

Yoga To Ease The Symptoms Of Bronchitis



Image	Pose	Description
	Mountain	<p>Stand with feet hip-width apart. Tuck chin in. Legs slightly bent. Shoulders back and down.</p> <p>Benefits: Improves posture and concentration. Strengthens legs. Engages core. Strengthens your thighs, knees, and ankles. Firms your abdomen and buttocks. Relieves sciatica. Reduces flat feet.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>Modifications: A) Palms together in prayer mudra behind the back. B) Hands raised over your head. C) Eyes closed. D) Samashthiti (feet together). E) Feet hip-distance apart. F) Rock gently back and forth and side to side. G) Block between the thighs. H) Palms together in front of the chest in prayer mudra. I) Interlace fingers and extend arms straight in front of you (shoulder stretch).-</p> <p>Precautions : Avoid locking the knees out (allow your knees to soften).</p>
	Mountain Arms Parallel	<p>Feet hip width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. Raise arms level with shoulders.</p> <p>Benefits: Improves posture. Strengthens legs and arms. Engages core.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>Modifications: A) Palms together in prayer mudra behind the back. B) Hands raised over your head. C) Eyes closed. D) Samashthiti (feet together). E) Feet hip-distance apart. F) Rock gently back and forth and side to side. G) Block between the thighs. H) Palms together in front of the chest in prayer mudra. I) Interlace fingers and extend arms straight in front of you (shoulder stretch).-</p> <p>Precautions : Pregnant.</p>




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	<p>Mountain Arms Raised I</p>	<p>Feet hip width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. Raise arms overhead. Benefits: Improves posture. Strengthens legs and arms. Engages core. Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0 Modifications: A) Standing twist. B) Standing arms overhead. C) Standing arms overhead with palms together. D) Samashthiti (feet together). Precautions : Pregnant.</p>
	<p>Standing Backbend</p>	<p>Start in Mountain. Place palms on low back, fingers point down. Squeeze thighs and buttocks. Press hips forward and arch torso back. Gaze forward. Use arms to support weight. Keep legs and buttocks engaged. To release keep legs, buttocks and arms strong. Benefits: Stretches sides of torso, spine. Stimulates abs. Video: https://www.youtube.com/embed/bZPFVITAUVs?rel=0 Modifications: Drop head back. Precautions : Back or neck injury.</p>
	<p>Supine chest Openers</p>	


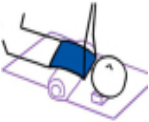
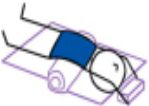
Image	Pose	Description
	<p>Supine Bolster Hands Touch Elbows</p>	<p>Put bolster to side. Lie on back. Bring feet close to buttocks. Lift hips. Slide bolster under back. Allow shoulders to descend. Let head touch floor. Reach arms up and behind. Fold arms so hands touch elbows. Relax face. Release on exhale by bringing arms to side.</p> <p>Benefits: Awakens spine. Increases lung capacity, metabolism.</p> <p>Video: https://www.youtube.com/embed/5F_I7Skf_4U?rel=0</p> <p>Modifications: Blanket under head.</p> <p>Precautions : Back injury.</p>
	<p>Supine Bolster Arms Up</p>	<p>Sit in front of bolster and block. Rest upper back on bolster and place head on block. Rotate shoulders open. Feel shoulders descending to mat. Breath into upper body. On exhale extend arms up. Let palms touch.</p> <p>Benefits: Strengthens arms.</p> <p>Video: https://www.youtube.com/embed/7-5TCofaLbg?rel=0</p> <p>Precautions : Back injury.</p>
	<p>Supine Bolster Arms Behind Block</p>	<p>Put bolster and block to side. Lie on back. Feet to buttocks. Lift hips. Slide bolster under lower back. Shoulders to descend. Head touches floor. Take block in hands and lower behind. Feel middle of spine stretching. Hold. Return.</p> <p>Benefits: Awakens spine. Increases lung capacity, metabolism.</p> <p>Video: https://www.youtube.com/embed/5F_I7Skf_4U?rel=0</p> <p>Modifications: Blanket under head.</p> <p>Precautions : Disk injury.</p>


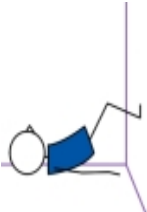
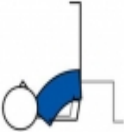
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	<p>Chest Openers & Inversions</p>	
	<p>Bridge Wall</p>	<p>Lie supine. Place soles of feet against wall until thighs are at a 90 degree angle to the floor. Push feet into wall to curl tailbone up and slowly lift tailbone. Push low back into the floor to help slowly peel tailbone up one vertebra at a time. Lower one vertebra at a time to the start. Repeat.</p> <p>Alternatives: Bridge.</p> <p>Benefits: Mobilise spine. Chest, neck stretch. Reduces backache.</p> <p>Video: https://www.youtube.com/embed/_PbOngmDQj0</p> <p>Modifications: Blanket under shoulders.</p> <p>Precautions : Knee or neck injury.</p>
	<p>Bridge Leg Up</p>	<p>Lie supine. Bend knees. Set feet on floor. Heels close to sitting bones. Press inner feet and arms into floor. Push tailbone up. Lift buttocks. Place hands under hips. Raise left leg. Hold. Lower left leg. Repeat with right leg. Release hands. Lower slowly to mat.</p> <p>Alternatives: Bridge.</p> <p>Benefits: Chest, neck, spine stretch. Reduces backache.</p> <p>Video: https://www.youtube.com/embed/igoajQo_po4</p> <p>Modifications: A) Bridge with blanket under shoulders. B) Block below shoulders. C) Block (or bolster) below lower back. D) Feet close to wall to prevent slipping.</p> <p>Precautions : Knee or neck injury.</p>




Image	Pose	Description
	<p>Half Shoulderstand</p>	<p>Lie on back. Lift hips off floor. Raise legs over and beyond head. To release, bring arms back along side body and engage abdomen as you gently roll each vertebrae to floor until hips rest on ground.</p> <p>Benefits: Calms brain. Relieve stress and mild depression. Stimulates thyroid, prostate glands and abdominal organs. Stretches shoulders and neck. Tones legs and buttocks. Improves digestion. Helps relieve symptoms of menopause. Reduces fatigue. Alleviates insomnia.</p> <p>Video: https://www.youtube.com/embed/PH1wFSI8MEk?rel=0</p> <p>Modifications: Use a strap. Folded blanket under shoulders. Full shoulderstand. Legs up wall.</p> <p>Precautions : High blood pressure. Neck or back injury. Pregnancy. Glaucoma.</p>
	<p>Plough</p>	<p>From Shoulderstand bend from hips to lower toes to floor beyond head. Torso perpendicular to floor. Legs fully extended. Toes on floor. Soften throat. Press hands against back. To release place hands on back and lift into Shoulderstand. Roll onto back.</p> <p>Benefits: Stimulates abs, thyroid gland. Stretches shoulders, spine.</p> <p>Video: https://www.youtube.com/embed/CIE1necHjUs?rel=0</p> <p>Modifications: Stretch arms behind. Half or full shoulderstand.</p> <p>Precautions : High blood pressure. Neck injury.</p>
	<p>Chest Openers</p>	




Image	Pose	Description
	<p>Cat Cow</p>	<p>Sit with buttocks on heels. Come onto all fours. Wrists under shoulders. Pull navel into small of back. Inhale while raising head. Exhale, while lowering head and arching spine up like a cat. Repeat.</p> <p>Benefits: Stretches lower back. Engage core. Decompress spine.</p> <p>Video: https://www.youtube.com/embed/kqnua4rHVVA</p> <p>Modifications: Knee to chest. Raise leg or arm.</p> <p>Precautions : Neck injury.</p>
	<p>Downward Facing Dog Knees Bent</p>	<p>Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Bend knees. Tuck chin in. Look at feet. Release jaw.</p> <p>Alternatives: Down Dog. Dolphin.</p> <p>Benefits: Stretches spine, hams, shoulders. Calms nervous system.</p> <p>Video: https://www.youtube.com/embed/GuxnalclLFQ</p> <p>Modifications: Use wall. Head on block. Leg up. Arm up. Wide stance.</p> <p>Precautions : Pregnant. HBP. Headache.</p>
	<p>One Handed Tiger</p>	<p>Kneel. Knees and feet slightly apart. Palms on floor parallel to knees. Raise right leg. Keep chest and head up. Curve back (mini backbend). Hold. Switch sides.</p> <p>Benefits: Strengthens back muscles. Spine flexibility. Tones glutes, hips.</p> <p>Video: https://www.youtube.com/embed/LCdso-Tz6mE</p>




Image	Pose	Description
	Camel Hands On Hips	<p>Kneel. Rest hands on back of pelvis. Point fingers down. Lean back and feel the chest opening. Gaze up.</p> <p>Alternatives: Camel pose.</p> <p>Benefits: Stretches ankles, thighs, groin, abs, chest, throat, psoas.</p> <p>Video: https://www.youtube.com/embed/-xfwRTobUM?rel=0</p> <p>Modifications: Palms against soles.</p> <p>Precautions : High or low blood pressure. Back or neck injury.</p>
	Baby Camel	<p>Kneel. Raise buttocks. Raise arms sideways to shoulder level. Lower right hand to left heel (slight twist) and left hand in front (gaze at raised hand). Chin near sternum. Repeat on the other side.</p> <p>Alternatives: Camel.</p> <p>Benefits: Stretches ankles, thighs, groin, abdominals, chest, throat, and psoas.</p> <p>Video: https://www.youtube.com/embed/zEQXV3dDmQ8?rel=0</p> <p>Modifications: Palms against soles.</p> <p>Precautions : High or low blood pressure. Back or neck injury.</p>
	Camel	<p>Kneel. Rest hands on back of pelvis. Point fingers down. Lean back. Chin near sternum. Press palms against heels. Elbow creases face forward. To exit bring one hand at a time to hips. Lift head and torso by pushing hip points down.</p> <p>Alternatives: Half Camel Pose (one hand on heel).</p> <p>Benefits: Stretches ankles, thighs, groin, abs, chest, throat, psoas.</p> <p>Video: https://www.youtube.com/embed/-xfwRTobUM?rel=0</p> <p>Modifications: Palms against soles.</p> <p>Precautions : High or low blood pressure. Back or neck injury.</p>




Image	Pose	Description
	<p>Child Hands Interlocked</p>	<p>Sit on heels. Walk hands forward until forehead touches the floor. Interlock hands behind back.</p> <p>Benefits: Stretches hips, thighs, and ankles. Relieves back pain.</p> <p>Video: https://www.youtube.com/embed/DsXNXMoerMc?rel=0</p> <p>Modifications: A) Hold onto heels. B) Hold forehead in Uttarakonchhi Mudra. C) Child with head on a bolster. D) Child with bolster between legs. E) Child pose with arms extended. F) Child with cheek on the mat. G) Child with leg raised and arms extended.</p> <p>Precautions : Pregnancy. Knee injury.</p>
	<p>Prone Chest Openers</p>	
	<p>Sphinx</p>	<p>Lie on belly. Legs together. Buttocks firm. Legs active. Elbows under shoulders. Forearms on floor. Lift upper torso and head up.</p> <p>Alternatives: Crocodile. Locust.</p> <p>Benefits: Stretches chest, shoulders, and abs. Firms buttocks. Spine mobility.</p> <p>Video: https://www.youtube.com/embed/xPDs-zylsWI</p> <p>Modifications: A) Wall Sphinx (stand facing a wall then place forearms and palms against it). B) Plank To Sphinx (start in Plank and lower to Sphinx). C) One leg raised.</p> <p>Precautions : Back Injury. Headache.</p>




Image	Pose	Description
	Cobra	<p>Lie face down. Feet together. Toes pointing behind. Hands flat on the floor by the rib cage. Lift chest. Gaze forward.</p> <p>Alternatives: Sphinx. Crocodile.</p> <p>Benefits: Supple spine. Strengthen palms, wrists, toes.</p> <p>Video: https://www.youtube.com/embed/zgvoIE4NAH0</p> <p>Modifications: A) Cobra with a folded blanket under hips. B) Cobra with one leg raised. C) Cobra with two legs raised. D) Cobra with one arm raised in front. E) Cobra with two arms raised in front. F) Cobra with one arm raised to the side. G) Cobra with two arms raised to the side. H) Cobra on elbows. I) Cobra with both hands behind the head. J) Revolved cobra. K) Striking cobra (extended child to cobra). L) Chair cobra (seated backbend). M) Baby cobra (don't lift chest all the way up).</p> <p>Precautions : Pregnancy. CTS. Back injury.</p>
	Upward Facing Dog	<p>From Cow Pose (on all fours in a tabletop position) drop hips forward toward floor. Press palms down into floor. Drop shoulders down and back. Press chest forward. Reach crown of head up to ceiling. Lift thighs and legs off floor by pressing tops of feet down and engaging mula bandha (a gentle upward tug in your perineum which is the space between genitals and anus). To release, bend knees and lift hips back to Cow pose.</p> <p>Benefits: Alertness. Patience. Transformation. Confidence.</p> <p>Video: https://www.youtube.com/embed/tbh0qyLJRal</p> <p>Modifications: A) Block under hands. B) Tuck toes under to lift legs higher. C) Sphinx pose.</p>
	Seated Chest Openers	







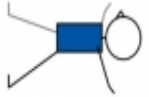
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	Seated Cat Cow	<p>Sit with legs crossed. Palms on knees. PART 1: Inhale, arch spine, allow shoulders to slide down your back, look up at ceiling, feel stretch along front of throat. PART 2: Exhale, round back and take chin to chest. Press navel to spin. Repeat.</p> <p>Alternatives: Hero. Perfect. Lotus.</p> <p>Benefits: Improve posture.</p> <p>Video: https://www.youtube.com/embed/WVyAPhYzPNA</p> <p>Modifications: Pillow under buttocks.</p> <p>Precautions : Knee or neck injury.</p>
	Confidence	<p>Sit legs crossed. Bring hands as far as you comfortably can behind back. Fingers touching floor.</p> <p>Alternatives: Lotus. Hero.</p> <p>Benefits: Counter to seated poses.</p> <p>Video: https://www.youtube.com/embed/zLvJD7iKVhw?rel=0</p>
	Complete Breath	<p>Sit with legs crossed. Close eyes. Inhaling slowly through nose. Feel abdomen, mid-body, and upper chest gently expand until you fill your lungs. Exhaling slowly through nose, gently empty lungs fully (feel belly button reaching to spine).</p> <p>Benefits: Calming.</p> <p>Video: https://www.youtube.com/embed/QyR77wEJ_Fw?rel=0</p>
	Breathing	

Image	Pose	Description
	<p>Kaya Kriya Breath</p>	<p>Stage 1 Feet: In savasana, slide legs about 2 feet apart. Begin with adham pranayama, rolling legs inward on inhalation, drawing toes together and toward the floor. On exhalation, roll legs/feet outward as far as possible. Inhalation and exhalations performed slowly to a 6-count. Repeat 9 times. Stage 2 Arms: Slide arms slightly away from body. Perform madhyam pranayama while rolling arms outward on inhalation and inward on exhalation. Keep elbows straight and rotate at the shoulder joints, allowing wrists to roll along floor. Repeat 9 times. Stage 3 Head: While performing adhyam pranayama, roll head to right side on inhalation and to the left on exhalation. Repeat 9 times. Full Kaya Kriya Body Cleanse: Perform entire kaya kriya by using the complete 3-part yogic breath & performing all 3 previous movements in succession. On a 6-count in-breath, feet are moved inwards, then arms outwards, then head turned to right. Reverse movements are performed on a 6-count out-breath. Continue until completely relaxed.</p> <p>Benefits: Whole body cleanse.</p> <p>Video: https://www.youtube.com/embed/A6uGveRgqt8?rel=0</p>
	<p>Relaxation Chest Opener</p>	
	<p>Supine Star</p>	<p>Lie on back with legs and arms wide apart. Release lower back to floor. Close eyes. Abdomen rises on inhale and falls on exhale. Feel heavy with each exhalation.</p> <p>Alternatives: Crocodile. Child.</p> <p>Benefits: Tune into body. Calm. Tranquil. Inner Peace. Clarity.</p> <p>Video: https://www.youtube.com/embed/YBe1nzunHJ0</p> <p>Modifications: Knees bent. Blanket under knees. Blanket under head.</p>

Lesson Plan Description:

Is it safe to practice yoga if you have Bronchitis?-

Yes. Whether you have acute or chronic bronchitis, you can benefit from a gentle yoga practice. The yoga poses recommended in this lesson plan will help ease the symptoms. Like all good Yogis, be aware of your body so that you don't overdo it.

It wouldn't, however, be safe to practice yoga (or do any exercise) if you are having repeated bouts of bronchitis. That means you might have chronic bronchitis, which requires medical attention.

What poses help ease the symptoms of Bronchitis?-

Gentle chest openers, inversions, and breathing exercises help ease the symptoms of bronchitis. These include [Abdominal Breath](#), [Camel Pose](#), [Cobra Pose](#), [Fish Pose](#), [Locust Pose](#), [Locust Pose](#), [Mountain Lock Pose](#), [Plough Pose](#), [Shouldstand Pose](#), and [Sphinx Pose](#).

What is Bronchitis?-

Bronchitis is an inflammation of the lining of your bronchial tubes, which carry air to and from your lungs. People who have bronchitis often cough up thickened mucus, which can be discoloured. Bronchitis may be either acute or chronic.