

# yoga



BREATHE YOUR WAY INTO WELLNESS AND VITALITY WITH THIS ESSENTIAL YOGA POSE.



## SITTING IN STILLNESS

Now is the perfect time to give your mind a “holiday” from thinking. With nowhere to go and nothing else to do, simply sitting in stillness refreshes your whole being, giving you a fresh perspective on life.

Meditating clears the head as the mind gradually but surely empties of thoughts. Problems that seem overwhelming become more manageable and your whole being feels more centred and at peace.

With practice, the feeling of stillness lasts longer and you will soon find yourself yearning for these moments that cultivate peace within, and a deeper connection with self.

**Positioning:** To sit in stillness, be in a comfortable seated position with back straight, shoulders rolling down and slanting back, and the chest opening out to making breathing easy. Rest your hands on your knees wherever they feel most comfortable and tilt your forehead down slightly. Lightly close your eyelids and turn your awareness inward. Breathing through your nose, become aware of the air flowing in and out of your nostrils. Do not control the breath; just observe the flow of air and the soft sound of your breath. Each time you find yourself thinking, gently redirect your focus back to your breath. As you maintain focus, your mind empties of frenetic thoughts and becomes still.

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PHOTOGRAPHY / DHYAN DENNIS

## INFLIGHT HEALTH

- DVT (deep vein thrombosis) is blood clotting in a major vein, most commonly in the legs or lower body, causing blood flow to be slowed.
- Medical practitioners advise that certain people may be more susceptible to developing DVT. These include people who are immobile for periods of time, those with a personal or family history of DVT, people with certain blood disorders or who have recently undergone major surgery, smokers, people with heart disease, pregnant women and the elderly.

## WE SUGGEST YOU:

- Drink plenty of water and other hydrating fluids during and after the flight, but limit alcohol, tea and coffee.
- Take regular walks around the aircraft when the seat belt sign is off. Also, stretch and move your arms and legs at regular intervals.
- Avoid crossing your legs when seated. Massage your calves and thighs and regularly move your ankles by circling and gently shaking your feet.

IF YOU EXPERIENCE ABNORMAL SWELLING, TENDERNESS OR PAIN AFTER YOUR FLIGHT, WE STRONGLY RECOMMEND YOU SEE YOUR DOCTOR. THIS IS NOT A COMPREHENSIVE LIST. IF YOU HAVE ANY DOUBTS ABOUT YOUR PARTICULAR HEALTH RISKS, YOU SHOULD TALK TO YOUR MEDICAL PRACTITIONER.