



Do you suffer from stiffness and general inflexibility? Then this article is important for you!

YOGA FOR ALLEVIATING STIFFNESS

Lack of flexibility and elasticity in the tendons and ligaments reduces the ability for the joints to open and move to their full capacity creating gradual stiffness and possible pain in the body. Flexibility is vital for good health and maximizing longevity. Through the opening of the joints and stimulating of the muscles and nerves, blood, body fluids and energy will flow to their maximum potential.

Stiffness can be due to the natural aging process, stress or lack of exercise. As stiffness occurs it reduces the energy and blood flow in the bodily and brain channels which leads to toxic build up and further stiffness.

If the following yogic practices are carried out for a minimum of 41 days the body will start to detoxify and flexibility can be regained along with increased motivation.

1. Warm up sequence	10 minutes.
<i>Wind Mill Rotation</i> : Move arms in a circle up, out and around the body	21 times (backward and forward)
<i>Digging the Earth</i> : Reach hands up then down to touch the ground	21 times
<i>Triangular Spinal Twist</i> : With feet wide, alternate touching each hand to the opposite foot	21 times
<i>Squatting</i> : Squat down whilst raising up onto the toes	21 times
<i>Indian Push-ups</i> : Move from downward dog to cobra position and back again	21 times

ASANA

2. Uddiyana (sitting) – Abdominal Contraction	11 rounds.
3. Shavasana - Corpse	3 minutes.

PRANAYAMA

4. Bhastrika – Bellows Breath	30 - 100 rounds.
5. Ujjayi – Upliftment of Prana	5 minutes.
6. Nadi Shodhana – Purification of the Nerve Network	5 minutes.

HERBAL REMEDY

- **Harad(*Terminalia chebula*) fruit powder – small sized fruit species**

Take 3 grams with warm water before bed everyday. It should be taken for 3 – 6 months or longer until improvement is felt.

This herb helps to detoxify the colon and release the toxins, *ama*, from the entire body via the faeces, alkalizes the system and has laxative properties. These properties will all promote flexibility in the body.

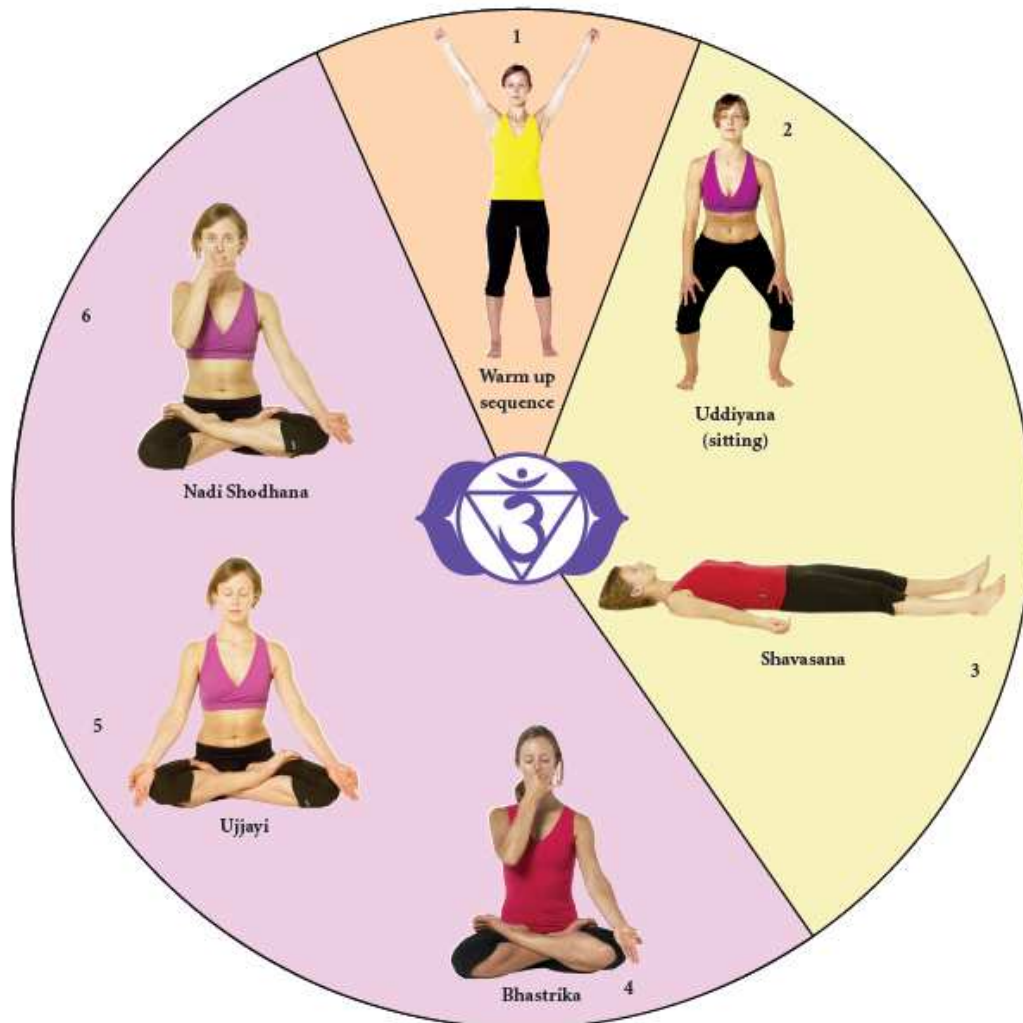
HEALTH TIP

- **Drink 2 cups of hot boiled water everyday before breakfast**

The temperature of the water helps to open the joints and increase blood flow to the area.

PRECAUTIONS

Beginners are advised to begin sequences with less rounds so as not to overload their muscles and joints. As you continue to practice yoga, you may progress to the full number of rounds.



Disclaimer: This article is written only as a guideline, for further instruction please consult your yoga instructor

Reference: *YATAN Yoga Therapy* (2009) by Raman Das Mahatyagi; *YATAN Yoga* (2007) by Raman Das Mahatyagi