

# 5-MINUTE AYURVEDIC DETOX YOGA

SYMPTOMS OF LYMPHATIC CONGESTION	
Swelling of the body - holding onto water	Fatigue
Rings getting tight on the fingers	Recent outbreak of moles or skin tags
Ankles swelling	Swollen glands
Breast soreness or swelling around menstruation	Chronic colds
Achy feet and joints in the morning	Fibromyalgia
Pain and stiffness that moves around the body	Belly fat - love handles
Rashes or itchiness on the body	Bloating and gas
Sore muscles	Cellulite
Uterine fibroids	Arthritis
Ovarian cysts	Dry and wrinkled skin
Fibrocystic breasts	Puffiness around the eyes
Sore throats	Acne
Allergies	Auto Immune Conditions
Headaches	Cancers
	Decreased Immunity

Let's begin our journey into the body by coming in a comfortable conscious sitting position. Deep Breath...let go...be centered in the moment...NOW.

**Ujaji Breath (Ocean-Sounding Breath)**...The Deeper you breath, the more effective you detox. This breath brings more oxygen and prana (energy) into the head and neck calming the mind, alkalizing the blood, and draining lymph. . If the Lymph System is clogged we can't make good quality blood, muscle or bone.

**TECHNIQUE:** After a complete exhalation, inhale slowly and evenly while tightening the glottis, which partially closes the opening in the windpipe, so that a continuous, soft hissing sound is heard. The exhalation is done the same way, producing the hissing sound. The sound should be a soft hiss and of even pitch and intensity throughout. The sound is completely from the back of the throat and not the nose. The same muscles used for ujjayi are also used for whispering. The sound should be audible only to the practioner. Excessively load ujjayi causes unnecessary stress on the muscles of the throat without increased benefit.

**TIME:** There is no time restriction. The breathing should be done evenly throughout the practice. Even the least strain is to be avoided.

**BENEFITS:** Strengthens and tones the muscles of the throat which is good for talking, singing and reducing snoring. Increases the control over the breath and is an aid to concentration. It relieves heat in the head and increases the digestive fire. It helps in the cure of allergies, asthma, and other respiratory diseases. It adds luster to the face.

**Lymph Massage-30 seconds...BREATHE DEEP!** Starting at one of the feet, massage between the metatarsal bones and up the leg towards the heart like you are squeezing a tube of toothpaste, tapping the path to the heart to assist in the drainage. Massage in the direction of the arrows to assist in the proper drainage. Massage both legs and both arms in this way. Massage the head to the heart. This calms the mind and stimulates stagnant lymph to begin to drain. The Lymph System (LS) moves waste through our body through our skin, muscles, intestines, etc. The LS is the #1 building block of optimum health.



**Roll side to side- 5 Xs... BREATHE DEEP!** Wrap the arms around the knees to the chest rolling side to side. Creates elasticity in the ribcage. The muscles between the ribs loosen making it easier to breathe and push waste out.

**Reclined Butterfly- 2 min... BREATHE DEEP!** Arms folded above head. As you relax, the pelvic begins to open. Releases the adductor muscle inside the thighs. These are the most important lymph detox moving muscles in the lower body. When relaxed and elastic they pump lymph against gravity back to your heart. Do your best to let go and relax. Feel the stretch and let the legs open. With your arms extended you stretch the nodes under your arms

**Rock 'n Roll-10 Xs... BREATHE DEEP!** Arms wrapped around knees to chest, cross ankles. Rock from top of spine to tailbone.(or extend arms over head and roll back and forth to Paschimotasana/full forward bend for 30 seconds) This releases ribcage and any spinal tension.