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# Yoga for Health

Many people practice yoga for relaxation, exercise, and general well-being. Yet, have you ever considered performing yoga postures to help alleviate or lessen your health symptoms?

According to Chinese Medicine, blocks of energy can occur throughout the body. More frequently, energy becomes blocked as it cycles through different meridians, or pathways on the body. These blocks can result in physical, mental, and emotional symptoms or pain, and can be caused by scars, physical injury, environmental conditions, and emotional situations. Yoga postures and acupuncture treatments may unblock the energy and relieve symptoms or pain. Some of the most recurring blocks, physical symptoms, and postures that may be described below.

XII / I Block between Spleen Meridians. The Spleen Meridian runs along the side of the upper chest and joins the Heart Meridian in the center of the chest. Common physical symptoms of this block include: tightness in the chest or side of the chest; difficulty breathing; insomnia; or crying. To help lessen symptoms of this block, the following yoga postures can be performed: Half Moon; Triangle; Extended Angle; Goddess; and Windmill.



II / III Block between Small Intestine and Bladder Meridians. The Small Intestine Pathway terminates in front of the ears and joins the Bladder Pathway at the inside corner of the eyes. Common physical symptoms of a II / III block include: headaches; eye strain or not seeing clearly; ringing in the ears; ear infections; or dizziness. To assist in the alleviation of the symptoms of this block, the following yoga postures can be performed: Lion; Triangle; Breath of Joy; Yoga Eye Movements; Seated Spinal Twist; and Standing Spinal Twist.

IV / V Block between Kidney and Pericardium Meridians. The Kidney and Pericardium Pathways converge within the center of the chest. Therefore, common physical symptoms of this energy block can include: heaviness or a sensation as if there is a weight on the chest; chest pain; heart palpitations; or anxiety. Downward Facing Dog; Standing Yoga Mudra; Boat; Warrior 1; and Pigeon may help to minimize the sensations of this energy block.

VI / VII Block between Three Heater and Gallbladder Meridians. The Three Heater Meridian is associated with the

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body's internal thermostat, and ends at the side of the head just above the ear. This pathway merges with the Gallbladder Meridian on the side of the face by the outside of the eyes. As a result, some of the most common physical symptoms of this block are: temporal pain or headaches; migraines; TMJ, jaw clenching, or teeth grinding; or cataracts. Supine Spinal Twist; Yoga Eye Movements; Rocking Rag Doll, or Standing Forward Bend; Ear to Shoulder Stretch; and Chin to Shoulder Stretch are yoga postures that may help to reduce the physical signs of this block.

VIII / IX Block between Liver and Lung Meridians. The Liver Channel comes to an end at the base of the rib cage while the Lung Channel begins at the top of the rib cage. Tightness in the chest or front of the chest; difficulty breathing or shortness of breath; frustration; sighing; premenstrual syndrome or PMS symptoms; or gas pain are often experienced with this energy block. Standing Backbend; Fish; Bridge; Cobra; Upward Facing Dog; and Boat are postures that may help to unblock the energy and relieve its physical indications.

X / XI Block between Large Intestine and Stomach Meridians. The Stomach Pathway originates on the face underneath the center of the eyes as the Large Intestine Channel terminates on the face at the side of the nose. Sinus pressure; congested sinuses; congested eyes; chronic sinusitis; Facial rash; or Allergies are various issues associated with this block. Therefore, postures and breathing exercises like Downward Facing Dog; Rocking Rag Doll, or Standing Forward Bend; Alternate Nostril Breathing; and Humming Breathing may help to move the energy in the face and relieve its these symptoms.

Joy Esler is an Acupuncture Physician, Medical Qigong Practitioner, and Registered Yoga Teacher. For more information, contact Joy at LotusCenterofHealing.com, Joy@LotusCenterofHealing.com, or 904-616-4934. See ad page 27.

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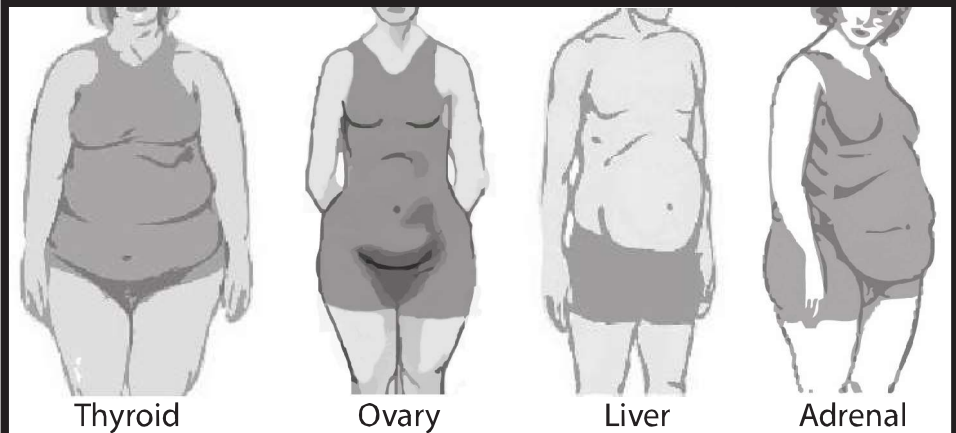
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