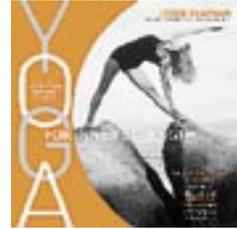


# yoga



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



## PARVATASANA

PARVATA = MOUNTAIN

ASANA = POSTURE

Parvatasana is a beautiful arm-strengthening pose that cultivates inner peace. As we stay in the asana the mind empties of busy thoughts, the body becomes still, the connection within deepens.

We find ourselves through just being, breathing and maintaining a single point of focus: the sound of the breath. This arm-raising posture also develops strong, toned arms, opens the chest, heart and lungs for better breathing, tones all the respiratory muscles, increases circulation through the arms and helps relieve symptoms of wrist strain.

**Positioning:** From sitting or standing, breathing through the nose, inhale to raise the arms up over the head bringing the palms together. Exhale to bend the elbows so the arms form a diamond shape over the head. Keep the shoulders down and shoulder blades moving down the back. Rotate the elbows back and focus on opening and lifting the chest as you breathe. Keep the abdomen drawn slightly back and in towards the spine so you are activating core muscles. Don't sway the lower back. Hold for 5-10 breaths focusing on the soft airflow in and out of the nostrils. Keep the eye gaze relaxed and focused at eye level ahead.

INFORMATION AND IMAGES REPRODUCED WITH PERMISSION FROM *YOGA FOR INNER STRENGTH* BY JESSIE CHAPMAN, HARPERCOLLINS AUSTRALIA. 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.