

Rising Sun Yoga



Daily Exercises for the Lymphatic System and Healthy Breasts

With Mary Biggs

It is important to move the lymph fluid daily. This set of five exercises can be practiced individually or as a group—even a few minutes a day will go a long way to ensuring that your lymphatic and immune systems are cleansing and protecting your breasts. Try working up to 2 minutes or more per exercise. Breathe powerfully through the nose for all exercises.

1. Sit in easy pose and extend arms out parallel to the ground, elbows straight. Make the hands into fists and extend the middle fingers only. Begin small but powerful arm circles backwards.



2. Interlace the fingers behind the head. Begin slow counter-clockwise torso rotations, keeping the spine straight and the head erect.



3. Place the thumbs on the pads of your little fingers. Extend arms out parallel to the ground, palms facing down. Alternately begin with raising one arm up to 60 degrees while the other arm goes down. Inhale as the left arm comes up, exhale as the right arm comes down.



4. Extend arms parallel to the ground. Curl your fingers into fists with the thumbs pointing up. Inhale as you twist to the left. Exhale as you turn to the right.



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5. If possible, sit on your heels. Make the hands into fists with the thumbs inside, elbows tight alongside body. Powerfully pull one arm back while the other extends forward – then alternate. As each arm is extended, open the fingers wide as if you were grabbing onto something. Then close the fingers and pull back towards body. Imagine you are pulling a rope.



*Composite group of exercises chosen by Sat Dharam Kaur for breast health, from the teachings of Yogi Bhajan.