

Gentle Movements with an **Emphasis on Breath**

Gentle Movements with an Emphasis on Breath

- Increase your sense of balance
- Increase your flexibility
- Increase your strength

- Learn how to utilize your breath to enhance your immune system

Lymphatic System

- The lymphatic system is part of the immune system.
- It is a network of nodes and channels that help rid the body of toxins.
- Functions as a drainage system where fluid is filtered through the lymph nodes to be assessed by the immune system.
- Helps to defend against bacteria and viruses
- Runs parallel to the blood capillaries

The Breath and the Lymphatic System

- Deep breathing increases the flow of the lymphatics into the venous system via the thoracic duct
- When we exhale there is an increase in the thoracic pressure which facilitates the movement of lymph fluid into the circulatory system, eliminating toxins

Deep Diaphragmatic Breathing

Exercise # 1

- 1- hands on abdomen- watch the rise and fall
- 2- hands on ribs
- 3-hands on upper chest

Also known as the Three Part Breath

Benefits:

- 1-decreases stress
- 2-decreases heart rate
- 3- increases oxygenation
- 4-stimulates the lymphatic system-detoxification properties
- 5-increases energy

“HA!”

Exercise #2

- Come to stand in Mountain Pose –emphasis on posture
- Bring arms out in front and swing back while bending knees and chanting “HA”

Benefits:

- 1-stimulates lymphatics in arms, chest and pelvis
- 2- increases lung capacity
- 3-invigorates the entire body, especially the joints
- 4-opens up the chest

Seated Twist

Exercise #3

- Sit in chair with emphasis on posture
- Left hand comes to right thigh, right hand comes to the back of the chair. Twist to the right and then have head turn to the left

Benefits

- 1- improves digestion
- 2- massages the lymph nodes that run along the ascending, transverse and descending colon
- 3- improves bone density of facet joints

Seated Half Moon

Exercise #4

- Sit well with attention to posture
- Come to sit slightly to the right side of chair –left hand to the left side of chair. Inhale and raise right arm alongside ear and extend torso to the left (repeat other side)

Benefits:

- 1-stretches the lateral side body
- 2-stimulates lymph nodes on side body
- 3-increases flexibility

Heel Lifts

Exercise #5

- Come to Mountain Pose
- Lift heels off the floor while keeping hand on back of chair
- Do x 20 at least once/day

Benefits:

1-strengthens calves

2-stimulates lower extremity lymphatics

3-increases spinal bone density

4-improves balance and posture

Half Salutations

Exercise #6

- Come to Mountain Pose
- Inhale- lift the arms straight up overhead
- Exhale- bend the knees crossing arms in front

Benefits:

- 1- stimulates respiratory and circulatory systems
- 2-increases oxygenation
- 3-increases range of motion in all major joints
- 4-

Chair Pose

Exercise #7

Warrior 1-Crescent Version

Exercise #8

- Sphinx Arms to Eagle Arms

Downward Facing Dog with Chair

Exercise #9

Plank Pose with Chair

Exercise #10

- Do daily
- Drink an extra glass of water with a small piece of lemon
- Eat greens