

Top 10 Yoga Poses to Alleviate Pain **The Doolin Healing Sanctuary Int'l**

How Yoga Works with Relieving Chronic Pain

The deep breathing and gentle stretching of yoga helps increase your blood circulation, improves your mood, boosts your immune system, and increases your flexibility while utilizing Ujjayi breath. Yoga is a great natural way to manage chronic pain without prescription drugs. These Yoga poses for pain help you better reconnect with your body, mind and spirit while helping it heal gently from the inside out. These are good for beginners and intermediates.

1. **Cobra Pose Bhujangasana** - Cobra pose is a good pose for any type of back pain ranging from mild to severe. To do this pose, lay flat on your stomach on a yoga mat, placing your hands palms down on either side of your ribs. Breathe in through the nostrils as you lift your head up slowly, followed by shoulders, chest. Rise higher and higher as you lift your chin and spine. Breathe in with five breaths when you cannot stretch any further and come up with your inhalation slowly. Exhale slowly as you release the pose back down to your mat.

2. **Butterfly** - The Butterfly or Bound Angle Pose is good for chronic hip pain. To do this pose, sit on a yoga mat and your knees upward and then out, allowing the bottoms of your feet touch. Inhale and exhale. Inhale and exhale slowly lower the head to feet. Give yourself five breaths through the nostrils in your position and inhale come back to seated position.

3. **Wall Plank** – The wall plank is a good posture for pain in elbow, and shoulder pain as it strengthens the muscles in those areas. To do this pose, stand arm-distant from the wall. Reach from your shoulders and plant your palms against the wall. Keep your finger spread, with the middle finger pointed towards the ceiling. Once you're firmly positioned, begin walking your feet slowly backward away from the wall until you're bent forward at a right angle. Only go as far as you can. Hold for three deep breaths. Repeat when you feel ready or continue the next day bit by bit.

4. **Downward Dog Ardha Mukha Svanasana** – This helps to alleviate both chronic back and neck pain by taking it one step at a time. Start in table position. Hips are shoulder width apart. Wrists below the Shoulders. Lift up the tailbone back behind you, straighten the legs. Keep the body in an inversion pose of a “V” with head lowered between the arms. Pull in the abdomen with each exhale.

5. **The Triangle Pose – Trikonasana & Uttitha Trikonasana.** Legs hurt? Then you're looking for the Triangle Pose, the perfect yoga exercise for stretching the leg muscles and improving blood circulation for them. Stand with feet facing out from you. Turn the left

foot facing straight forward and the back foot turn inward a tiny bit. Place your hands on hips, fingers facing forward. Inhale through nostrils, raise both arms shoulder height and bend to the left with left hand reaching for shin, ankle or the floor to touch. Breathe five breaths and relax your hips. Face your head to right facing the outstretched right arm that is stacked in alignment with your left arm.

6. **Thunderbolt Pose**-Digestive issues plague many chronic pain sufferers. Diarrhea, constipation, gas and bloated belly are all signs of a sluggish digestive system. You can regulate your system with the Thunderbolt pose. Kneel on a yoga mat with your hands resting on your thighs and your buttocks resting on your heels. If this is uncomfortable for you, place a pillow between your seat and legs for more support. Hold this pose for a few moments while breathing deeply. Release and repeat as needed.

7. **Seated Twist - Ardha Matsyandrasana**. Another good pose for digestive issues is the Seated Twist. Done in many ways. Start from seated position. Place right leg straight ahead of you on the floor. Bend the left leg and place beside your extended leg. Twist the torso to the left and place your right elbow on the outside of the left knee. Place the left hand on the floor back behind the left torso for support. Keep twisting the torso to the left.

8. **Camel Pose – Ustrasana**. Low energy is a direct result of living with chronic pain. Our bodies are continually fighting free radicals, pain and inflammation. To improve your energy and continual well-being try Camel Pose. Place your knees on a thick blanket that is on top of a yoga mat for comfort. Toes curled under. Place your hands back along the sacral area just above the hips. Deep breaths and when ready, slide your hands down along your buttocks as you lean backwards. As you lean backwards, release your hands and reach for the heels of both feet to touch them. This may take several tries but keep breathing, keep relaxing the mind and body.

9. **Child's Pose – Balasana**. The Child's Pose is an excellent pose for relaxation, reverence and lower back pain. Children you'll notice do this pose as they sleep. This is a pose that will take you into being grateful, praying and giving thanks to the universe. You start on all fours, The Table pose. Lead back on the heels and touch buttocks to the heels. Breathe out and lean forward with aim of touching forehead to the floor with outstretched arms ahead of you and fingers touching the floor. Another variation is having the hands go behind you and hands touch the feet, ankles or heels. Whichever makes you feel comfortable.

10. **Seated Neck Release** - Millions of people suffer from chronic headaches due to lower back pain and shoulder muscle discomfort.

Email padaran@padaran.com www.padaran.com (386) 479-8151
www.facebook.com/dayadevidoolin www.twitter.com/dayadevidoolin