

Yoga To Ease The Symptoms Of Asthma

Image	Pose	Description
	Chest Openers I	
	Buteyko Method	Sit upright in a comfortable chair (or stand) and relax. Close eyes. Tilt head slightly up. Gently, shallowly, and slowly breathe through nose while keeping mouth closed. Exhale slowly until you feel your lungs have been emptied of air. Benefits: Used by asthmatics during asthma attacks. Video: https://www.youtube.com/embed/J9RgpWyTgmK
	Shoulder Shrugs Standing	Stand or sit. Keep arms and jaw relaxed. Inhale and flood upper back with breath as if unlocking a dam and its waters have surged forth. Hold breath and raise shoulders straight up toward your ears and send shoulders straight back behind you in a circular motion. Keep back straight and chest upright (don't push chest forward). Exhale and contract upper shoulder blades together and slowly drag them down. Feel shoulder blades becoming loose. Alternatives: Samashthiti (standing with feet together). Benefits: Improves posture. Video: https://www.youtube.com/embed/7CvyjOwVxnl Modifications: Eyes closed.

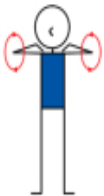
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	Shoulder Rotations	Place right hand on right shoulder and left hand on left shoulder. Inhale and rotate shoulders up towards ears (neck and head relaxed). Exhale and rotate shoulders back and down by squeezing shoulder blades together. Change direction. Feel shoulders becoming unglued. Benefits: Improves posture. Video: https://www.youtube.com/embed/SzWxM_W4DNA Modifications: Eyes closed.
	Mountain Arms Up	Feet hip width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. Raise arms overhead. Alternatives: Samashthiti (feet together). Benefits: Improves posture. Strengthens legs and arms. Engages core. Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0 Modifications: Helicopter (twist). Precautions : Pregnant.
	Mountain Hands Behind Back	Stand with feet together. Place both palms on lower back with fingers pointing up. Engage core. Elongate spine. Shoulders back. Hold. Benefits: Improves posture. Increases blood circulation.
	Mountain Palm Lock	Stand with feet together. Interlock fingers behind back. Straighten arms and lower shoulders. Raise hands and bring shoulder blades together. Gaze up. Feel chest opening. Hold. Benefits: Deepens breath. Stimulates thyroid gland. Opens chest. Improves posture. Video: https://www.youtube.com/embed/2HTvZp5rPrg

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	Palm Tree I	Stand in Mountain. Feet together. Inhale, raise arms up. Palms together. Gaze towards palms. Stretch upward. Hold. Release. Benefits: Stimulates thyroid gland. Promotes deeper breath. Video: https://www.youtube.com/embed/6TUS8UwfC00
	Palm Tree II	Stand straight. Legs shoulder-width apart. Interlock fingers and exhale while raising arms above head. Turn palms towards ceiling. Inhale. Exhale, return to start. Benefits: Stretches arms. Lengthens body. Video: https://www.youtube.com/embed/v49Wz0ti7kY
	Chest Openers II	
	Extended Child	On all fours. Wrists below shoulders. Knees under hips. Use hands to walk forward and lower chest to floor. Drop buttocks until they reach halfway to feet. Arms straight. Forehead touches floor. Push hips back and stretch spine. Benefits: Stretches arms, shoulders, spine, hips. Video: https://www.youtube.com/embed/eqVMAPM00DM Modifications: A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl toes under (instead of flat). D) Place a rolled towel under shins. E) Place a yoga blanket underneath knees.-F) Place a bolster or pillow under belly or chest. G) Spread knees wider. Precautions : Knee injury.

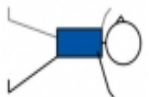
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	Downward Facing Dog Knees Bent	Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Bend knees. Tuck chin in. Look at feet. Release jaw. Alternatives: Down Dog. Dolphin. Benefits: Stretches spine, hams, shoulders. Calms nervous system. Video: https://www.youtube.com/embed/GuxnalclLFQ Modifications: Use wall. Head on block. Leg up. Arm up. Wide stance. Precautions : Pregnant. HBP. Headache.
	Down Dog Pedal	Come into Downward Facing Dog. Come up onto toes. Exhale, lower right heel to mat. Inhale, raise up onto toes. Exhale, lower left heel. Repeat. Alternatives: Dolphin. Down Dog with raised leg. Benefits: Stretches spine, hams, shoulders. Calms nervous system. Video: https://www.youtube.com/embed/L6EDfyBQdzo Modifications: Use wall. Head on block. Leg up. Arm up. Wide stance. Precautions : Pregnant. High blood pressure. Headache.
	Plank	Begin on hands and knees. Knees under hips. Hands under shoulders. Roll shoulders back and down. Fingertips point forward. Don't splay elbows. Lift up in your middle as you step one foot straight back and then the other. Keep legs engaged in supporting the plank position. Hold. Alternatives: Dolphin. One Legged Side Plank. Benefits: Strengthens arms, wrists, spine. Tones abs. Video: https://www.youtube.com/embed/pSWYGXSNjdE?rel=0 Modifications: Knees on floor. Use wall to place feet for support. Precautions : Carpal tunnel syndrome

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	Knees Chest Chin	Begin in Plank Pose. Shoulders directly above wrists. Lower knees to floor. Keep toes tucked under. Hug elbows in. Keeping hips lifted and palms flat, bring chest to mat. Touch chin to mat. Alternatives: Dolphin. Benefits: Strengthens arms, wrists, spine. Tones abs. Video: https://www.youtube.com/embed/UHvIaMSH-GI?rel=0 Modifications: Knees on floor. Precautions : Carpal tunnel syndrome. Pregnancy.
	Crocodile	Relax on stomach. Arms folded on floor above head. Widen legs. Roll feet so heels point in. Squeeze buttocks. Press pelvis into floor. Rest forehead on arms. Alternatives: Leg or arm lift. Benefits: Stretches back, legs, buttocks. Reduce stress. Improve posture. Video: https://www.youtube.com/embed/MZynS2i3n28?rel=0 Modifications: Place forehead in Yoni Mudra. Precautions : Pregnancy.
	Half Bow	Lie on belly. Legs together. Bring chin to floor. Slide right arm along floor with palm facing down. Bend right knee. Reach left hand back to hold onto the right heel or ankle (opposite hand to foot). Kick right foot into arm to lift right leg. Raise head and chest. Keep neck in line with the spine. Gaze straight ahead. Press down into right arm, or raise right arm (keep parallel to floor). Hold. To release: exhale and lower leg, arm, head, chest to floor. Repeat on other side. Benefits: Stretches thighs, groins, abs, chest, throat, hip flexors. Video: https://www.youtube.com/embed/i85RRMmaMRw Modifications: Use a strap. Precautions : Back injury.

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	Sphinx	Lie on belly. Legs together. Buttocks firm. Legs active. Elbows under shoulders. Forearms on floor. Lift upper torso and head up. Alternatives: Crocodile. Locust. Benefits: Stretches chest, shoulders, and abs. Firms buttocks. Spine mobility. Video: https://www.youtube.com/embed/xPDs-zylsWI 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. Precautions : Back Injury. Headache.
	Upward Facing Dog	Lie on tummy. Tops of feet on floor. Bend elbows. Spread palms on floor beside waist. Press hands into floor and slightly backwards (as if trying to push yourself forward along floor). Straighten arms to lift torso and legs. Thighs firm. Buttocks soft. Look straight ahead. Alternatives: Cobra. Sphinx. Crocodile. Benefits: Strengthens spine, arms, wrists. Stretches shoulders. Video: https://www.youtube.com/embed/IVavcaTyQ-Y?rel=0 Modifications: A) Blanket under hips. B) Tip head back slightly. C) One leg raised. D) Both legs raised. Precautions : Back injury. CTS. Pregnancy.
	Half Bow	Lie on belly. Legs together. Bring chin to floor. Slide right arm along floor with palm facing down. Bend right knee. Reach left hand back to hold onto the right heel or ankle (opposite hand to foot). Kick right foot into arm to lift right leg. Raise head and chest. Keep neck in line with the spine. Gaze straight ahead. Press down into right arm, or raise right arm (keep parallel to floor). Hold. To release: exhale and lower leg, arm, head, chest to floor. Repeat on other side. Benefits: Stretches thighs, groins, abs, chest, throat, hip flexors. Video: https://www.youtube.com/embed/i85RRMmaMRw Modifications: Use a strap. Precautions : Back injury.

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	Cat Pulling Tail	Lie on right side. Use right arm as a pillow. Stack hips, knees and feet. Bend bottom knee and reach top hand to take hold of foot. Roll top shoulder back. Draw top leg out in front of you. Drop top shoulder towards mat. Hold. Roll onto opposite side and repeat. Benefits: Counterpose to forward bends. Compresses lower back. Opens quads and upper thighs. Video: https://www.youtube.com/embed/hEyCFVVvXIs Modifications: A) Use a strap. B) Cat pulling tail with strap. C) Cat pose with leg raised. D) Bananasa pose E) Dancer pose. F) Lunge pose.
	Chest Openers III	
	Camel Namaste	Kneel on floor, feet hip width apart. Bring palms together in Namaste. Lift chest and curve spine. Gently lead head backwards while engaging core. Thighs remain perpendicular to floor. Alternatives: Camel. Half Camel. Benefits: Stretches ankles, thighs, groin, abs, chest, throat, psoas. Video: https://www.youtube.com/embed/-xfwRTobUM Modifications: Arms up. Precautions : High or low blood pressure. Back or neck injury.

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	Baby Camel	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. Alternatives: Camel. Benefits: Stretches ankles, thighs, groin, abdominals, chest, throat, and psoas. Video: https://www.youtube.com/embed/zEQXV3dDmQ8?rel=0 Modifications: Palms against soles. Precautions : High or low blood pressure. Back or neck injury.
	Extended Child	On all fours. Wrists below shoulders. Knees under hips. Use hands to walk forward and lower chest to floor. Drop buttocks until they reach halfway to feet. Arms straight. Forehead touches floor. Push hips back and stretch spine. Benefits: Stretches arms, shoulders, spine, hips. Video: https://www.youtube.com/embed/eqVMAPM00DM Modifications: A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl toes under (instead of flat). D) Place a rolled towel under shins. E) Place a yoga blanket underneath knees.-F) Place a bolster or pillow under belly or chest. G) Spread knees wider. Precautions : Knee injury.
	Breathing Exercises	

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	Kaya Kriya Breath	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 and 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. Benefits: Whole body cleanse. Video: https://www.youtube.com/embed/A6uGveRgqt8?rel=0
	Relaxation Chest Opener	
	Supine Star	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. Alternatives: Crocodile. Child. Benefits: Tune into the body. Calm. Tranquil. Inner Peace. Clarity. Video: https://www.youtube.com/embed/YBe1nzunHJ0 Modifications: A) Knees bent. B) Blanket under knees. C) Blanket under head.

Lesson Plan Description:

"Can yoga breathing exercises help asthma?"

The key with breathing if you have asthma is to inhale less. You want shorter inhales, longer holds, and longer exhales.

"Can Yoga cure asthma?"

Asthma is a long-term disease that has no cure. The goal of yoga for asthma is to control the disease. Yoga can help ease chronic and troublesome symptoms such as attacks, coughing and shortness of breath. A few minutes spent meditating also helps calming the mind.

"Can I practice yoga if I have severe asthma?"

For many asthma sufferers, physical exertion and vigorous exercise can trigger asthma symptoms. But lack of exercise is not good for anyone. If you have severe asthma you can practice gentle yoga (slow movements or yin).

"Can Yoga cause exercise induced asthma?"

If you have severe asthma and practice advanced vinyasa yoga such as Ashtanga yoga, you have a higher chance of experiencing exercised-induced asthma. Exercised-induced asthma is a narrowing of the airways in the lungs that is triggered by strenuous exercise. It causes shortness of breath, wheezing, coughing and other symptoms during or after exercise. If you have moderate to severe asthma, it's best to practice a more gentle form of yoga.

"How long should I practice yoga for?"

That depends on what type of asthma you have (intermittent, mild, moderate or severe). A daily 15 minute yoga practice will reduce your chances of an asthma attack. And if you feel OK after 15 minutes, you can gradually add more minutes to your practice.

"What are the best poses for asthma?"

A gentle yoga practice with slow movements that help open your chest (which helps breathing) such as: [Abdominal Breath](#), [Bow Pose](#), [Camel Pose](#), [Savasana](#), [Downward Facing Dog Pose](#), [Fish Pose](#), [Upward Salute Pose](#), [Sphinx Pose](#), [Cobra Pose](#), and [Upward Facing Dog](#).

You can create lesson plans like this using the [Genie Lesson Planner](#)