

Asana this week:

Langhana Asana Series

Name: Langhana Asana Series

What does Langhana mean?

Langhana is a Sanskrit word that means “to fast,” “to reduce” or “to diminish back to its cause.”

In the traditional Indian medical practice known as Ayurveda, langhana is used to describe dieting, fasting and weight-reducing therapy in general, but includes related treatments that reduce various types of heaviness in the body and mind.

For the mind, think in terms of clutter, hoarding, too much on your ‘to do’ list, Type A compulsive etc. With these situations the mind is not in balance but instead has a pressure. Langhana brings balance with the breath.

General Descriptions with Alternatives:

Movement on the Exhale only. Whenever Inhale is mentioned the intention is lengthening the body.

These movements are done slowly on both the inhale and exhale as they will also address the balance as a slow flow, each series to be repeated 6-10x and of course on both sides when applicable.

Always being mindful to go slowly and moving only on the exhale. Asana can be held in either position with a slow breath or pause.

#1. Standing in Mountain Pose

Inhale (lengthening the torso by gently reaching with the crown of the head)

On the exhale -turn the palms up and slowly raise them overhead, let the fingers touch.

-Working towards bringing the upper arms in alignment with the ears, if this is not happening and the arms are forward of the ears then work slowly as the shoulder girdle is tight and range of motion can be limited.

Inhale

On the exhale -turn the palms down and return to Mountain Pose.

On both movements feel the opening/expansion in the chest.

#2. Forward Fold from Mountain Pose

Standing either facing a chair (optional) or having a chair next to the body if needed for balance. You can also use a block as when you forward fold the hands should either reach the chair, block or floor.

Inhale

On the exhale - bring the arms forward and up over head.

-Be mindful to engage core as you come up so as not to put unnecessary pressure on the back, if you feel it in your back possibly you are not engaging enough or the knees are not slightly bent.

Inhale

On the exhale - slightly bending the knees, hinge forward from the hips to a forward fold, arms following body straight forward to the chair, legs or floor.

Inhale -remain with the head down.

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Sangha Weekly #6

FALL 2017

On the exhale -slowly return the arms overhead

Inhale

On the exhale - return the arms to Mountain Pose.

#3 Warrior I

Standing either facing a chair (optional) or having a chair next to the body if needed for balance.

Place your feet in a proper Warrior I.

Beginning with front leg straight and arms at your sides.

Inhale

On the Exhale - bring the arms forward and up over head as you bend the front knee to Warrior I

Inhale

On the Exhale -return to original position

Inhale

continue....

#4 Warrior II

Stand facing the chair on the side of your mat (just in case you need it for balance).

Open the legs wide (working towards being as wide as your wrists with out stretched arms).

Turn the right foot to the front of your mat and the left heel slightly towards the back of your mat.

Shoulders facing the chair but hips slightly angled towards the right of the chair.

Begin in Warrior II on the Inhale and be still.

On the Exhale -take the arms overhead, straighten the knee and turn the head to look towards the chair.

Inhale

On the Exhale -return to Warrior II by bending the knee, reaching out both arms and turning the head looking to the middle finger of your right hand.

Inhale

continue....

The above mentioned Langhana Asanas can be repeated 6-10x and if they call for both sides, please do.

Physical Benefits:

The emphasis in a Langhana practice is on exhaling and holding poses.

As well as slowing the heart rate, breathing and metabolism, relaxing the nervous system, and calming the mind.

If you are mindful during this practiced you will see that you are also using many muscles throughout the body both on movement and especially on holding.

Savasana:

Breath Focus: Release and Relax

A guided meditation (8-10 minutes in class but suggested 15-20 minutes)

How relaxed are you at this moment in time?

Where is the tension in your body?

If you're like most people, you're more aware of your bank balance or the time of day than you are of your own body, even though you're riding around in it.

And that's the problem, isn't it?

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Sangha Weekly #6

FALL 2017

Begin by relaxing the body R/L from toes to fingers.

Tell your body, “It’s okay; we don’t need this tension or this soreness anymore. We can let it go.”

Pranayama:

Name: Ujjayi

Looking to simultaneously relax and energize your mind and body?

Your answer may be an ancient yogic breathing technique called Ujjayi.

Ujjayi (pronounced oo-jai) is commonly translated as “victorious breath,” and has been used for thousands of years to enhance Hatha yoga practice.

Also commonly referred to as the “oceanic breath,” the sound that Ujjayi provides helps us to synchronize breath with movements during yoga, making the entire yoga practice more rhythmic.

Description:

1. Seal your lips and start to breath in and out through your nose.
2. Take an inhalation through your nose that is slightly deeper than normal. Exhale slowly through your nose while constricting the glottis in the back of your throat.
3. OR With your mouth open, try exhaling the sound “HAAAAH”—it’s similar to the sound you make when you’re trying to fog up a mirror.
Close your mouth and attempt a similar sound, feeling the outflow of air through your nasal passages. Once you have mastered this on the outflow, use the same method for the in-flow breath, gently constricting the back of your throat as you inhale.
4. You can also silently, with the mouth closed, repeat the word So/with the Inhale and Hum/with the exhale which can help the breath flow nicely.

With practice this breathing is not an effort and is never forced, it becomes quite natural and easy, just practice!

If you’re doing this correctly, you should sound like waves in the ocean—the inhales can be compared to the sound the ocean makes as the water is gathering up to form the wave, the exhales can be compared to the sound of the waves crashing to the shore.

Some people compare Ujjayi breathing to Darth Vader from Star Wars, if that’s helpful.

Physical Benefits:

Ujjayi has a balancing influence on the entire cardiorespiratory system.

Here are a few benefits you may enjoy as a result of practicing the Ujjayi breath:

- Increases the amount of oxygen in the blood
- Builds internal body heat and energy while encouraging free flow of prana
- Relieves tension, irritation and frustrations while calming the mind and body
- Regulates blood pressure
- Helps a yoga practitioner to maintain a rhythm while practicing
- Detoxifies mind and body
- Increases feelings of presence, self-awareness, and meditative qualities

When to Use Ujjayi Breath;

1. When you’re agitated:
Since the Ujjayi breath is especially good for settling agitation and stress, and balancing the mind, try

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Sangha Weekly #6

FALL 2017

shifting into Ujjayi breath whenever you find yourself becoming aggravated or stressed. You should notice a soothing effect promptly.

2. When you're practicing hatha yoga:

Try focusing on Ujjayi breathing while practicing yoga to help you stay focused and centered as you flow from one posture to the next.

3. When exercising:

Ujjayi is also useful when you're doing aerobic exercise such as running or cycling. In fact, some Olympic-level athletes have introduced Ujjayi into their training routines to improve their respiratory efficiency. Experiment with this breath technique when you're working out and see if it reduces wear and tear on your body.

4. When you're nervous:

The slow and rhythmic nature of the Ujjayi breath is incredibly helpful to calm nerves. Next time you find yourself with a case of the jitters, try some yogic breathing to settle the worries.

Essential Oil:

Grey Matter: Peppermint, Lavender, Spearmint, Roman Camomile

Music:

Deuter: Illumination

Quote:

Lao Tzu

“Mastering others is strength. Mastering yourself is true power”

‘I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures.’”

Miscellaneous:

Fuzz Speech by Dr. Gil Hedley

https://www.youtube.com/watch?v=BdRqLrCF_Ys