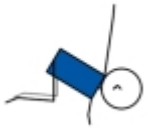
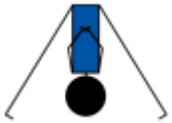
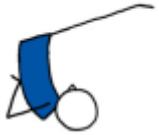
Varicose Veins: Plough Peak Pose

 **Cat Cow**	 **Prostration**	 **Thread The Needle Arm Up**	 **Downward Facing Dog**	 **Standing Fold Knees Bent II**	 **Mountain Namaste Mudra**
 **Standing Fold Arm Lock**	 **Standing Crescent**	 **Half Way Lift**	 **Wide Leg Forward Bend**	 **Wide Leg Forward Bend**	 **End Of Sequence**
 **Legs Up Wall**	 **Knees To Chest**	 **Bridge**	 **Half Shoulderstand**	 **Plough**	 **Fish**

	
End Of Sequence	**Savasana**

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