
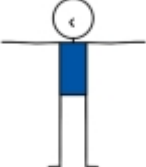



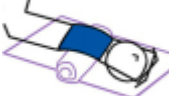
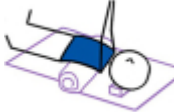
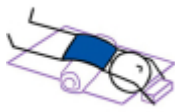

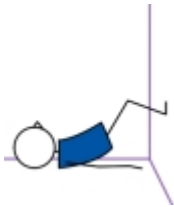
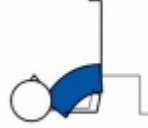





















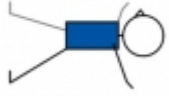


Yoga To Ease The Symptoms Of Bronchitis

 <p>Mountain</p>	 <p>Mountain Arms Parallel</p>	 <p>Mountain Arms Raised I</p>	 <p>Standing Backbend</p>	 <p>Supine chest Openers</p>	 <p>Supine Bolster Hands Touch Elbows</p>
 <p>Supine Bolster Arms Up</p>	 <p>Supine Bolster Arms Behind Block</p>	 <p>Chest Openers & Inversions</p>	 <p>Bridge Wall</p>	 <p>Bridge Leg Up</p>	 <p>Half Shoulderstand</p>
 <p>Plough</p>	 <p>Chest Openers</p>	 <p>Cat Cow</p>	 <p>Downward Facing Dog Knees Bent</p>	 <p>One Handed Tiger</p>	 <p>Camel Hands On Hips</p>

 <p>Baby Camel</p>	 <p>Camel</p>	 <p>Child Hands Interlocked</p>	 <p>Prone Chest Openers</p>	 <p>Sphinx</p>	 <p>Cobra</p>
 <p>Upward Facing Dog</p>	 <p>Seated Chest Openers</p>	 <p>Seated Cat Cow</p>	 <p>Confidence</p>	 <p>Complete Breath</p>	 <p>Breathing</p>
 <p>Kaya Kriya Breath</p>	 <p>Relaxation Chest Opener</p>	 <p>Supine Star</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.