the spine, arms out straight into a child's pose feeling the stretch.



Cat Stretch



Inhale, come back to all fours.

Keep moving through the spine, lifting it towards the ceiling as you exhale, mobilising the spine.



And moving through the other way, lowering your chest towards the floor as you exhale.

And again inhale and push up your vertebrae towards the ceiling into a cat stretch.

Keep mobilising. Keep those muscles working. Exhaling, moving through the other way.

Bring yourself around to a seated position.

Inhaling, lowering yourself down to the mat, laying face up, as you exhale.

Lift one leg. Lift the other leg.



Extend both legs up towards the ceiling.

Flex your feet and feel a stretch in the back of your legs.



Side Stretch



Bring your knees into your chest, then bring your knees to one side towards the floor.

Move your head to the opposite side.



Now it's starting to massage a little bit more into the internal organs. So you have your liver on the right, and your spleen on the left.

Inhaling and exhaling, lifting your legs and dropping them to the other side.

Moving your head to the opposite side.

Come back to the centre.

Inhale, hug your knees to your chest.

Reaching up to the ceiling, straightening your legs and reaching up towards your toes.



You are stretching into your shoulders and your back.

Hamstring stretch. For a strong hold, if you can, straighten both legs and hold them with your hands.

Inhale, bring your knees back down to your chest and rocking back and forth as you exhale.

Come on up.

These are 5 exercises that will help you with keeping your immune system strong.



What will you do to strengthen your immune system?

Will you make these simple exercises part of your daily or weekly practise?



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

