

inflighthealth

yoga



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



Having difficulty breathing? Try Alternate Nostril Breathing, which removes blockages in the sinus passages. Being cabin-bound, oxygen intake is limited, so get the air flowing by breathing through each nostril.

Positioning: From sitting upright, raise your right arm. In this exercise we use the right thumb to close the right nostril and right little finger to close the left nostril.

To begin: Inhale fully through both nostrils. Close the right nostril with your thumb and exhale slowly through your left nostril.

Keeping the right nostril softly closed, inhale through the left nostril. Now close your left nostril with the small fingertips and exhale slowly through the right nostril. Inhale fully through the right nostril, keeping the left nostril lightly closed and then exhale slowly through the left nostril, closing the right. This is one cycle. Continue for 5-10 cycles.

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

PHOTOGRAPHY / DHYAN DENNIS

IN-FLIGHT 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.