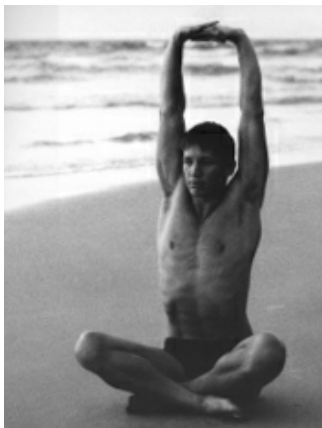


inflighthealth

yoga



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



SUKHASANA 11

SUKHA = HAPPY

ASANA = POSTURE

Be in a position to lengthen in this simple seated posture. In Sukhasana (pictured) we create a light, mobile upper body by elongating our arms over our head and stretching upwards. This deep stretch opens the chest and shoulders, expands the heart and lungs, releases stiffness in the back muscles, improves posture and separates the spinal vertebrae. Nerve passages run from each vertebra out to our vital organs, nourishing and feeding them, so creating space through the spine promotes healthy organs and increases energy levels. Discover lightness of being in Sukhasana.

Positioning: Sit upright with your knees and feet together. Inhale to raise your arms up over your head and interlock fingers. Turn your palms out to face upwards. As you breathe, inhale to lift out of your hips and stretch upwards through the sides of your torso. Focus on keeping the elbows locked and your arms moving back behind the line of your ears with the shoulders dropping. Use deep full breathing to open the chest, heart and lungs and promote space through your whole spine. Hold for 5-10 full breaths, release and rest. Practice whenever you find yourself slumping or feeling fatigued.

*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
PHOTOS BY 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.