

## ASTHMA

Asthma is a restrictive lung disease where the lungs are tight and the alveoli are like a “new balloon”—they don’t expand when the air comes in.

### **ANNAMAYA KOSHA:**

The person with asthma has trouble breathing and the breath becomes very shallow. The lungs tighten up and the air sacs do not expand.

### **PRANAMAYA KOSHA:**

One of the major separations occurs in the energy. A person with Asthma cannot take in much prana. There is a restriction in the flow of prana and the exhalations are short. Both the Manipura and Anahata Chakras are affected.

### **MANOMAYAKOSHA:**

Another major separation occurs in the emotional body. Fear, anger and stress can cause an imbalance. Hypersensitivity, depression and anger often occur in people with Asthma.

### **VIJNYANAMAYA KOSHA:**

It is difficult for an asthmatic person to become a witness because there is such a separation with the vital life force.

### **ANANDAMAYA KOSHA:**

After a variety of gentle asanas to prepare the body for relaxation and meditation, the asthmatic person can learn to come to a place of peace and stillness.

### **TECHNIQUES:**

On the physical level the techniques are mudra, asana, yogassage, somatics and ayurvedic assessment. On the energetic level, you can use Chakra balancing and pranayama. On the emotional level there is stress reduction, relaxation, and yoga nidra. Then the bliss body urges discovery of the inner self and integration of the self.

### **EIGHT WEEK COURSE:**

1. Personal history, body and breath assessment
2. How yoga helps Asthma
3. Creating room for breath—chest openers
4. Gentle ways to energize (restoratives)
5. Activities for daily living
6. Effective relaxation techniques
7. How emotions affect the breath
8. Connecting with your body, mind and spirit