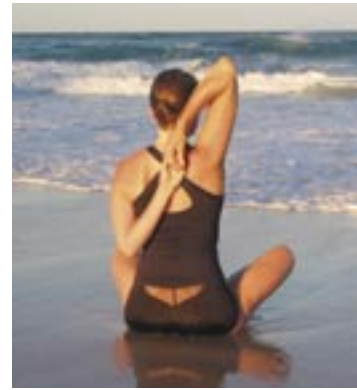


# yoga

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



## CHEST & SHOULDER RELEASE

Are your shoulders feeling tight and in need of a good deep tissue massage? If you didn't have time to have a massage in the Virgin Blue Blue Room before your flight, you can do the next best thing and help wash away tension with this soothing chest and shoulder-opening asana. This posture deeply stretches and opens the chest and pectoral muscles, increasing space through the chest cavity for deeper, fuller breathing. You may also notice a stretch in the fingers and wrists helping with circulation through the arms. Get into the habit of doing this simple stretch throughout your flight and working day to lessen the build up of tightness and for increased range of movement in the shoulder joints... but don't let that stop you booking in for that well-deserved therapeutic massage!

**FIND RELIEF:** From sitting or standing inhale to raise the left arm up. Exhale to bend



the arm placing the palm of the hand behind the back, fingers pointing down. Next inhale to wrap the right arm behind the back, palm and fingers facing up. Eventually, as you work with the breath, you will be able to interlock your fingers behind your back. But even if that does not come straight away you can work at moving the fingers closer together and breathing into the shoulder stretch and chest opener. Keep the chest lifted and the left elbow away from the head to free the neck. Practise for 5-10 breaths and change sides.

JESSIE CHAPMAN IS AUSTRALIA'S BEST-SELLING YOGA AUTHOR OF FOUR YOGA BOOKS PUBLISHED BY HARPERCOLLINS PUBLISHERS. FOR MORE ON JESSIE GO TO [WWW.INTOYOGA.COM](http://WWW.INTOYOGA.COM).

## 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.