Varicose Veins: Plough Peak Pose

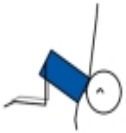
Image	Pose	Description
	Cat Cow	Sit with buttocks on heels. Come onto all fours. Wrists under shoulders. Pull navel into small of back. Inhale while raising head. Exhale, while lowering head and arching spine up like a cat. Repeat. **Benefits:** Stretches lower back. Engage care. Decompress spine. **Video:** https://www.youtube.com/embed/kqnua4rHVVA **Modifications:** Knee to chest. Raise leg or arm. **Precautions :** Neck injury.
	Prostration	Sit on knees (Vajrasana). Take hold of lower calves. Bend forward. Place crown of head on floor in front of knees. Raise buttocks until thighs are vertical. Gently press chin against chest. Hold. **Benefits:** Engage core. Preparation for head and shoulderstands. **Video:** https://www.youtube.com/embed/0vZyCHBEWHo **Modifications:** Headstand. **Precautions :** Neck injury. Lightheaded. HBP. Pregnant.
	Thread The Needle Arm Up	Get on hands and knees. Slide right hand between left hand and left knee. Slide arm out to left (right shoulder and side of head rest on floor). Reach left hand up. Reach out through the fingers. Hold. Switch sides. **Alternatives:** Extended Puppy. **Benefits:** Stretches shoulders, arms, upper back, neck. **Video:** https://www.youtube.com/embed/nNICdJLGuAw **Modifications:** Folded blanket under knees. **Precautions :** Knees, shoulders, or neck injury.

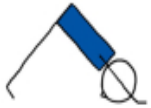
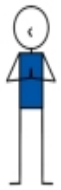
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	Downward Facing Dog	Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw. **Alternatives:** Dolphin. **Benefits:** Stretches spine, hams, shoulders. Calms nervous system. **Video:** https://www.youtube.com/embed/ayRU3ecmPbI?rel=0 **Modifications:** A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance. **Precautions :** Pregnant. High blood pressure. Headache.
	Standing Fold Knees Bent II	Stand in Mountain. Knees hip-width apart and very bent. Fold at waist grasping opposite elbows. Let head hang. Hold. **Alternatives:** Tabletop. Gorilla. **Benefits:** Stretch back, hams. Improves posture. **Video:** https://www.youtube.com/embed/VKhodmlFhak **Modifications:** Loop fingers around big toes.
	Mountain Namaste Mudra	Feet hip width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. Bring palms together over heart chakra in namaste mudra. **Alternatives:** Samashthiti (feet together). Arms out to sides. **Benefits:** Improves posture. Strengthens legs and arms. Engages core. **Video:** https://www.youtube.com/embed/hvBfA5TKjYQ **Modifications:** Choose any hand mudra. **Precautions :** Pregnant.

Image	Pose	Description
	Standing Fold Arm Lock	Stand in Mountain. Stretch arms overhead. Bend knees slightly. Fold forward from waste. Interlock fingers. Bring arms behind back. Back of neck soft. Hold. Release. **Alternatives:** Tabletop. Gorilla. **Benefits:** Stretch back, hams, shoulders & wrists. Improves posture. **Video:** https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0 **Modifications:** Bent knees. Loop fingers around big toes. **Precautions :** Back, knee, hamstrings injury.
	Standing Crescent	Stand in Mountain. Step feet together with big toes touching. Heels half an inch apart. Sweep arms above head. Press hands together in prayer. Inhale. Exhale while bending to the left. Keep feet rooted and Inner core engaged as you breathe into right side body. Repeat on opposite side. **Alternatives:** Standing Side Stretch. **Benefits:** Stretches sides of torso and spine. Stimulates abs. **Video:** https://www.youtube.com/embed/FWsL4uTuzR0 **Modifications:** Spin chest toward ceiling and look up. **Precautions :** Hip, shoulder, or neck injuries.
	Half Way Lift	From Standing Forward Bend place fingertips on mat to outer edges of feet in line with toes. Raise torso halfway until you have a flat back. Press bottom up. Pull chest forward. Pull belly in and up. Chin tucked. **Alternatives:** Standing forward bend. **Benefits:** Improves posture. Strengthens legs, abs. **Video:** https://www.youtube.com/embed/74Ucde7uV7M?rel=0 **Modifications:** Bend knees if back is stiff. **Precautions :** Back injury.

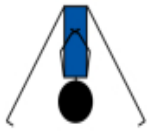
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	Wide Leg Forward Bend	Start in Mountain. Widen legs. Hands on hips. Fold forward from hips into Forward Bend. Release torso down on exhale. Hands to floor. Walk feet wider apart. Release head. Lengthen legs on inhale. Release torso on exhale. To release bring hands to hips and lift up. **Benefits:** Strengthens and stretches legs, spine. Tones abs. **Video:** https://www.youtube.com/embed/gYeXUJdUsxg?rel=0 **Modifications:** Raise hands on block. **Precautions :** Low back injury.
	Wide Leg Forward Bend	Start in Mountain. Widen legs. Stretch arms out and clasp hands behind you. Fold forward from hips. Release torso down into a Forward Bend on an exhale. Keep hands on waist. Dig fingertips into Upward Abdominal Lock (Uddiyana Bandha). Walk feet wider apart. Release head. Lengthen legs on each inhale. Release torso on each exhale. **Benefits:** Strengthens and stretches legs, spine. Tones abs. **Video:** https://www.youtube.com/embed/EHKrUyAaez8 **Modifications:** Raise hands on block. **Precautions :** Low back injury.
	End Of Sequence	

Image	Pose	Description
	Legs Up Wall	Bring right hip to wall. Come onto back. Swing legs onto wall so heels and sitting bones are supported. If any discomfort in lower back, adjust body slightly back from wall. Legs out wide. Rest head on mat. Bend knees. Arms rest to sides. Palms face up. Close eyes. To release, bend knees and drop to one side in foetal position. **Alternatives:** Legs up (no wall). Shoulderstand. **Benefits:** Soothes nerves. Good for balance. **Video:** https://www.youtube.com/embed/f_btEqeoJtw **Modifications:** Engage core and bring hands to feet. **Precautions :** High blood pressure. Neck injury.
	Knees To Chest	Lie on back. Legs and arms extended. Both knees to chest. Clasp hands around knees. Wrap forearms over shins. Clasp each elbow with opposite hand. Keep back flat on mat. Release shoulder blades down toward waist. Draw tailbone and sacrum down. Lengthening spine. Softly rock backward and forward or side-to-side for a spinal massage. Tuck chin slightly. Gaze down. Hold. Release. **Benefits:** Massages spin. Lower back stretch. Good for posture. Relieves tired legs. Strengthens back. Firms abdominals. Strengthens legs and hips. Cures joint pains. Improves blood circulation in legs. **Video:** https://www.youtube.com/embed/TVk4ht8V8J8 **Modifications:** Knee to chest.

Image	Pose	Description
	Bridge	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. Clasp hands below pelvis. **Benefits:** Chest, neck, spine stretch. Reduces backache. **Video:** https://www.youtube.com/embed/EU2JS2Pm2EY?rel=0 **Modifications:** A) Baby Bridge (raise up to a comfortable position). B) Bridge with a blanket under shoulders. C) Bridge with leg up. D) Clasp hands around ankles. E) Block below shoulders. F) Block, or bolster, below the lower back. G) Feet close to a wall to prevent slipping. **Precautions :** Knee or neck injury.
	Half Shoulderstand	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. **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. **Video:** https://www.youtube.com/embed/PH1wFSl8MEk?rel=0 **Modifications:** Use a strap. Folded blanket under shoulders. Full shoulderstand. Legs up wall. **Precautions :** High blood pressure. Neck or back injury. Pregnancy. Glaucoma.
	Plough	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. **Benefits:** Stimulates abs, thyroid gland. Stretches shoulders, spine. **Video:** https://www.youtube.com/embed/ClE1necHjUs?rel=0 **Modifications:** Stretch arms behind. Half or full shoulderstand. **Precautions :** High blood pressure. Neck injury.

Image	Pose	Description
	Fish	Lie on back. Both arms under body. Lift chest high. Bend arms. Arch back. Release neck. Hold. Push on elbows and lower to floor. **Benefits:** Flexes upper spine. **Video:** https://www.youtube.com/embed/J0e-vOG8sLI?rel=0 **Modifications:** Blanket under back.
	End Of Sequence	
	Savasana	Lie on back with legs and arms apart. Feet to side, palms up. 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 body. Calm. Tranquil. Inner Peace. Clarity. **Video:** https://www.youtube.com/embed/YBe1nzunHJ0 **Modifications:** Knees bent. Blanket under knees. Blanket under head. Supine star (legs & arms spread out).

Lesson Plan Description:

An estimated 30% to 60% of adults have varicose veins or spider veins. That means probably 1 out 2 people in your yoga classes suffer from it. If you've never given a yoga class with a varicose veins theme, now you know why it'll be a hit with your students.

Even the students who don't have varicose veins will enjoy this lesson plan.

Ask your students to get clearance from their doctor (if they have varicose veins). They will need to ask if they have any blood clots that may be dislodged. Once they get the all clear, all asanas are beneficial for varicose veins because they boast circulation.

To prevent varicose veins from getting worse, and to reduce the symptoms of existing ones, stimulate circulation with inverted poses, raised leg poses and headstands.

“What causes varicose veins?”-

Varicose veins-are caused by weakened valves and-veins-in your legs. Normally, one-way valves in your-veins-keep blood flowing from your legs up toward your heart. When these valves do not work properly, blood gathers in your legs, and pressure builds up. The-veins-become weak, large, and twisted.

“What are the good poses for someone with varicose veins?”

- Raised leg poses
- Inversions
- Shoulderstand Pose
- Downward Facing Dog Pose
- Plough Pose
- Standing Forward Bend Pose
- Wide Leg Standing Forward Bend Pose
- Boat Pose
- Sun Salutations
- Vinyasa style yoga (fast flowing from pose to pose)

“What are the bad poses for someone with varicose veins?”

- Sitting cross legged (e.g. Easy Pose)

- Sitting with legs bound (e.g. Lotus Pose)

"What food helps with varicose veins (help maintain vein wall integrity)?"

- Foods high in flavonoid-rich foods such as berries
- High fibre fruits (apples, bananas, oranges, strawberries)
- High fibre Vegetables such as split peas, lentils, black Beans, lima Beans and artichokes
- Dark-coloured vegetables (are high in fibre)

"Can Yoga treat varicose veins?"

Yes. Non-surgical treatments include sclerotherapy, elastic stockings, leg elevation and exercise.

Here are some quick tips to allow your body to heal itself…

- Get moving (whether it's a walk, yoga, badminton, etc)
- Watch what you eat (extra weight puts unneeded pressure on legs)
- Become vegan (take pressure off veins & help save our Planet)
- Avoid high heels
- Elevate your legs (e.g. Legs Up Wall Pose)
- Elevating the affected leg when resting
- Avoid long periods of sitting or standing
- Don't sit with your legs crossed

"Can I practice yoga if I have severe varicose veins?"

Before practicing yoga with varicose veins, ask your students to get clearance from your doctor. The student will need to ask if they have any blood clots that may be dislodged. Once they get the all clear, all asanas are beneficial for varicose veins because they boast circulation.

"How long should I practice yoga for?"

If you get the all clear from your doctor, then you can go to a 90 minute yoga class. You can stop during the class at any time you need a rest (e.g. Legs Up Wall Pose).

"Is meditation good if I have varicose veins?"

Not if you're planning on sitting cross legged! Meditate with your legs up a wall (Legs Up Wall Pose).

“Will being overweight be bad for varicose veins?”

Yes. Being overweight puts more strain on veins, which can cause more varicose veins to appear.

“I sit down a lot at work. Is that bad for varicose veins?”

Yes. Sitting too much is not only bad for varicose veins, it’s bad for your entire body. Health experts have long been advising people to stand at their workstations for about 15 minutes an hour. But ask any experienced yoga teacher and they’ll recommend that office workers would be better off standing for at least 30 minutes per hour to get optimum health benefits.

“Can yoga be an effective treatment for varicose veins?”

No. Yoga does not treat varicose veins, but it does help reduce the symptoms and pain. Yoga also helps manage your varicose veins so that the condition don’t worsen.

You can create lesson plans like this using the Genie Lesson Planner