



Santhika  
Retreat  
Center

## 5 Yoga Poses For Lymph System Stimulation

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For the most part, the lymphatic system is responsible for strong immunity in our body - it is in it that special cells are located that fight external "enemies" (bacteria, viruses and other byaks) much more efficiently than ordinary immune cells. And they live only in the lymphatic system.

So the correct functioning of the lymphatic system is the key to strong immunity. But yoga (and special asanas in it) is an excellent tool for adjusting the correctness of this process.

The fact is that nature conceived that lymph moves from the legs to the neck, and this is not quite the position that is usually typical for us. Therefore, you need to help the lymph move in the direction it needs.

By performing the asanas, which will be discussed further, we improve the correct flow of lymph through the body, helping the whole body to better fight against "external attacks".

### **1. Standing Forward Bend**

Bending towards the legs while standing is known to improve circulation. But this helps not only to send a new portion of blood to the head and neck, but also to continue moving lymph in the right direction.

Moreover, this posture relieves the nose from congestion and sinusitis well, if the disease has already overtaken.

It also activates the nervous system and relieves stress and tension, which in turn has a positive effect on our immunity.

How to do:



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- Stand in tadasana (mountain pose).
- As you inhale, lift both arms forward and carefully stretch your sides and spine up.
- Bend your knees slightly.
- With an exhalation, slowly bend down, spreading the spine over the thighs: first, the thighs touch the stomach, then the chest.
- When the torso is tilted, straighten your knees and tighten your kneecaps.
- Hands hang freely or touch the floor (palms - parallel to the line of the feet).
- The neck is relaxed, the head hangs down freely.
- The body bends calmly under its own weight.
- Remain in the asana for AT LEAST 1 minute (preferably about 5). If it is difficult to be in this position for so long, do the variation for beginners.
- To exit the asana, slowly raise your back and head to an upright position.



For beginners: The asana can be performed with slightly bent knees. The focus is on stretching the spine and relaxing.

Yogi tip: For greater effect, you can cross your arms into a lock behind your back - this way we release the tension of the shoulders, on which “all the burden of our days lies”

### **2. Bridge Pose**

Setu Bandhasana or Bridge Pose is a classical asana, and one might say universal. It stimulates blood circulation, normalizes the functioning of the nervous system, lungs, thyroid gland and abdominal organs.

This asana also activates the thymus gland, one of the main organs of the immune system.

Also, due to the flow of blood to the head in the bridge position, nasal congestion is relieved (again, if you are already sick).

How to do:

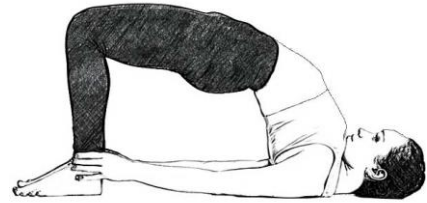


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- Lie on your back, bend your knees and place your feet as close to your buttocks as possible. The feet should be at shoulder level. Hands lie on the floor along the body.
- As you exhale, lift your hips and buttocks, pushing your tailbone up and actively pushing off the floor with your palms and feet. The hips and feet should be parallel to each other. The knees should be directly above the feet.
- Fold your hands into the lock under the pelvis and actively push the body up, bending it. Support on the shoulders and feet.
- Variations are also possible: hands on the floor, palms down, arms bent at the elbows and supporting the pelvis (for beginners), hands grabbing the ankles (to complicate the asana).
- The body should bend up and towards the shoulders (from the feet).
- Stay in the asana for 5-8 breaths, then you can go to the beginner option and stay in it for at least a minute.
- As you exhale, come out of the asana, slowly and gradually laying out the spine from the neck to the tailbone.



For beginners: the arms can be bent at the elbows and placed under the pelvis, supporting it.

Yogi tip: you do not need to move the shoulders away from the ears to avoid stretching the neck, but on the contrary, you can move the upper part of the shoulders towards the ears.

### 3. Fish Pose

The fish pose is known to be one of the most powerful disease killers. It really contains many physical and mental benefits.

This pose stimulates the function of the endocrine system, which means it strengthens the immune system (ATTENTION: if the thyroid gland is overactive, this asana should not be performed!)

Moreover, in the fish pose, the head drops below the heart, which helps the correct movement of lymph through the body. Also the fish pose opens the chest, which frees up more room for proper breathing - and this is one of the important aspects in strengthening the immune system! And besides, this pose fills our body with vitality and youth.



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### How to do:

- Sit on the mat with your legs extended forward.
- While inhaling, slowly, bending your back and always leaning on your elbows, begin to tilt your body back. Raise your chest, tilt your head and place the crown of your head on the floor (you can move your elbows a little to find a comfortable position). Adjust the position of your head to make the maximum possible arch in your back.
- When the head is in a stable position, you can move your arms: either straight behind your head, or put your hands with your palms down under your buttocks, or on your hips, or leave them lying on the floor (in this case, just try to bring your elbows as close to each other as possible).
- Relax your whole body. The support should be on the head, buttocks and legs.
- Stay in this position as long as possible - but **MINIMUM 1 minute**. Breathe slowly and deeply.
- To get out of the pose, rest on your elbows and as you exhale, slowly raise your body to a sitting position.



Yogi tip: keep your mouth closed.

### **4. Plow Pose**

The plow pose is one of the most powerful yoga asanas. It brings many advantages to our body, but with regard to improving immunity, it:

- ✓ normalizes the thyroid gland
- ✓ thanks to a gentle massage of the abdominal organs, it improves digestion (and Ayurveda, for example, believes that strong immunity is the key to the proper functioning of the digestive system)
- ✓ provides gentle detoxification, eliminating pathogens and toxins that destroy our defenses
- ✓ reduces stress and relieves fatigue

### How to do:

- Lie on your back with your arms extended along your body.
- Slowly, **DO NOT jerk**, raise your straight legs (if it is difficult to even, you can bend at the knees) and try to straighten them as much as possible upward - perpendicular to the floor.
- Bring your hands to the lower back and press them, helping the body to take a perpendicular position a little more.



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- Now slowly lower your legs and put them behind your head. If it doesn't work, see variations for beginners.
- Place your toes on the floor.
- Do not let your back sag down, it should be as perpendicular to the floor as possible.
- Lower your arms even closer to the shoulder blades, helping the body to take a perpendicular position a little more.
- The neck should be free, and the head should be able to turn to the sides.
- Bring your hands down (away from the legs) and lock them into the lock.
- Legs and arms should be extended in opposite directions.
- Stay in the asana for 5-7 breaths
- With an exhalation, slowly spread the spine on the floor (from the neck to the lower back).



For beginners: if it is very difficult to lower straight legs behind your head, then you can:

- ❖ first do rolls of the torso back with the knees at the chest, trying to learn how to take the feet back (with the arms extended behind the head).
- ❖ when you learn to roll back, you can lower your legs slightly bent at the knees
- ❖ You can also lower your legs onto a prepared chair.

Always watch the sensations in the neck - in case of any pain, immediately stop performing the asana - perhaps you are doing something wrong or you are overwhelmed.

Yogi tip: try to pull the pelvis towards the head and upward, as if opening more outward than folding inward. Stretch your legs and arms actively. The body weight should be on the shoulders and shoulder blades, not on the neck!

### **5. Inverted Lake Pose**

Viparita karani is one of the simplest and most enjoyable poses for strengthening the immune system (of course, it also has a lot of other advantages). This pose is very effective just for the correct flow of lymph - from the legs to the trunk. It is also great for relieving stress.

We recommend doing a simplified version of it (see variations for beginners) every night before bed - this will not only allow you to sleep and get better sleep, not only relieve your legs from stress, but also strengthen your immunity.

Plus a nice bonus - this pose has a rejuvenating effect.

#### How to do:

- Lie on your back with your arms extended along your body.

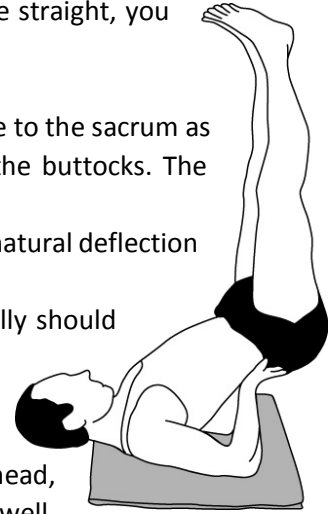


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- Slowly, DO NOT jerk, raise your straight legs (if it is difficult to be straight, you can bend at the knees) and slightly turn them towards your head.
- Continuing to guide your legs towards your head, lift your pelvis.
- Place your hands under the lower back as support - palms as close to the sacrum as possible, fingers pointing either to the sides or to the side of the buttocks. The elbows are as close to each other as possible.
- Try to direct your legs upward as much as possible, maintaining a natural deflection in the lower back.
- Relax the lower back, the main support is on the hands. The belly should become like a lake - calm, soft and relaxed.
- Stay in this asana for 5-7 calm breaths (or in the variation for beginners - up to 7 minutes).
- To come out of the pose, slowly bring your legs to the side of your head, lower your arms to the floor, and then slowly lower your legs as well, spreading your spine on the floor.



For beginners: this pose can be done against a wall, with the legs resting on the wall - in this case, the execution time reaches up to 7 minutes - for maximum relaxation.

Be sure to put a blanket roller under the lower back (not under the pelvis, but under the lower back - in order to maintain the natural deflection of the spine) - the pelvis should, as it were, sag slightly between the wall and the roller.

Yogi tip: Practice ujjayi pranayama during this pose.