
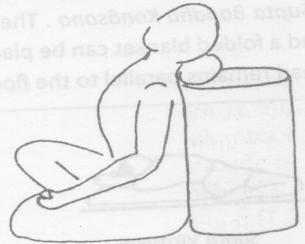




Seasonal Allergies Practice Sheet

This sequence is good for all of us, and especially those who are having trouble breathing. We all have heightened breathing concerns brought on by COVID-19. We are concerned for ourselves and loved ones. All therapeutic sequences can be done to build up resistance to the problem, not only to treat, but also to prevent conditions.




The first 3 can be practiced when feeling really congested. The objective is to open the chest, drain congestion, relax breathing and quiet the mind. You will have to use some furniture for support and use bolster or blankets to sit on to bring the furniture to the correct height for you

This set can be practiced as a “breath traffic” sequence, even if not suffering from restricted breathing.




Swastikasana	Sit quietly Recite the invocation Or set as a purpose of your practice to relieve suffering, your own and suffering of others	
Swastikasana or Dandasana	Sit on floor with back supported by bed or couch Rest head back on top of the bed or couch Place blanket roll behind neck to support respiratory muscles of the throat Try to breathe quietly - expand chest horizontally 5-10 minutes	
Ardha Uttanasana	Stand in front of dining table Place blankets on table to make surface the height of your waist Rest entire abdomen on the table and blankets with arms extending to the front. Rest the head, spread the breath across the back Stay for 10 minutes	
Ardha Prasarita Padottanasana	Spread legs wide Stand facing the corner of the table with feet elevated or use two chairs with blankets or bolster Rest entire abdomen on support Rest the head, spread the breath across the back Stay for 10 minutes	


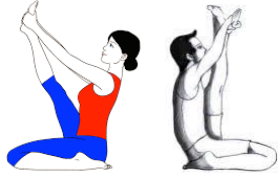





Resting the front body and directing the breath to fill and expand the back body helps clear the lungs and make them more elastic.



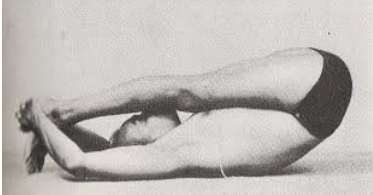
Next set of supine poses can also ease the breathing. Don't try to over expand the chest when you are supine, rather deepen the abdominal cavity while exhaling. Notice how the breath works differently when you change leg positions.

<p>Supta Baddha Konasana</p>	<p>Support head enough to relax throat and quiet mind Gradually prolong exhalations Breath in Point up triangular patter Hold for 5 minutes or more</p>	
<p>Supta Virasana</p>	<p>Support head, add more height for torso or do one leg at a time if Virasana is too hard Easy inhalations, prolonged exhalations Breath in rectangular shape 5 minutes or more</p>	
<p>Matsyasana or supta Swastikasana</p>	<p>Support head so throat is not strained Easy inhalations, long exhalations Breathe in point down shape 5 minutes or more</p>	




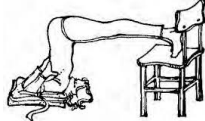
Same three asanas now bending forward. See that the head and or chest is nicely supported and again open the back body to your breath. Have the breath spread your back horizontally. If you are ready to expand this practice into a full forward bend practice do all the poses as ordered below. Or just do those marked * -bending forward Baddha Konasana, Virasana, and Swastikasana. Notice how the breath changes when you change the legs. A few more advanced forward bends marked 🌟 are added for continuing level students. Edit as you see necessary. If suffering from restricted breath don't over-do.

<p>*Adho Mukha Baddha Konasana</p>	<p>Use chair or bolster to support your head Extend your chest toward chin Expand horizontally your back Let the breath spread open your back 3 minutes or more</p>	
<p>Janu Sirsasana</p>	<p>Sit on height as needed Start upright, then concave, then forward Use bolster or blanket for head support 1-3 minutes per side</p>	
<p>*Adho Mukha Virasana</p>	<p>Use blankets under hips as needed Place blankets or bolster to rest chest on Broaden the back 3 minutes or more</p>	

<p>Trianga Mukhaikapada Paschimottanasana</p>	<p>Start upright, then concave, then forward Use bolster or blanket for head support Spread breath across the back 1-3 minutes per side</p>	
<p>☆☆ Krounchasana</p>	<p>Establish Virasana leg Straighten lifted leg knee, use belt if needed Deepen groin Hold lifted leg for 20-30 sec before folding in Let the breath help the intensity of this pose</p>	
<p>*Adho Mukha Swastikasana</p>	<p>Use head support – block, chair, bolster Release the groins Spread breath across the back</p>	
<p>Ardha Baddha Padma Paschimottanasana</p>	<p>First upright, then concave, then forward Use belt to catch lotus foot from behind if needed Expand the back with your breath 1-3 minutes per side</p>	
<p>Upavistha Konasana</p>	<p>First upright, then concave, then forward Use belts to catch feet if needed Support head on bolster, chair, block 1-3 minutes forward and to each side</p>	
<p>☆☆ Kurmasana</p>	<p>Legs start about 1 and 1/2 feet apart After picture is possible, next turn arms back Then cross feet and attempt to join hands around hips Breathe normally Draw the mind in like a turtle can draw within their shell, release all troubles and worries.</p>	
<p>Paschimottanasana</p>	<p>First Dandasana upright, then concave, then forward Spread back with your breath Rest head on support 1-3 minutes</p>	

<p>☼☼ Ubhaya Padangusthasana</p>	<p>Connect the resistance of your grasp with the resistance needed to hold your spine up 30-60 seconds</p>	 
<p>☼☼ Urdhva Mukha Paschimottanasana I</p>	<p>Lengthen up towards your wrists rest head in Hold about half a minute</p>	
<p>☼☼ Urdhva Mukha Paschimottanasana II</p>	<p>Broaden your back Keep pelvis as close to floor as possible Hold, breathe evenly, about a minute</p>	

Whew! If you got through all of that and have anything left, insert a quiet inversions practice. Or skip to Savasana.

<p>Adho Mukha Svanasana</p>	<p>Use support as needed, hands to wall, head support, belt on elbow</p>	
<p>Salamba Sirsasana</p>	<p>Let the sinuses clear Keep shoulders up, Use wall if needed</p>	
<p>Salamba Sarvangasana</p>	<p>Stay anchored in your shoulders and arms Use enough blankets so your throat and neck are comfortable Insure your breathing is easy.</p>	
<p>Halasasna</p>	<p>Let the breath reside in the back lungs and posterior torso.</p>	
<p>Prone Savasana</p>	<p>Broaden the back Rest the forehead Let the breath occupy the back torso Clear your mind of trouble</p>	