

inflighthealth

yoga



BEND AND STRETCH INTO WELLNESS AND VITALITY WITH THIS ESSENTIAL YOGA POSE

PADOTTANASANA

PADA=FOOT/LEG; UTTANA = EXTENSION; ASANA = POSTURE

Designed to relax and open the shoulders, Padottanasana C (pictured) releases muscular tension and stiffness in the neck, shoulders and upper arms whilst also stimulating circulation to the wrists and hands. It's great for stimulating the brain.

Positioning: Stand with your feet about 150cm apart, with fingers interlocking behind

your back. Breathing through your nose, inhale fully then exhale, bending at the hips and releasing forward, while bringing your arms over your head. With each inhalation lengthen the front of your torso, bringing your forehead towards the thighs; with each exhalation draw your arms further over the head towards the floor. Keep your palms together, legs locked and chin tucked in. Soften for 5-10 full breaths then inhale to release up.



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

PHOTOGRAPHY / DRYAN 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.