



Yoga Asanas for Cardiovascular system

Emotional stress can cause a cascade of physical mis-ailments, like over production of the hormones adrenaline and cortisol-which narrow the body's arteries and increases blood pressure. One of yoga's clearest benefits to the heart is **its ability to relax the body and mind**. The following Asanas will tap into & balance your cardiovascular system (our heart, blood, veins, arteries) and take you into the into the Spiritual Heart welcoming you into your own hub of perception and sacred awareness

Alternate nostril breathing (Nadi Shodhan Pranayama):

Breath work helps to prevent various circulatory ailments and illnesses such as high blood pressure, shallow breathing, muscle tension and coronary heart disease by bringing your attention inward and focused on your source of life; *breathing*. Alternate nostril breathing brings calmness to your mind and body by releasing stress and balancing the two energies of the Nadis. (subtle energy channels) By bringing your awareness to the way the air (*prana- life force*) moves throughout your breathing cycle, you will calm & balance your nervous system, relax your heart rate and soothe your emotional body. From this relaxed space, you will be able to more clearly identify your needs, your emotions, your grief or love- whatever resides in your chest cavity- as to move it out of where you have buried such emotions.

Heart Chakra Opening – supported, gentle back bend

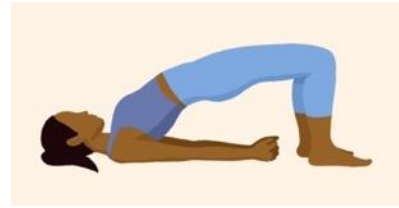
Laying supine in Svasasana, place a yoga block, bolster or supportive pillow between your shoulder blades and relax over the block in a supported back bend. Lay your hands against the earth or to your side in line with your shoulders. Bring your awareness to your heart space and be sure to rest in the balance of about 75% "pressure" as you will stay in this position for 5 minutes. Breathe into your heart space, and use your energy, your prana to shift the blocked spaces and bring light and life to the heavier parts of your thoracic region. After 5 minutes, remove the block and lay supine with the back of your heart space against the mat. Feel the cool, pool of soothing spaciousness swirl as tension leaves the body.





Bridge Pose - Setu Bandha Sarvāṅgāsana

Press the feet into the floor, take a deep breath and gently lift your hips up rolling the spine off the floor. Press your arms and shoulders on the ground to lift your chest. Try to engage your legs, buttocks to lift your hips higher. Hold this position for 4-8 breaths and then return to the normal position. When our heart space is elevated higher than our head space, gravity assists with balancing and cleansing the cardiovascular system



Ardha matsyendrasana or Half spinal twist pose

When half spinal twist is practiced correctly & with intention to feel into the body's infinite spaciousness, it can help us foresee the flooding of desire, attachment, anger, and fear, which we can store in the thoracic region of our bodies. This insight can guide us which steps to take in protecting ourselves from physical and psychological foes.



Downward Dog

This asana is great for increasing blood circulation to the whole body. Ensure you breathe deeply while pulling your belly button inward and toward your spine. Downward dog opens up the chest and shoulders, which can help straighten your vertebrae and align your spine, leading to overall improved posture.



Vajrasana

Vajrasana stimulates the abdominal organs like the pancreas and liver, thereby improving the body's ability to produce insulin in an optimal manner. Performing Vajrasana can facilitate short-term improvements in fasting glucose levels, making it an excellent asana for people with diabetes.



Vajrasana helps to reduce stress, blood pressure levels and thus protects us from various cardiovascular disorders.