



**yogaxpress** – a 10 week intensive wellness program with **Banu Suresh**, RYT500

Week 1: **Introduction** – How movement therapy activates energy centers and enhances mental focus. Importance of blood circulation, organ massage, and mental focus. The science of OM; why sun salutation can be a complete workout for everyday ailments.

Week 2: **Arthritis** - When joints are mobilized in folding and unfolding of lower extremities, synovial fluid secreted acts as lubricant between thigh and shin bone, similar to a metal bicycle chain that needs oiling. This buffering action protects bones from any chafing or eroding, making them stronger, encouraging easier movement of joints, especially knees.

Week 3: **Asthma** - Breathing techniques combined with posture practice greatly enhance airflow capacity by strengthening/ stretching lung muscles. An inhale-exhale ratio of 1:2 ejects more carbon dioxide from the body, reduces mental aggravation, thereby making regular breathing controlled and more relaxed by releasing any tightness in the chest.

Week 4: **Constipation** - Abdominal stretches, twists, folds help massage the internal organs and optimize liver function. The liver produces a digestive fluid called bile, which is stored in the gall bladder and released as required in the processing of various ingested foods. This acidic secretion helps to break down/ absorb/ and eject foods passing through.

Week 5: **Diabetes** - In times of high stress, the body produces excessive glucose that must be used up or ejected to protect the system. Insulin, produced by the pancreas/ stored in the liver, helps blood cells absorb sugar from the body for energy. Intense forward folds help maintain insulin levels by massaging the pancreas and liver for optimum function.

Week 6: **Hypertension** - Arteries are vessels that carry blood from heart to various tissues, glands, and organs. When blood vessels are agitated, they become narrow, making it difficult for blood to pass through, and thereby starving organs of much-needed oxygen. Yoga postures that soothe the system also help relax arteries sufficiently for blood to pass.

Week 7: **Lumbago** - Moving the body in and out of postures involves strengthening and stretching of specific muscles that protect the spine. Back bends help tighten the spinal extensors along the back, as they stretch the flexors in the front. Such flexions/ inversions strengthen the upper and lower back, keeping the entire spine strong and supple.

Week 8: **Piles (Hemorrhoids)** - External piles is somatic (of the skin) sensing pain; internal piles is visceral (of the intestine), and only senses pressure. Anal sphincters use force to eject hard stools, occasionally causing a bleed. This condition may be corrected in various ways, including firming of anal muscles through “anal locks” in yoga postures.

Week 9: **Sciatica** - Gel-like cushions called disks act as shock absorbers between the vertebrae. Unnatural compacting of spine causes them to rupture, exposing sciatic nerves to pressure or intense pain. Postures that stretch low back/ inner thigh, or leg raises/ extensions, enhance space between bones and vertebrae, relaxing the spine.

Week 10: **Conclusion** - Tips and techniques for a consistent daily practice through a combination of safe stretching, enhanced breathing, healthful diet, and mindful sleep. Use of props and variations, and self-massage techniques for a wholesome experience.