

## Yoga Detoxification

The yogic cleansing practices exert a beneficial influence on all dimensions of our health.

These simple, natural, ancient practices are a drug-free way of restoring mucus / gastric acid balance in the stomach, encouraging the growth of favourable bacteria in the intestines, and clearing the nose and sinuses.

Too little or too much stomach acid – excess mucus – meagre or erratic eliminations - lots of refined sugary food – antibiotics – pollutants - not chewing properly – over-eating: these are some of the problems.

Emotional states can inhibit digestion, and disturb our eating patterns and food choices.

The condition of our stomach, liver and intestines is fundamental to our well-being.

The cleansing practices help to restore balance and harmony on all levels: body, mind and energy.

### Neti (clearing the nasal passages & sinuses):

It is important to breathe through the nose, because hairs in our nostrils clean and moisten incoming air before it goes into the lungs. Nature designed the nose, not the mouth, for breathing.

All you will use for neti is a little warm, lightly salted water and a special pot.

Neti is beneficial for sinusitis or stuffy / blocked nose and head, allergies, headaches and hay-fever, and may enhance your sense of smell. It helps to prevent colds; is easy, relaxing and soothing.

This is a simple, straightforward practice for all.

### Kunjal:

Kunjal is drinking and then expelling warm water through the mouth, to get rid of mucus in the stomach and dislodge mucus in the respiratory tract.

When enough water is taken in quickly on an empty stomach, expulsion is spontaneous and easy.

Kunjal encourages a healthy flow of gastric acid and is relaxing to the nervous system.

Kunjal is a natural and effective treatment for many digestive ills. It stimulates the digestive fire.

### Laghoo Shanka Prakshalana:

Regular, plentiful bowel movements are essential to good health.

Laghoo shanka prakshalana is suitable for all. You will drink 6 glasses of lukewarm, lightly salted water, and perform specific asanas to activate the bowels.

This practice relieves constipation, wind, gas, acidity and indigestion, and encourages health and vitality.

Shanka prakshalana is rejuvenating: it promotes general health and well-being, gets rid of excess mucus and stagnant accumulations in the intestines, and helps digestive problems such as irritable bowel syndrome and diverticulitis.

Shanka prakshalana purifies the blood, and tones the liver and other digestive organs and glands. It stimulates the immune system and is good for arthritis, obesity, allergies, eczema and many other problems.

This practice also balances the mind and emotions, releasing tension and tuning the body and the mind as one.