

The Inverted Harmonious Eagle



Age isn't about a number, it's about perception, attitude and a sense of awe and wonder, and being in the moment...So here's is the most beneficial 'Touch Yoga' pose you can do, to keep you feeling amazing, vibrant, and active, the wonderful 'Inverted Harmonious Eagle'. Not only does it strengthen and recharges the lung meridian, the heart, it also supports the immune system, and rebalances our entire energetic systems.

More Benefits:

- Simulates the glymphatic system (this is a network of vessels that clear waste from the brain and central nervous system).
- Helps activate the parasympathetic nervous system, our rest and digest state.
- Allows the body's muscles to relax.
- Helps to calm the nervous system, relieve fatigue, anxiety, and stress.
- Calms the mind.

How to do the wonderful 'Inverted Harmonious Eagle':

1. Lay on your back, bend your knees, and gently contract you belly in towards your lower back.
2. Raise your legs, bring them together at a 90-degree angle to the floor. If you are unable to lift the legs, place your legs on a chair.
3. Flex your feet, keeping the legs active.
4. Extend your arms out, like 'T-shape' parallel to the floor.
5. Cross your left elbow over your right (like you're giving yourself a big hug) and bring the palms of your hands (or the backs of your hands) together. If you are unable to do this, cross your arms and hold your elbows.
6. Lift the elbows slightly.
7. Take 5-10 breaths.
8. Release your arms and legs to the floor, relax.
9. Repeat on the opposite side.

NB: Even though this is a gentle and safe posture for most people, please avoid if you're pregnant, suffer from glaucoma or untreated high blood pressure. Consult your doctor first.



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