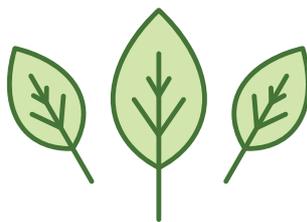


—yoga & ayurveda—  
  
 for the  
**IMMUNE SYSTEM**



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**A**ccording to Ayurveda, knowledge of life, the immune system is ojas or vitality, which promotes immunity. Ojas can keep you healthy and heal you from disease. Ojas is strengthened, by the foods we consume, once all the tissues of the body are nourished.

To increase ojas, it is important to maintain a healthy diet, sleep sufficiently and exercise. Yoga postures and pranayama or breathing techniques, improve ojas, by reducing

stress, improving assimilation and purifying the body and mind. Ayurveda recommends to reduce the consumption of unhealthy foods such as highly refined foods, artificial ingredients and addictive substances.

When these unhealthy substances are removed from your diet, ojas is naturally enhanced. Additionally, Ayurveda recommends sleeping approximately eight hours each night during the darkest hours of the day. When you sleep sufficiently the body

has the ability to nourish ojas and keep the body healthy. Exercise, such as yoga asana and pranayama, improves digestion, the assimilation of nutrients and the body's ability to nourish all the tissues of the body as well as ojas.

Exercise is required for the body to maintain health. Yoga can be practiced to fulfil the body's need for exercise.

Additionally, yoga moves the nutrients in the body and especially aids with the nourishment of the body and ojas.



Pranayama can be practiced in  
**SUKHASANA**,  
happy pose.

**Yoga posture practice is known as yoga chikitsa or yoga therapy. The term yoga chikitsa emphasizes the health benefits of yoga practice and the ability of yoga to cure and prevent disease. The aim of yoga is to attain to samadhi or spiritual realization as well as to maintain a healthy body and mind and promote longevity.**

**Yoga postures can be held for five to thirty breaths and repeated one, two or three times. It is important to breathe deeply through the nose, to extend the length of the inhale and to exhale completely. Pranayama, breath control, calms the mind and increases prana, which strengthens ojas, the immune system.**

Sit with a straight spine, bend the knees and tuck the right toes between the left thigh and calf.

If your low back is tight and you're unable to straighten the spine, sit up on a pillow.

Straighten the arms, rotate the arms externally.

Place the backs of the hands on the knees and practice jnana mudra, the mudra of knowledge by touching the first finger to the thumb.

Begin lengthening the breath, by

exhaling completely.

Inhale lift and spread the rib cage. Breathe through the nose and slightly contract the throat to make a soft ocean like sound throughout the inhaling and exhaling breath.

Relax the eyes and muscles in the hands and face.

Take thirty deep, slow, smooth breaths in sukhasana.

Continue by practicing

## **BADDHA KONASANA**,

bound angle pose.

Place the soles of the feet together, draw them close to the hips and drop the knees down to the floor.

Rotate the pelvis forward until the spine is straight.

Take hold of the feet, lift the rib cage and take thirty deep breaths.

After completing thirty deep breaths, straighten the legs.





Then practice

## MATSYENDRASANA,

lord of the fishes.

This pose is dedicated to sage Matsyendra, the founder of hatha yoga.

Bend the right leg and place the left foot next to the right hip, underneath the right leg and lower the left leg to the floor. Place the right foot on the floor to the left of the left knee.

Twist the torso to the right and reach the left upper arm to the outside of the right knee.

Straighten the left arm and reach to the inside of the right foot.

Rotate the head to the right and look to the right. Breathe deeply for fifteen breaths.

Then practice matsyendrasana on the left side.

Continue with

## MARICHYASANA F.

This pose is dedicated to the great seer Marichi.

Bend the left leg and place the top of the left foot to the left of the left hip, with the toes pointing back.

Bend the right leg and place the right foot on the floor, with the heel close to the right hip.

Twist to the right and reach the upper left arm to the outside of the right knee.

If you can, wrap the left arm around the right leg and clasp the hands behind your back.

Twist the head to the right and look to the right. Breathe deeply for fifteen breaths. Then practice marichyasana F on the left side.



Complete this yoga practice with

## SAVASANA,

the corpse pose, by lying on the back with the eyes closed and the palms facing up.

Enjoy your yoga practice!

