

inflighthealth

yoga



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



NAMASTE STRETCH

NAMASTE =
AN INDIAN GREETING

This move opens your chest, heart and lungs. This posture is particularly effective for people who spend long periods working at a desk or leaning over a computer. This stretch reverses hunched shoulders and a forward slumping posture, which causes shallow breathing and tight chest muscles. You will stretch the chest cavity and respiratory muscles, including the heart and lungs, and increase your ability to breathe deeply which offers a boon of health for your heart.

Positioning: From a seated or standing position place palms together behind your back with fingers pointing upwards. Try and press the whole palms

and wrists together. You may experience stiffness in the wrists, hands, shoulders and chest, when first attempting this posture, however, with practice the upper body muscles soften and the hands move closer together. Press fingers into your upper back to increase the chest opening. Drop your shoulders and gaze forward as you breathe. Hold for 5-10 deep breaths, rest and repeat.

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

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.