

## A Sequence for Asthma from Guruji

The following sequence was given by Guruji to an experienced student who was an asthmatic. All supports should adjusted - be tailor made - for the person and shape of the asana.

1. Supta Virasana - well supported - 6M
2. Matsyasana - well supported - 6M ea
3. Supta Baddhakonasana - well supported - 6M
4. Dandasana - well supported over the end of the back bender
5. Baddha Konasana - well supported over the end of the back bender
6. Lying over the Back bender

[these 6 postures should take about one hour to complete including preparing equipment]

7. Uttanasana - supported
8. Adho Mukha Svanasana - head supported and if possible from wall rope
9. Sirsasana - best to be able do rope Sirsasana
10. Sarvangasana - chair support
11. Setubandha - on the bench
12. Viparita Karani

1. **Supta Virasana** - well supported - 6M

If necessary, sitting on a block and/or brick. Belt only around thighs - not too tight, if too tight the lungs cannot expand. It is one of the best asanas because in this one the organs are soaked. Make sure the sacrum moves to knees; shoulders move backward and shoulder blades downward so the chest opens - support under the neck.

2. **Matsyasana** - well supported - 6M ea

Every part of the spine must have the support so the support does the work and you can relax. The support must be high enough to hold the chest open. Strap the legs into Padmasana or half Padmasana. Allow the soaking, flushing and spreading of the abdominal organs. The arms are out to the side, if props are very high you may have to support the hands so the arms are not hanging but are relaxed.

3. **Supta Baddhakonasana** - well supported - 6M.

Strap around the feet. Adjust the height of your support so the breathing comes easily. Use good height support even if you can lay flat on the floor. The diaphragm and the lower ribs at the back should be settled not lifted up hard - so the breath comes to the upper lungs just below the collar bones. This is an expanding pose.

**These three settle the breathing and open the chest so you can begin to work.**

4. **Dandasana** - well supported over the end of the back bender - tones the lungs. Buttocks into the back bender. If unable to take sacrum back adjust so this area is supported. The back of the neck supported - watch the throat it must remain soft. This is to be a quieting and softening pose. If necessary, support the back of the hands eg on bricks.

5. **Baddha Konasana** - well supported over the end of the back bender as above. Legs bent with a weight at the feet holding the heels close to the pubis. Bricks etc under knees if appropriate.

## 6. **Lying over the Back bender**

When not doing Asthma sequence this is a good one to do every day. The neck has to be supported to keep throat soft. It is a vertical head inversion. A slant board can be placed under the dorsal thoracic spine to obtain a better opening - stretches the lungs.

**'These three settle the breath and open the chest.'**

7. **Uttanasana** - supported bridge of the nose resting on the edge of blanket on chair or Halasana bench - cut the kidneys in.

8. **Adho Mukha Svanasana** - head supported and if possible, from wall rope - cut the kidneys in.

9. **Sirsasana** -

Best way is to do rope Sirsasana with head supported and arms resting on support plus padding between the wall and back. (Doing Sirsasana as for neck problems e.g. head hanging between two chairs etc is not a good way for asthmatics because the weight is on the upper lungs.)

10. **Sarvangasana** - chair support

Head and shoulders same height so good chin lock. The shoulders well supported.

11. **Setubandha Sarvangasana** - on the bench with legs tied.

12. **Viparita Karani** - If possible, tied to a pillar. Neck must be supported to relax the throat and prevent coughing spasm.

This is a guide for students of Iyengar Yoga to practice a sequence of asanas to improve the function of the respiratory and circulatory systems and help alleviate tensions.

