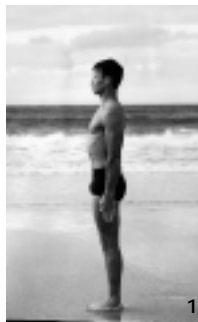


yoga



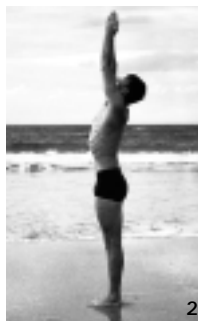
BREATHE YOUR WAY INTO WELLNESS AND VITALITY WITH THIS ESSENTIAL YOGA POSE.



1. TADASANA

2. URDHVA HASTASANA (ARM SEQUENCE)

Free your spine and your breath with this beautiful arm sequence. By simply raising the arms up and down with the in and out breath we stimulate deep full breathing as well as circulation to the arms, chest and spine. Between each vertebra lies nerve passages that run out to nourish our vital organs; so the more we keep the spine lengthened and limber the healthier we will be. Synchronising the body's movements with the breath also works to empty the mind of thoughts and to bring us into the present moment.



Positioning: From sitting or standing (image 1), breathing through the nose, use the inhalation breath to raise the arms up over the head, stretching up out of the hips and lengthening the torso. On the full inhalation drop the shoulders and extend the arms upwards, palms facing each other, shoulder-width apart (image 2). On exhalation, draw the navel back towards your spine and slowly release the arms down by your side (image 1). Continue this flowing sequence with the focus on your 'in' and 'out' breath. If you're restricted for arm space try raising the arms up and down directly in front of you rather than out to the side. Repeat 5–10 times at a slow controlled pace.

INFORMATION AND IMAGES REPRODUCED WITH PERMISSION FROM *YOGA POSTURES FOR YOUR BODY MIND & SOUL* BY JESSIE CHAPMAN, HARPERCOLLINS AUSTRALIA. FOR MORE INFORMATION ON JESSIE GO TO WWW.INTOYOGA.COM.

PHOTOGRAPHY / DHYAN DENNIS

INFLIGHT HEALTH

- DVT (deep vein thrombosis) is blood clotting in a major vein, most commonly in the legs or lower body, causing blood flow to be slowed.
- Medical practitioners advise that certain people may be more susceptible to developing DVT. These include people who are immobile for periods of time, those with a personal or family history of DVT, people with certain blood disorders or who have recently undergone major surgery, smokers, people with heart disease, pregnant women and the elderly.

WE SUGGEST YOU:

- Drink plenty of water and other hydrating fluids during and after the flight, but limit alcohol, tea and coffee.
- Take regular walks around the aircraft when the seat belt sign is off. Also, stretch and move your arms and legs at regular intervals.
- Avoid crossing your legs when seated. Massage your calves and thighs and regularly move your ankles by circling and gently shaking your feet.

IF YOU EXPERIENCE ABNORMAL SWELLING, TENDERNESS OR PAIN AFTER YOUR FLIGHT, WE STRONGLY RECOMMEND YOU SEE YOUR DOCTOR. THIS IS NOT A COMPREHENSIVE LIST. IF YOU HAVE ANY DOUBTS ABOUT YOUR PARTICULAR HEALTH RISKS, YOU SHOULD TALK TO YOUR MEDICAL PRACTITIONER.

