

YOGA FOR ARTHRITIS RELIEF



Yoga has been practiced for thousands of years in regards of medical purposes, as well various forms of relaxation techniques. The practice of Yoga is a great way to bring body and mind fully together as one, healthy working element. If you are one to suffer with arthritis, then you know the pains of it all, literally. Arthritis is the inflammation, swelling, as well pain of someone's joint and or muscle. Throughout the years, there have been so many different techniques through the world of Yoga that a person can endure in to help relieve the pains of arthritis. Could you image having a condition in which you knew that there was absolutely no full cure for it, but found out that there are medications and personal practices that you can do in order to take the severity from arthritis? Hope is never lost if a person is still alive, believe me and today, we are going to be taking a quick look into the amazing world of Yoga aided around arthritis.

Working Through the Pain

Being able to work efficiently through your pain is a huge practice and step inside the Yoga world and keep in mind that something that I may be doing isn't meant for your to fully copy. Yoga is the expansion of your own abilities, goals, and strengths. A lot of people do not understand that concept. When you're taking a Yoga class or doing it right there in your living room floor, it's important to always understand that being able to work through your own pain regardless of what someone else is doing shouldn't be important to you. You are showing up as one whole being with an issue and the main goal is to fix your issue, or at least make it feel better not to copy other people and push yourself to injury.

You must understand that when you have arthritis, you will always be in some type of discomfort or pain, but you should try to at least do some basic stretches and breathing techniques from Yoga just to get limbered up and ready to try actual poses and stances. Working through your pain will be quite different from working through someone else's pain and that's what Yoga is all about. You need to learn how to succeed throughout your own body and mind and when you can do that, true healing not only of the mind, but the body will come as well. Never over push yourself in Yoga, but it is okay to push onward throughout your pain.

Understanding the Benefits of Yoga for Arthritis

There are many different types of benefits that will come with Yoga, especially when you suffer with arthritis. When you are able to stretch your hands, arms, legs, neck, and back, it will be then when you will be able to reap the benefits of practicing Yoga. A great way to inch yourself into the world of Yoga is to begin with some basic stretching patterns, such as trying to bend down and touch your toes, holding that stance, as well your breath for about ten seconds. After that, you will need to slowly lift yourself back up, keeping your back straight. A lot of people tend to put their hands up over their heads when they come back up, so the spine can be stretched a little better. The benefits that you will reap from doing Yoga with arthritis is that these practices will begin to open your muscles and joints back up and your body will not feel as tired and tight. A

lot of Yoga is connecting with the mind and the emotions, as well the body and when we can reach that state, a lot of the times, our bodies tend to heal themselves from this type of energy level. When dealing with arthritic pain, you will begin to feel your joints being eased and more flexible. Your mind will tend to be happier, making your whole body feel more relaxed and what can this do? The lifted off pressure will make the pains in your body tend to not feel as tight and painful. You see, Yoga teaches us to connect the relaxation of the mind with the healing properties of the body to work as a whole functioning emblem.

Performing Sun Salutations



During these type of poses, this is an absolute amazing way to start out the day! The sun salutations have been known to advance elasticity, as well the stretching of one's spine. How does one perform a sun salutation? Well, you will to first stand with both of your feet touching together. You will then need to bring the palm of both hands together and then you will want to place them right over your heart. It's very important that you follow each direction in order to reap the appropriate benefit. What you will need to do next is to take a deep breath in, and then exhale while raising your arms upward toward the sky. You will now need to at a slow pace, bend backward and stretch your arms right above your head. It's very important that you make your neck relax and deeply inhale.

Keep in mind that it's one single breath per movement. This type of Yoga practice is perfect for people which suffer from arthritis because the stretching opens the pockets around the spine up. The deep breathing is also good for arthritis because it tends to place everything that's somewhat out of line back into proper place for the mind and body. It's mind over body, remember that. If you have arthritis around the spine areas, you will definitely benefit from this type of Yoga pose because this position focuses mainly on the stretching of one's spine. This would be a great way to start out your day, regardless if you have arthritis or not.

Performing Child's Pose and Child's Pose Plus



This Yoga practice is an astounding stance because it gently stretches a person's lower back! To perform this Yoga position, all one must do is get down on their hands and knees, spreading your knees wide, as well bringing your two big toes together. They need to be touching. You will then need to sit your hips back into the pits of your feet and or heels. You will then need to try and reach your arms forward, all the way to the bottom of the ground or floor. If you're feeling as though you can totally handle the basic Child's Pose, then you may want to amp it up a bit with what we call, Child's Pose Plus.

This is a Yoga practice in which you get into your pose simply by dropping down onto your knees. You will then want to spread your knees apart widely and bring your two big toes together. After you master this pose, you will then want to sit your hips back onto the pits of your feet, while at the same time, reaching your arms forward to the ground.

Remember to keep your body down while you reach for the ground, too. How will these different types of poses help arthritis? That's a great question and what these two poses do is help to improve one's flexibility, as well helps the stretching of one's hip flexors and spine, which is wonderful when it comes to people which have arthritis because the joints and muscles needs to be stretched and flexed on a regular basis in order to maintain proper range of movement, as well adequate strength.

Performing the Cow Pose

Once again, this is another great Yoga pose for the spine and lower back, especially for people which suffer with arthritis. How does one manage this type of Yoga pose? All that you need to do in order to begin the Cow Pose is get on all fours, making sure that your hands are shoulder weight apart. Alright, now you will need to be certain that both wrists are right underneath your shoulders with your fingers spread as wide apart as you can and always make certain that your shoulders are right underneath your hips. What you will then need to do is to bring your chest forward toward the sky and keep your shoulder blades pressed down toward your hipline or waist.

The last thing you will need to implement is to tip your pelvic area up and back in order so that your sitting bones are reaching toward the sky. This will improve your overall flexibility and strengthening of your spine when you complete the Cow Pose. This type of Yoga stance is so important for people that suffer with arthritis because one of the all-time worst things someone can do which has arthritis is to be stagnate and just sit, literally all the time. How would you think that a person's joints and muscles are going to get any stronger or more limber? Well, they are not and that's just the truth of it all. You have to get up and flex your muscles and exercise the spine so that it can be strong enough to take the severity of arthritis from you.

Performing the Angry Cat

This name certainly has a strange name, but it's benefits can be quite gorgeous when performed in the Yoga world. The Angry Cat is just the Cow Pose reversed, literally. What you need to do is once again, please get down on all fours and pull your bellybutton in, as well up in regards of making your spine round out. Make sure you are arched away from the ground, all right? Okay, great! Now, what you will need to do is to reach your hips all the way back toward your ankles. This will absolutely increase the space which is in between each one of your vertebrae. How interesting is that? You wouldn't think that a simple pose would do so much for a person's spine, now would you?

What is so wonderful about this position is that it helps to stretch, as well strengthen one's spine and that will ultimately cause greater flexibility, as well a better formed posture. This is absolutely amazing for people with arthritis because a lot of the times, a person's posture will tend to weaken and cause a hunched over back. The key factor is to always move and engage in Yoga a few times a week to preserve your joints. A person doesn't have to go hardcore, but just a couple of times per week is all that a

person needs to restore and maintain decent joints and muscles while suffering with arthritis.

Performing Spine Twisting



You would think that engaging in spine twisting would sound quite painful, but this Yoga position is far from painful, let me tell you! All that a person does is while laying flat on a Yoga mat or some type of soft surface mat, bring your legs up in a ball, kind of like the fetal position. You will now need to bring your arms flat out to the sides of your shoulders, having them lay flat on the floor. Now, you simply twist your body either to the left or the right and be sure to make certain that you do this quite slowly. It's important that you hold that position while you have rolled over to either the left or right side. Now, what you will need to do next is to slowly roll back to the middle, extend your legs out flat on the floor and take a few deep, slow breaths.

This will help to stretch the spine and increase amazing blood circulation throughout your body. This type of Yoga practice has been known as massage for the spine and it really does cushion the spine. It's so vital that you know how to space your breathing out because this will have an impact on if your spine gets loosened up, which is hard to believe, I know. What you should be doing is while you make the fetal position, you need to take one huge breath in and then twist over to the left or right, doesn't matter. You will then need to hold that position, as well your breath for around five to seven seconds, exhale and roll back over.

Performing the Bridge Pose

This is a great pose for beginners, as well people which suffer from arthritis. How does a bridge pose help people that have this condition? Well, it extends the spine, keeping it strong and moving so the severity of arthritis cannot set in as badly. What you will need to do is lie on the floor with your back straight and it wouldn't hurt to take a couple of breaths slowly, in and out to loosen up your whole core. Next, you will need to slowly bend your knees and begin to set both of your feet onto the floor. Make sure your heels are as close to the sitting bones as all possible. You will now need to respire and press your inner feet, as well your arms actively to the ground. What you will want to do next is to thrust your tailbone upward near your pubis. Always make sure that your buttocks are firm to add extra strength and durability throughout your body.

Now, you will want to boost your buttocks off from the ground. While keeping your thighs, as well your inner feet equivalent, hook your hands underneath your pelvis and make sure that you extend throughout your arms to assist that you remain on the top portion of one's shoulders. You will now want to lift your bottom till the thighs are somewhat corresponding with the ground. Make sure that you keep the knees unswervingly over the heels, pushing them forward away from the hipbones. You will also want to increase your tailbone near the back portion of your knees, while lifting the pubic bone up toward your bellybutton. In this last step of the process, you will want to boost the chin away, only slightly from the sternum while hardening your shoulder blades with your back. You will want to press the topmost area of your sternum toward the portion of your chin. You will want to secure the outer arms, as well widen the shoulder blades, attempting to lift the space among them from the base of one's neck up toward the torso of your body. It's important that you stay within this stance for around thirty seconds to one minute and after that, you will want to release with a sigh, while rolling your body back down toward the ground.

Performing the Downward Facing Dog

This type of Yoga stance is amazing for people which suffer with arthritis because the Downward Facing Dog pose actually improves the stretching of the spine, as well better flexibility throughout the whole body. So, how does one perform the Downward Facing Dog? All that one must do is first, get on all fours and make sure that your knees are unswervingly below your hipline, while you place your hands in front of the shoulders.

What you will do next is spread the palms, as well turning one's toes under. Make unquestionable that after that is done, you exhale and push the knees away and up from the ground. You will want to make sure that you extend the tailbone away from the back of your lumbar area, while you press it gently near the upper portions of your hipbones. What you will need to do next is to lift your sedentary bones near the sky, while drawing your inward legs upward to the groin areas from the portions of your ankles. That's all that you will need to do in order to complete this pose.

Performing the Crescent Lunge



This Yoga stance is amazing for people which suffer with arthritis because it improves high portions of flexibility throughout the body and this pose also stretches the hip flexor muscles! In order to achieve this pose, all that you need to do is to start by taking a lunge position and drop your right knee to the ground. Okay, now whenever you do that, you will need to be certain you lengthen your tailbone within the same direction as your right heel. What you will need to do next is to lift your arms up while sliding the right knee forward.

Okay, wonderful! The last step in the Crescent Lunge is to highly breathe into your stretch while lifting your arms as high up to the sky as possible. That's all there is to this Yoga pose and it's very popular with a lot of people that suffer from arthritis because it keeps the hips and spine areas very strong and stretched. The thing to remember if you have arthritis is to always stretch your joints and try to keep it moving in order to take the severity off from your arthritic pain.