

inflight **health**

yoga



YOGA INSTRUCTOR AND AUTHOR JESSIE CHAPMAN SHARES HER TIPS ON WELLBEING.



PARIGHASANA

PARIGHA = GATE
ASANA = POSTURE

One of the most forgotten parts of our body is the sides of our torso. On a purely physical level yoga postures are designed to stretch, strengthen, cleanse and tone the body, which is why there are so many different types of postures (asanas). There are also many asanas to stretch the sides of the torso, one of the most effective being Parighasana (pictured). When onboard you can adapt the posture to practice from your seat or the upright position, when possible.

Positioning: Our objective is to release tightness in the muscles of the lateral torso and to lengthen them. Begin by inhaling to raise the right arm and exhale to drop the arm over the head. Use deep, full breathing through the nose. With each inhalation

lengthen and extend and with each exhalation soften and release, going a little further into the stretch. **Hold:** For five full breaths, then exhale to release and change sides.

*INFORMATION AND IMAGES REPRODUCED WITH PERMISSION FROM PARTNER YOGA FOR YOUR BODY MIND AND SOUL BY JESSIE CHAPMAN, HARPERCOLLINS AUSTRALIA.

PHOTOGRAPHY / DHYAN DENNIS

IN-FLIGHT 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.