

Detox for the New Year or for life!!

Anne Harrison of Bodies-Yoga in Ilkley says that "The e mails are already pouring in as 2014 makes its appearance". Bodies-Yoga has welcomed the rush of enquiries from people wishing to detox their bodies, improve their posture and clear their minds after overindulging in food and alcohol over the festive period. However Anne says that detoxification, or cleansing the body is not something that should be done just once a year. She explains that it is an ongoing process with our bodies designed to continually detox every day. Yoga practice as explained later is an efficient way to assist this process. Anne believes that many of her new and established clients are increasing becoming aware that Yoga is not for a day or a week but for life.

The Dru Yoga practiced by Anne is growing in popularity due to the fact that it is suitable for all and is highly effective in the detoxification process by pumping the blood throughout the body, delivering oxygen and removing waste products from the cells. Dru Yoga activates the digestive system during some moves and assists in eliminating anything the body doesn't need. The lymphatic system collects intracellular fluid from throughout the body and transports it to the lymph nodes where anything harmful (such as bacteria or other contaminants) can be removed before the lymphatic fluid is returned to the bloodstream.

These body systems work well but due to the stress and demands of our daily living and sometimes our not so healthy diets, it is good practice to assist this natural detoxing. Dru Yoga with its focus on systematically stretching and compressing every part of the body, is particularly well-suited to keeping these waste-removal departments of the body functioning well.

In a good yoga session, every part of the body is pushed, pulled, twisted, extended and flexed. This assists disposal of waste products such as carbon dioxide, lactic acid and lymphatic fluid from the deep tissues and extremities of the body that a jog, or a bike ride just don't reach.

Yogic breathing also assists in the detoxification process. Sitting with poor posture stops the lungs from inflating fully, as a result, we don't take in as much life-sustaining oxygen when we inhale, or expel as much of the potentially hazardous carbon dioxide when we exhale, as we should. Yogic breathing helps clear out carbon dioxide from the lungs as they are fully emptied with each breath. This is a practice not just for the yoga mat but one that you can do any time any where.

At Bodies-Yoga Anne guides her clients, new and old, through the moves, postures and breathing techniques required to get the best out of your body. If you would like to know more you can look at her web site www.bodies-yoga.co.uk or call her on 07958771909.

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Ilkley, West Yorkshire, UK