

Yoga for Busy Bodies



Yoga for busy bodies

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Foreword

To my three children,
the three greatest Yogis I know;
- my teachers, my friends, my blood...
Thank you from the depths of my heart,
I love you - wherever you are.

Artwork - drawings by Richard Walker

Also a special thank you
to a friend and inspired Yogini,
Eileen.

There is a magic available to all of us; a magic of health, vitality, awareness, success fulfilment and a truly better way of life. This magic is inspiration and it is proudly supported by the ancient art of Yoga. Yoga is not life itself, it is simply one of the means to get more out of life.

In presenting this small book, I emphasise that there are many different forms of Yoga, many different schools of thought, and many different ideologies. This book is just one of them that dates to the ancient sage, Pattanjali. In the form of Yoga shared in this book, we do not mean a Yoga with austere practices of detachment or social withdrawal. Using the Laws of Nature, we are able to see the world through better eyes, then life itself and our search for happiness, is our meditation. Whether you are walking down the street, in a business meeting, sharing romantic evenings with a loved one or reading the darkness from the newspapers, seeing the order in the chaos, learning truth, is the deepest meditation.

Christopher Walker.

Yoga

Yoga for Busy Bodies

Yoga comes from the 5,000 year old Indian school of metaphysics known as Darsana, "a certain way of seeing". Its specific objective was to explore deeper and clearer ways of seeing the world, life and the whole.

Krishnamacharia, a magnificent student and teacher of Yoga, undertook the most thorough exploration of Hatha Yoga in modern times. He was a great master of the physical, medical, remedial and metaphysical elements of the Yoga practice. His four most renowned students were Indira Devi, Desikachar, B.K.S Iyengar and Sri K Pattabhi Jois.

The Yoga System, as described in this book, was reconstructed from a mysterious manuscript written on a bundle of palm leaves, the *Yoga Korunta*. This collection of verses on *Hatha Yoga* was discovered in the 1930's by Krishnamacharya and his disciple Sri K Patthabi Jois while searching Sanskrit texts at a Calcutta University library. The manuscript is dated to be around 1500 years old.



Yoga Means to Unite

The word Yoga itself has many translations but all of them ultimately mean to unite: to merge to the one, to tie things together. Focusing our thoughts in one direction, undertaking anything we do with purpose and clarity, and the ability to master any discipline is Yoga.

A primary objective of Yoga is change: to constantly improve what we do, the way we feel about doing it and the way we do it. To see with a deeper clarity and less cloud, to think with more focus and deeper concentration, and to do what we do with more intensity and direction is the final goal of Yoga.

The fundamental philosophy of Yoga stands as a real testament to the wisdom of the ages.

“When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds, your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great, and wonderful world. Dormant forces, faculties and talents become alive, and discover yourself to be a greater person by far than you ever dreamed yourself to be.

Pattanjali.

It's Portable

Practicing the arts of Yoga can have a major impact on your life. This is valid for all people in all walks of life. From the alternative lifestyle, to performer or the world of the corporate business professional. Yoga is ancient but its application to today's lifestyle is totally appropriate. It offers the means to help us advance our capacity to do more, the science to help us adapt to increasing levels of stress and the insights to help us better do what we do. And we do not have to sacrifice our core values. We can maintain ambition, aspiration and the challenge of career. Yoga is a tool to help balance our mind and body. Taken further it can become a spiritual practice that can easily run in parallel to a religious commitment in another doctrine. For a start, it is all about fitness, wellbeing and peace of mind.

Yoga is portable. Whether at home or on the road, it just takes up the space of your yoga mat, about the size of a bath towel. It's the only thing you need for a daily workout that keeps your mind clear, cleans out waste and maintains flexibility. Three keys to living a long life.

The Body Mind

In Yoga practice, resistance in the physical body becomes more obviously connected to the mind. Getting to know the nature of the mind becomes important to our daily life.

Memory is stored in the body. These emotions are ultimately stored as tension in specific areas of the body, depending on the particular emotion. These tensions build up as toxin and physical imbalances until they become a disease, or in Yogi language, an energy blockage. Ultimately, however, all tension is stored emotion, physical pain is the experience of it and disease the consequence.

This is the art of body mind in Yoga. Delving into the thoughts that create disease. Yoga explains that there are thoughts that are productive and healthy and thoughts that are not. For example; a person walking into an organic health food shop because they despise the chemicals and commercialisation of hormonally grown foods is killing themselves faster than any organic, mung bean grown, fertilizer free, crop rotated potato can ever cure. Yoga would emphasise a change in mindset over the preoccupation with organic not commercial food attachments.



Flexibility

Flexibility in Yoga is more about the cleaning out of these old emotional memories, and blocked ideas than it is about putting your leg behind your head. Primarily, Yoga is about the awareness and mindset you bring to life. This is often misunderstood by those who oppose commercial progress and technological advancement. Yoga never intended to impede or describe human progress, but, more importantly, help you as an individual stay healthy and happy regardless.

Yoga is both a physical experience for keeping young and healthy but also a mental exploration that can help you release the past, in particular stored emotional blockages.

Progress in Yoga is the ability to be right where you are. Where you are is important. If you can learn to be right where you are, without any expectations, then you have been really transformed. Just right where you are - focussed on something important, no distractions, pain or pleasure irrelevant, just there, right where you are.

Stress management

Yoga teaches stress management through breath, body and mind control. These are invaluable resources in a busy and productive life, and they can be used right at the moment when stress arises.

Yoga is a great antidote for a stressful lifestyle. Yogic breath is the ideal way to maintain the balance both after and during work. We breathe all day yet it is only when we focus our attention on the breath that we truly “breathe”. Focussing on the breath at different times during the day and adjusting that breath to the circumstances can have a major impact on our performance and enjoyment of life.

Yoga offers considerable benefits in improving and stabilising health. Through focused and consistent practice, Yoga has been used to help heal cancer, kidney problems, weak heart, asthma, bronchitis, urinary problems, prostate inflammation, constipation and migraine. The list goes on. There are in fact few “illnesses” that cannot be assisted through Yoga. Sports injuries, chronic back pain and emotional instability are also common concerns that bring people to Yoga.

Forward Bends - Humility

Yoga for Busy Bodies

The forward bends work the external body in lengthening hamstrings and the torso. They are very much the 'surrender' of all the asanas. They create peace of mind. The internal body experiences enormous benefit from the forward bends: the liver is squeezed and pressure is applied to the ascending and descending colons. After forward bends the mind is left quiet leaving space for clarity. Forward can also have remarkable recuperative results for people suffering from headaches, nervousness, insomnia and migraines.



Back Bends - Opening up to life

Backbends are the gem of asanas, awakening the spine and nervous system, and giving vigour to the whole body. These poses take time and patience to master. Significant results can be achieved by supported backbends. By lying flat on your back while placing firm pillows or bolsters under the shoulders or lower back you can create an significant back bend which will open and awaken your spine.

The backward arch has a huge squeezing effect on the kidney, spleen and abdominal organs, opening the lungs both front and back. Tension around the shoulders can be relieved in this position, freeing the neck and allowing the mind to think more clearly.



Inversions - Vitality

To help the novice experience the benefits of inverted poses without the risk of injury, certain supported inverted poses have been developed. The classical unsupported inversion is the head stand but by using a chair, and a wall the strain on your neck can be alleviated. The main benefit of all inverted poses is the reversing of gravity, allowing the blood, organs and skin to freely move in the opposite direction.

Shoulder stand, Sarvangasan, works more on the glands, especially the thyroid and parathyroid glands which play a huge role in the body's metabolism. These poses are excellent for creating stronger circulation in the legs, and done with different variations, inverted practice can be extremely restorative.

For beginners an ideal inversion pose is "leg up the wall". A simple movement of lying flat on your back with the buttocks close to the wall and placing the legs up the wall. To remain in this pose for 10 to 15 minutes each day can revitalise the body and freshen the mind. It can be done at any time as a great pick-me-up.



Relaxation - At ease

Simply lie flat on the floor; warm and free from interruption, with a pillow under your head and perfectly still for 15 minutes. Allow every muscle and fibre of the body to be supported by the earth. Use music or a Yoga Nidra tape to sooth you into relaxation.

Resting poses are done at the end of every Yoga practice to allow the body to cool and stabilise before returning to the outside stimulation of our lives.

No matter how beautiful we may do an asana, or how flexible our body may be, if we do not achieve the integration of body, mind and breath we are not doing Yoga. Yoga is after all an internal experience; one of personal development and exploration. To practise it from the outside is purely a sport or exercise. What others see as a result of our Yoga practice is minimal compared to what we experience on the inside; a change in body shape, healthier skin, clearer eyes—these are truly external results but they are more a reflection of internal change. When the breath is the focus of the practice we are drawn inward towards the centre, towards the stillness of no space and time,



An Office Yoga Practice

Yoga for Busy Bodies

Your body needs energy to function. Bottled up in an office all day can play havoc with your immune system to say the least about your health. Postures slump into comfortable chairs, computers turn our eyes square and flat, and we can easily develop spinal problems from the lack of movement during long periods of work.

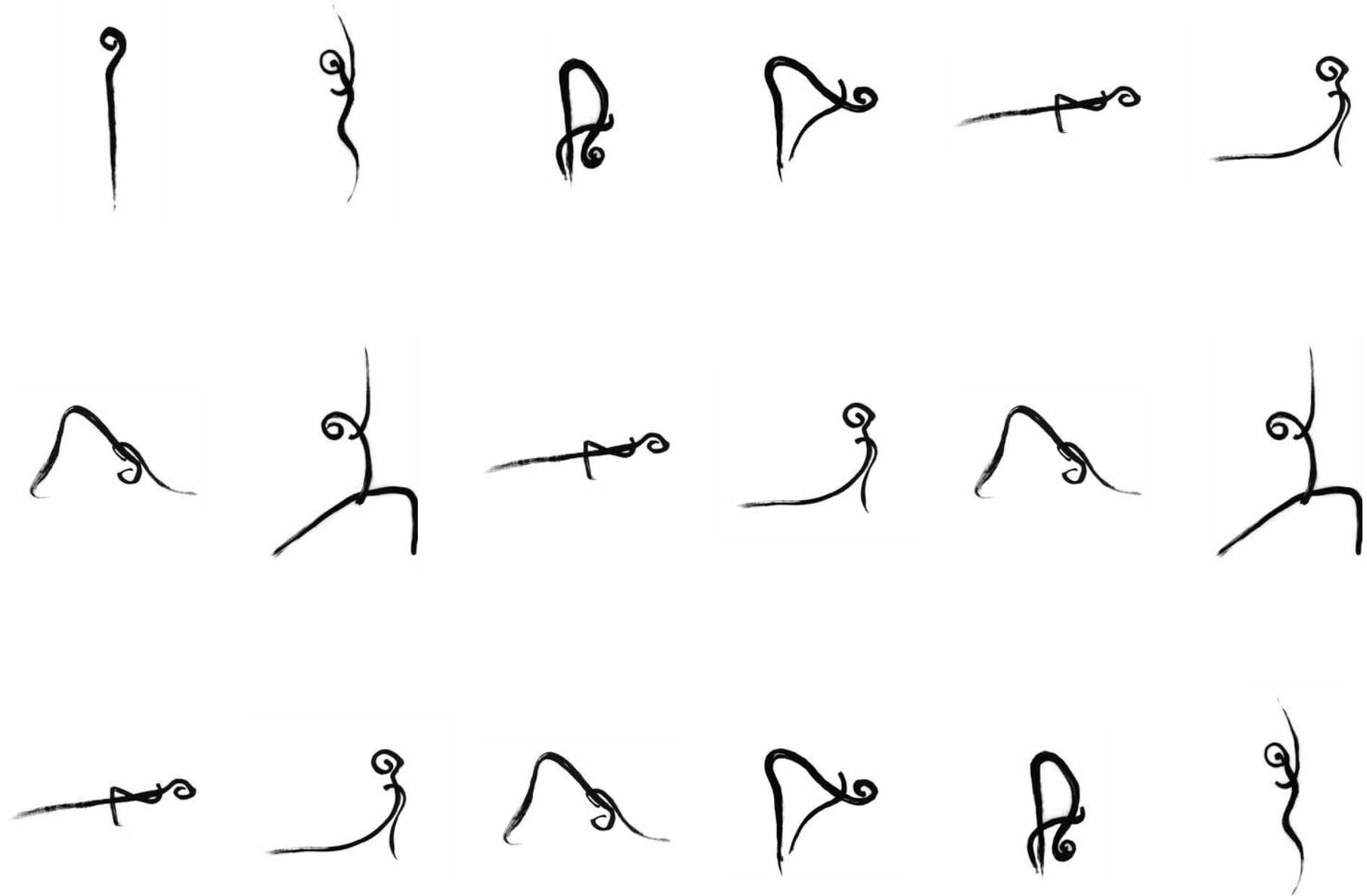
1. Expand your arms outward
2. Turn your head and look up and down and side to side
3. Expand yourself upward. Reach your arms up to the sky.
4. Looking up notice that you can actually reach another 4 cm if you make an effort
5. As you look up breathe into your abdomen. Take this opportunity to fill your abdomen and allow the diaphragm to expand.
6. Raise arms breathe in.
7. Lower arms breath out.
8. Repeat 4 times.



Salute to the Sun ...

- ◆ May be practice by anyone and everyone. (check this)
- ◆ It takes about three to ten minutes a day.
- ◆ It acts on the whole body.
- ◆ Does not cause fatigue.
- ◆ It costs nothing.
- ◆ All you need is a space measuring two square metres.
- ◆ It helps to promote sleep.
- ◆ The memory improves.
- ◆ It tones up the muscles.
- ◆ It strengthens the respiratory system
- ◆ It tones the cardiac rhythm.
- ◆ It tones up the digestive system.
- ◆ It massages liver, stomach, spleen, intestines and kidneys.
- ◆ It strengthens the abdominal muscles.
- ◆ Thoroughly ventilates the lungs
- ◆ Oxygenates the blood.
- ◆ Acts as a detoxifier.
- ◆ It steps up cardiac activity and blood flow
- ◆ It combats hypertension and stress.
- ◆ It warms the extremities and improves blood circulation.
- ◆ It tones up the nervous system
- ◆ It reduces worry and calms anxiety.
- ◆ It stimulates and normalises the activity of the endocrine glands including the thyroid.
- ◆ It refreshes the skin so that it takes on a youthful glow.
- ◆ It eliminates toxin through the skin.
- ◆ It strengthens the back.
- ◆ Changes the appearance and shape of the bust in women,
- ◆ It controls activity in the uterus and ovaries.
- ◆ It normalises weight
- ◆ It counter balances the effects of high healed shoes.
- ◆ It prevents flat feet and strengthens the ankles.
- ◆ Gets rid of fat around the stomach, hips, thighs and chin.
- ◆ Reduces abnormal prominence or pot belly;
- ◆ It a eliminates unpleasant body odour
- ◆ It increases immunity to disease.
- ◆ It refines the proportions of the body.
- ◆ Builds grace and ease to the movements for the body.
- ◆ It adds resilience and flexibility for sports of all kinds.
- ◆ It maintains a spirited usefulness.

Salute to the Sun



Power Breathing

Yoga for Busy Bodies

The first thing we do when we are born is to take a long, deep breath and the last thing we do is take a last gasp before we stop breathing. Between birth and death, life is completely maintained by breathing.

If a person does not get enough fresh air, or if he is a shallow breather, and the intake of oxygen does not equal the outgo of carbon dioxide we are encouraging carbon dioxide toxic poison to build within the structure of the body.

Enervation or the lack of nerve energy can lower the Vital Force so much that the great bellows, the lungs, cannot pump in enough air to flush the carbon dioxide out of the body.

We are air machines. Oxygen not only purifies our body but is also one of the great energisers of the human body. We are air pressure machines. We live at the bottom of an atmospheric ocean approximately 70 miles deep. The air pressure is fourteen pounds per square inch. Between the inhalation and the exhalation of a breath, a vacuum is formed. As long as we continue to have this rhythmical intake and outgo of oxygen, we will live. We know that we can go without food for 30 days or more and still survive, but we can only go without air for a

very few minutes, so air is one of the important energisers of the human body. The more deeply you breathe pure air, the better your chances are for extending your years on this earth.

Long-lived people have one common denominator – they are deep breathers. The deeper and fewer breaths a person takes in one minute, the longer they live. Take long, slow, deep breaths first thing in the morning and during working hours take periods to practice long, full, deep breaths.

Indian holy men spend many hours daily in the practice of rhythmic, long slow, deep breaths. This deep breathing keeps their skin and muscle tone ageless. Refer to the Super Brain breathing program – for perfect vision, a perfect head of hair with not one grey hair, endurance and stamina of an athlete. Such a great holy man owes his great strength and mentality to a long life practicing faithfully breathing exercises on a daily basis.

A Full Breath is a Full Life

Inhalations facilitate the extensor muscles of the body and stimulate the sympathetic nervous system which awakens you. Exhalations inhibit these same systems, but facilitate the flexors muscles of the body and stimulate the parasympathetic nervous system which relaxes you to sleep. Long inhalations and short exhalations wake you up and elate you. Long exhalations and short inhalations put you to sleep and depress you. A balanced ratio of inhalation to exhalation will balance out your emotions and make you grateful with love.

To balance out your mind with its tic-toc of emotions, begin to inhale to the count of seven and then exhale to the count of seven. Balance long slow breaths with short fast breaths. Use your nose. Your mouth is for more laboured stressful breathing. Inhale and exhale at the ratio of one to one. One to one breathing will bring your mind and body into the peaceful now. Lop-sided breathing will bring your mind into the past or future, guilt or fear. Rigid breathing reflects a rigid mind.

Don't force your breath, just breathe. Universal energy is just a breath away. Your Soul's inspirations are just a breath away. To be inspired, inspire. Powerful people have powerful breaths and are filled with 'creative' or transformable energy.

Energy is infinite, once you recognize and utilize its source. Besides a balanced breath, your inspired thoughts, vivid visions, clear affirmations and loving feelings clear out your portals of infinite energy.

The deep breathing secret of endurance and stamina – vigorous exercise forces large amounts of oxygen into the body. Oxygen is a detoxifier. Like fasting, it removes poisons from the body. Practice sleeping with windows wide open with a cross ventilation of air across you as you sleep. Compensate long hours of sitting with outdoor walking and physical activity. The pile up of carbon dioxide in our bodies can bring serious consequences – fresh air is important, with walking, hiking running, swimming etc. Think about it when you are walking. The fewer long, slow, deep breaths you take, the longer you will live.

Breathe for Life

Yoga for Busy Bodies

We breath 15,000 to 25,000 times each day.To breathe is to live.And yet it is so much more: Our breath determines our emotional state, it determines our health, our appetite and it determines which side of our brain is in dominance at any one time. Of course the reverse applies - our emotions determine our breath, our appetite, which side of the brain we are using and our health determines our breath.

- Lengthen your Life.
- Increase vitality and freedom from disease.
- Increase powers of resistance
- Strengthen physical health and well being
- Increase rationale and mental power
- Increase happiness
- Strengthen clarity and clear sightedness.
- Deepen and hasten spiritual growth.
- Strengthen and invigorate organs.
- Oxygenate the blood.
- Bring harmonious vibration with nature.
- Aid in the unfolding of latent powers.



The Consequences of Poor Breathing Habits

Unless fresh air in sufficient quantities reaches the lungs, the foul stream of venous blood cannot be purified and, consequently, not only is the body thus robbed of nourishment but the waste products which should have been destroyed are returned to the circulation and poison the system and death ensues.



If the blood is not fully purified by the regenerative process of the lungs, it returns to the arteries in an abnormal state, not only insufficiently purified but imperfectly cleansed of the impurities which it took up on its return journey. These impurities, if returned to the system, will certainly manifest in some sort of disease either in a form of blood disease or some other resulting from impaired functioning of some insufficiently nourished organ or tissue.

When the oxygen comes in contact with the blood, it unites with the haemoglobin of the blood and is carried to every cell, tissue, muscle and organ which it invigorates and strengthens, replacing the worn out cells and tissue by new materials which Nature converts to her use. Arterial blood, properly exposed to the air, contains about 25 per cent of free oxygen.

Not only is every part vitalised by the oxygen but the act of digestion depends materially upon a certain amount of oxygenation of our food. This can be accomplished only by the oxygen in the blood coming in contact with the food and producing a certain form of combustion. The entire body receives nourishment from the food assimilated and that imperfect assimilation always means an imperfectly nourished body. ***It is therefore necessary that a proper supply of oxygen be taken through the lungs.***

Nostril-Breathing Versus Mouth-Breathing

Humankind boasts two methods of breathing - through the mouth or through the nasal tubes. However there is a huge and vital difference - only one method ensures health and strength. We should all avoid mouth breathing.

Clear the boogies

Keeping the nasal passages clean is a necessary part of the Complete Breathing Process. There are several methods that can be used, however some may take more expertise than others. Begin with the simpler procedures.



Breathing Techniques

High Breathing

High Breathing is probably the worst form of breathing known to man and requires the greatest expenditure of energy with the smallest amount of benefit. The ribs are elevated and collarbone and shoulder become raised, at the same time drawing in the abdomen and pushing its contents up against the diaphragm, which in turn is raised. A minimum amount of air enters the lungs and the diaphragm expands minimally.

Mid Breathing

During Mid Breathing the diaphragm is pushed upward and the abdomen drawn in. The ribs are raised somewhat and the chest is partially expanded.

Low Breathing

Otherwise known as "Abdominal Breathing", "Deep Breathing" or "Diaphragmatic Breathing" this type of breathing is often wrongly considered to be 'complete breathing'. The diaphragm is the great partition muscle, which separates the chest and its contents from the abdomen and what happens is that when we practice "low breathing, we fill only the lower and middle parts of the lungs.



Complete Breathing

Complete Breathing brings is a co-ordination of the entire respiratory apparatus - every part of the lungs, every air-cell and every respiratory muscle. The entire respiratory organism responds to this method of breathing and the maximum benefit is derived from the minimum expenditure of energy. One of the most important features of this method of breathing is the fact that the respiratory muscles are fully called into play, whereas in the other forms of breathing only a portion of these muscles are so used.

When breathing completely, the lower ribs are controlled by the diaphragm which draws them slightly downward. While other muscles hold them in place, the intercostal muscles force these lower ribs outward and this combined action then increases the mid chest cavity to open to its maximum expansion. In addition to this muscular action, the upper ribs are also lifted and forced outward by the intercostal muscles which in turn increases the capacity of the upper chest to its fullest extent.



The Complete Yogi Breath

- ◆ Stand or sit erect.
- ◆ Breathing through the nostrils, inhale steadily, first filling the lower part of the lungs, which is accomplished by utilising the diaphragm, which when descending, exerts a gentle pressure on the abdominal organs, pushing forward the front walls of the abdomen.
- ◆ Then fill the middle part of the lungs, pushing out the lower ribs breast, bone and chest.
- ◆ Now fill the higher portion of the lungs, expanding the upper chest, thus lifting the chest, including the upper six or seven pairs of ribs.
- ◆ In the final movement, the lower part of the abdomen will be slightly drawn in which gives the lungs support and also helps to fill the highest part of the lungs.
- ◆ This inhalation is continuous, the entire chest cavity from the lowered diaphragm to the highest point of the chest in the region of the collar bone, being expanded with a uniform movement.

NB Avoid a jerky series of inhalations, and strive to attain a steady continuous action. Practice will soon overcome the tendency to divide the inhalation into three movements and will result in a uniform continuous breath.

- ◆ Retain the breath for a few seconds.
- ◆ Exhale quite slowly, holding the chest in a firm position and drawing the abdomen in a little and lifting it upward slowly as the air leaves the lungs. When the air is entirely exhaled, relax the chest and abdomen.

As you can see, this method of breathing brings all parts of the respiratory apparatus into action, and all parts of the lungs, including the most remote air cells are exercised. The chest cavity is expanded in all directions.

Advanced Yogi Breathing

Yoga for Busy Bodies

Ujjayi Breath

This is the breath used throughout Ashtanga practice. It is throat breathing: a narrowing of the throat's air passages to create a resonance of noise from the breath in the upper sinus of the pallet. This breath is best taught by your teacher. The inhalation and exhalation are through the nose and make the same sound.

Bhastrika

In Bastrika breathing we use the diaphragm of the abdomen to create a bellows effect. This breath is used for many purposes including cleansing of sinus, lungs and airways. It is also used in the development of prayer to lighten and open the mind for gratitude exercises (see below). Be mindful that excessive strain on the breath may cause dizziness. Always finish the practice with slow, steady and deep breaths.

Nadi sodhana

Alternative nostril breathing is a deeper more focussed breath. We use specific hand positions to regulate the breath, and the idea is to inhale through one nostril and exhale through the other. But there are many patterns, including variation on length of breath, retention and choice of nostril, all of which have a specific effect on the mind/body.

Kumbhaka Breath Retention

The most demanding and yet most beneficial breathing patterns involve breath retention. They affect both the physiology and the psychology of the body. During Kumbhaka breath may be held out or in. We are seeking to distribute the power of breath throughout the body.

Rechaka the exhalation

Kumbhaka holding lungs empty

Puraka the inhalation

Kumbhaka hold with lungs full

Kapalabhati

Forced exhalation in short bursts followed by passive inhalation.

Apply the Bhandas

Force of exhalation is most critical

Use diaphragm

An advanced practice to be done with caution especially for chronic lung conditions

Breathing Techniques cont'd

THE YOGI CLEANSING BREATH

This Cleansing Breath ventilates and cleanses the lungs, stimulates the cells and gives a general tone to the respiratory organs and is conducive to their general healthy condition. Speakers and singers will find this breath especially restful after having tired the respiratory organs.

Inhale a complete breath

Retain the air a few seconds

Pucker up the lips as if for a whistle then exhale a little air through the opening with considerable vigour. Then stop for a moment, retaining the air and then exhale a little more air. Repeat until the air is completely exhaled.

THE YOGI NERVE VITALISING BREATH

This is one of the strongest nerve stimulants and invigorant known to man. Its purpose is to stimulate the Nervous System, develop nerve force, energy and vitality. This exercise brings a stimulating pressure to bear on important nerve Centers, which in turn stimulate and energise the entire nervous system and send an increased flow of nerve force to all parts of the body.

- Stand erect
- Inhale a complete breath and retain same
- Extend the arms straight in front of you, letting them be

somewhat limp and relaxed with only sufficient nerve force to hold them out

- Slowly draw the hands back towards the shoulders, gradually contracting the muscles and putting force into them so that when they reach the shoulders the fists will be so tightly clenched that a tremulous motion is felt.
- Then, keeping the muscles tense, push the fists slowly out and then draw them back rapidly several times (still tense)
- Exhale vigorously through the mouth
- Practice the Cleansing Breath

The efficiency of this exercise depends greatly upon the speed of the drawing back of the fists and the tension of the muscles and on the full lungs.

THE YOGI VOCAL BREATH

Experience has taught the Yogis that the timbre, quality and power of a voice depends not alone on the vocal organs in the throat but that the facial muscles have a lot to do with it. Try standing before a glass and pucker up your mouth and whistle and note the shape of your mouth and the general expression of your face. Then sing or speak as you do naturally and see the difference. Then start to whistle again for a few minutes and then, without changing the position of your lips or face, sing a few notes and notice what a vibrant resonant, clear and beautiful tone is produced.

THE RETAINED BREATH

This is a very important exercise which tends to strengthen and develop the respiratory muscles as well as the lungs and its frequent practice will also tend to expand the chest. The Yogis have found that an occasional holding of the breath, after the lungs have been filled with the Complete Breath, is very beneficial, not only to the respiratory organs but to the organs of nutrition, the nervous system and the blood itself. They have found that an occasional holding of the breath tends to purify the air which has remained in the lungs from former inhalations, and to more fully oxygenate the blood.

- Stand erect
- Inhale a Complete Breath
- Retain air as long as you can comfortably
- Exhale vigorously
- Practice the Cleansing Breath

LUNG CELL STIMULATION

This exercise is designed to stimulate the air cells in the lungs.

- Stand erect, with hands at sides
- Breathe in very slowly and gradually

- While inhaling, gently tap the chest with the finger tip, constantly changing position.
- When the lungs are filled, retain the breath and pat the chest with the palms of the hands.
- Practice the Cleansing Breath

RIB STRETCHING

The ribs play an important part in proper breathing and it is important to preserve their elasticity.

- Stand erect
- Place the hands one on each side of the body, as high up under the armpits as convenient, the thumbs reaching toward the back, palms on the side of the chest, fingers to the front over the breast.
- Inhale a complete breath
- Retain the air for a short time
- Then gently squeeze the sides, at the same time slowly exhaling
- Practice the Cleansing Breath. Use moderation in this exercise and do not overdo it.

CHEST EXPANSION

This exercise is very good for the purpose of restoring natural conditions and gaining chest expansion.

- Stand erect
- Inhale a complete breath
- Retain the air
- Extend both arms forward and bring the two clenched fists together on a level with the shoulder.
- Then bring the arms stand out straight sideways from the shoulders.
- Then bring back to position 4 and to position 5. Repeat several times.
- Practice the Cleansing Breath. Use moderation and do not overdo this exercise.

WALKING EXERCISE

- Walk with head up, chin drawn in slightly, shoulders back and with measured tread.
- Inhale a complete breath, counting (mentally) 1,2,3,4,5,6,7,8, one

count to each step, making the inhalation extend over the eight counts.

- Exhale slowly through the nostrils, counting as before 1,2,3,4,5,6,7,8, one count to a step.
- Rest between breaths, continuing walking, counting 1,2,3,4,5,6,7,8, one count to a step.
- Repeat until you begin to feel tired. Then rest for a while, and resume, at pleasure. Repeat several times a day.

MORNING EXERCISE

- Stand erect in a military attitude, head up, eyes front, shoulders back, knees stiff, hands at sides.
- Raise body slowly on toes, inhaling a complete breath, steadily and slowly
- Retain the breath for a few seconds, maintaining the same position.
- Slowly sink to first position, at the same time slowly exhaling the air through the nostrils.
- Practice Cleansing Breath
- Repeat several times, varying by using right leg alone, then left leg alone

STIMULATING CIRCULATION

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- Stand erect
- Inhale a complete breath and retain
- Bend forward slightly and grasp a stick or cane steadily and firmly and gradually exerting your entire strength upon the grasp.
- Relax the grasp, return to first position, and slowly exhale.
- Repeat several times.
- Finish with the cleansing breath.

RYTHMIC BREATHING

Rhythmic breathing is able to assist the Yogi in absorbing and controlling a greatly increased amount of prana.

- Lie on the floor in the corpse position
- Inhale slowly a complete breath, counting six pulse units.
- Retain, counting three pulse units.
- Exhale slowly through the nostrils, counting six pulse units
- Counts three pulse beats between breaths
- Repeat a number of times, but avoid fatiguing yourself at the start.
- When you are ready to close the exercise, practice cleansing breath, which will rest you and cleanse the lungs.





Christopher Walker has studied yoga for over 30 years. He has lived and worked in ashrams in India, Japan, Indonesia, USA and Australia. Chris build Yoga Moves in Sydney's busy Paddington and hosted Sri K Pattabhi Jois on his first four visits to Australia.

Chris's ongoing association with Yoga includes his daily practice of Ashtanga Yoga, meditations and now, his newest study, Tibetan Yoga in the hills of the high Himalaya of Nepal. He teaches Yoga in his weekend retreats, keynotes and adventure trips.

Chris brings a real life authenticity to his Yoga teaching. He bases his studies on the guidance of Sri K Pattabhi Jois of Mysore, India. Guruji, as he is known to his students answers most Westerners questions on the philosophy of Yoga with his famous quote "Just do the practice and all is coming".

That is Chris's maxim, be real, do things with great intent, inspired and with joy. His Yoga classes are fun, intense and totally inspiring. It's not uncommon to hear people finishing one of Chris's classes saying "that's the best Yoga class I've ever done"

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Sri K Pattabhi Jois in Australia