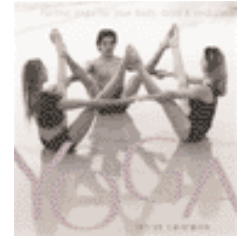


yoga



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



TRIKONASANA

TRI = THREE

KONA = ANGLE

ASANA = POSTURE

Get moving in this dynamic standing posture to release stiff hips; develop a strong foundation to stand on and inspire balance and coordination. When seated for long periods, especially cross-legged, our hip flexor muscles tighten and contract. In Trikonasana (pictured) these muscles are softened and released open, relieving stiffness and tightness. Practice with deep full breathing to deepen the hip opening and boost mobility.

Positioning: From standing, step the feet about five feet wide, turning the right foot out 90

degrees and the left foot in 45 degrees. Contract and lift the thigh muscles activating the legs. Inhale to raise and extend the arms out to the sides at shoulder height. Exhale to extend to the right, lightly placing the right hand on the right leg or ankle. Raise your left arm up vertically and stay looking to your right foot or tuck your chin in and turn to gaze to your left hand. Maintaining strong stable legs, focus on rotating the right thigh back and opening the left hip. Hold for five to 10 breaths then inhale up and change sides. This move is best completed before embarking or after disembarking the aircraft.

*INFORMATION AND IMAGES REPRODUCED WITH PERMISSION FROM *YOGA POSTURES FOR YOUR BODY MIND & SOUL* BY JESSIE CHAPMAN, HARPERCOLLINS AUSTRALIA. FOR MORE INFORMATION ON JESSIE GO TO WWW.INTOYOGA.COM PHOTOS BY 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.