



Week 31

OVERVIEW OF LECTURE

The Upper Thoracic
How to Practice Yoga

UPPER THORACIC

THE 1ST THORACIC

For the:

1. Windpipe
2. Arms
3. Ears
4. Heart

THE 2ND THORACIC

For the:

1. Throat
2. Heart
3. Windpipe
4. Arms

THE 3RD THORACIC

For the:

1. Vagus nerve
2. Lungs
3. Eyes

THE 4TH THORACIC

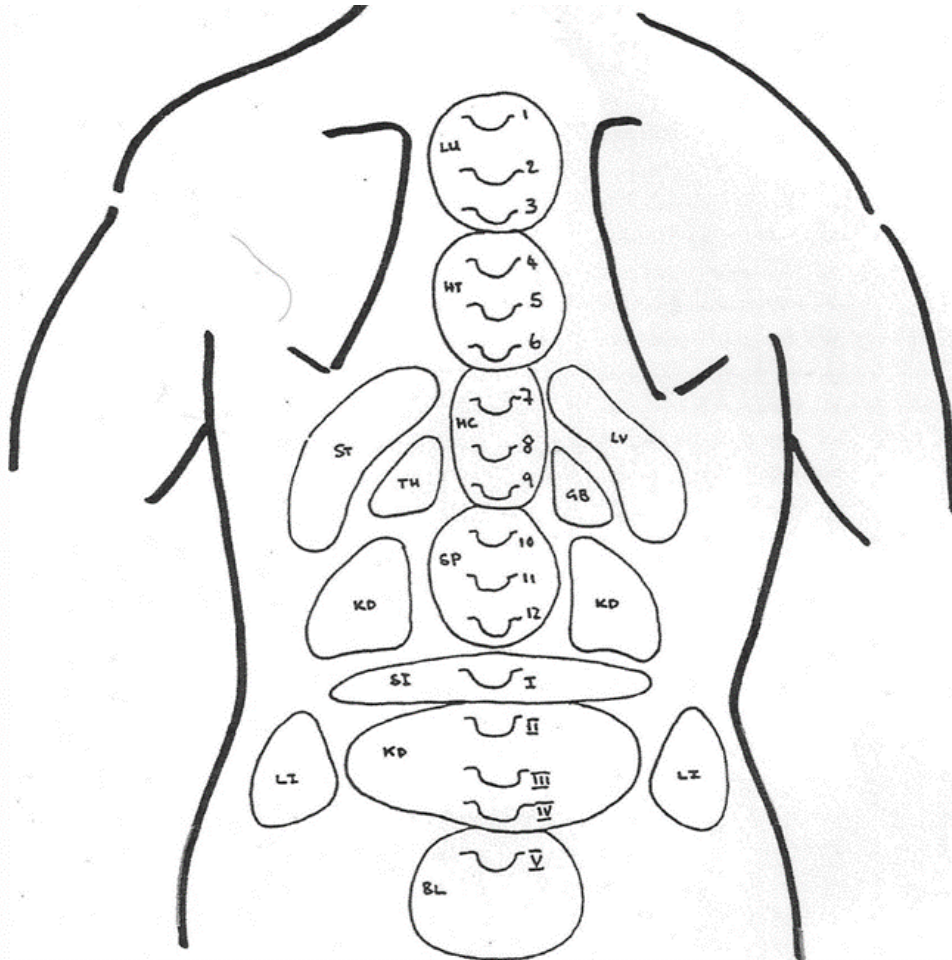
For the:

1. Improved blood circulation to the brain by eliminating neck stiffness
2. Lungs
3. Liver

RYOHO

WELLNESS

Training Program



LUNG ^{LU} / LARGE INTESTINE ^{LI}
 HEART ^{HT} / SMALL INTESTINE ^{SI}
 HEART CONSTRICTOR ^{HC} / TRIPLE HEATER TH
 LIVER ^{LV} / GALL BLADDER ^{GB}
 KIDNEY ^{KI} / BLADDER ^{BL}
 SPLEEN ^{SP} / STOMACH ST

HOW TO PRACTICE YOGA

Exercise is to strengthen the body.

The purpose of yoga is to create liberation.

Some rules to follow with yoga:

- Go to the bathroom before doing yoga.
- Wait one hour after eating before starting to practice yoga.
- No liquid during yoga, it brings the blood to a different place (stomach) and the body has to deal with it.
- Relax your body for 3 to 4 minutes before you begin your practice.
- Relax your mind before you begin practice.
- Have a positive eager attitude.
- If you are unwilling, you will become tense and lose will power.
- Avoid thinking.
- Practice natural movement.
- Move on the breath out generally.
- Move slowly.
- Visualise the movement or posture.
- Begin each posture from your centre.
- Relax after each pose.
- Balance each pose with the opposite.