



# Yoga for High Blood Pressure

In this video you will learn a sequence of postures to reduce your blood pressure.

Before you start, warm up by doing 10 cycles of the sun salutation.

It enhances blood circulation, improves the functioning of the bowels and helps strengthen muscles and joints.

It also revitalises your body and refreshes your mind, leaves you feeling energetic throughout the course of the day.

Once you are warmed up, you're ready to begin the sequence of asanas.

Hold each pose for thirty seconds to a minute or as long as you are comfortable.

Remember to repeat the pose on the other side whenever possible.

Do take time to rest between the different asanas as required, assuming either the corpse pose or the staff pose .

Start with the standing forward bend.

Reach down as far as possible while keeping your knees locked.

Next sit down in the hero pose.

Relax your mind and concentrate on your breathing.

Move on to the reclining hero pose.

Lie down on your back.

You could use a cushion if required.

" The following asana is the bound angle pose.

Try and push your knees as close as possible to the ground.

" Move on to the reclining bound angle reclining pose.

Lie down on your back.

You could use a cushion if required.

Extend your legs and do the seated forward bend.

Reach out as far as you can keeping your back straight.

Next do the wide angle seated forward bend.

Spread your legs and reach out as far as you can keeping your back straight.

The following pose is the reclining big toe pose.

Extend your leg to the side making sure your hips remain grounded.

Lie down on your back and do the bridge pose.

Breathe normally in the final position.

Next do the head to knee pose.

Reach out as far as you can while keeping your back straight.

The following asana is the plough pose.

Try and touch the ground with your feet behind the head.

Rest in the child pose for a minute.

Lie down for a few minutes in the corpse pose.

Relax and concentrate on your breathing.

Follow up slowly with the skull shining breath technique for a minute.

Rest for some time and do another cycle for as long as you feel comfortable.

Move on to humming bee breath technique.

Shut your ears and nostrils and breath out through the nose by making a humming sound as shown.

Try to sustain the humming for as long as you can.

You could do 5 to 10 cycles.

Next do the alternate nostril breathing technique for five minutes.

Regular practice of these recommended asanas will effectively reduce hypertension.

<https://www.sikana.tv/en/sport/yoga/high-blood-pressure>