

## Caring for Your Heart and Regulating Blood Pressure

We all know the things we should be doing to lower high blood pressure –

- ✓ Cut down on our salt intake
- ✓ Reduce the amount of bad cholesterol we eat
- ✓ Cut down on the amount of caffeine we drink
- ✓ Stop smoking
- ✓ Take regular exercise
- ✓ Learn to relax

What you might not know is that yoga is recommended by many health care professionals, as it's proven to lower blood pressure, benefiting the heart and the whole circulatory system. By attending a Dru Yoga class you are taking a very positive step towards keeping your heart healthy and regulating blood pressure. We can help you strengthen the heart, improve circulation, teach you how to relax and how to naturally regulate the blood pressure, whilst supporting you through any lifestyle changes you may wish to make – we can even help you let go of addictions, including smoking!

This is one of my favourite breathing exercises to help me feel calm, whilst giving the chest region a gentle, therapeutic stretch.

- Take a moment just to find a comfortable standing position (see earlier blog post “Firm foundations” for info on standing correctly) and to let your breathing settle.
- Start with the hands in a palm pressed position with the thumbs resting on the sternum and bend the knees.
- Inhale as you lift the right arm towards the sky and lower the left arm towards the earth.
- Keep the spine tall (don't lean) as you feel a gently stretch in the torso as you extend the arms fully, without locking the elbows, and straighten the legs.
- Exhale as you bring the hands back to the palm pressed position and bend the knees again.
- Repeat, this time lifting the left arm and lowering the right arm, straightening the legs.
- Repeat a couple of times on each diagonal, trying to co-ordinate breath with movement.

If you would like to find out more about how we can help you love your heart simply contact us on [isabel@yogainsideout.co.uk](mailto:isabel@yogainsideout.co.uk)