Wisdom Art: *Mind, Body, Spirit*

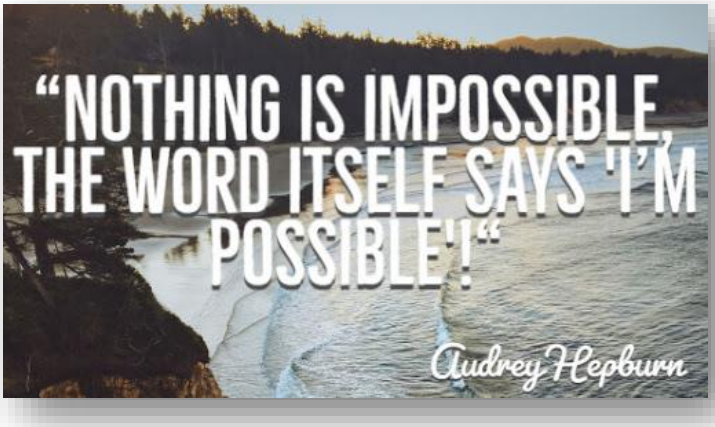
for a Healthier Mind, Body and Life

You may have at least one person in your life—a family member, someone you work with, or a good friend—has high blood pressure. Why so likely? Because high blood pressure—what doctors call hypertension—affects one in three adults in the United States. Elevated blood pressure, which increases the risk of health issues. While a general yoga practice has a pacifying effect and can bring the nervous system into balance, some asanas work better than others for actually lowering blood pressure—and simple modifications make others more beneficial. For example, do cooling poses, such as forward bends where the head is supported—to bring a sense of calm to the head, neck, face, and diaphragm. Modify any standing poses in which the arms are normally extended overhead (like virabhadrasana I) by placing your hands on your hips. In trikonasana (triangle pose), look down toward the floor instead of up at the ceiling. *yogainternational.com*

What are the experts saying?

Research indicates that physical activity can lower blood pressure.

Yoga could benefit people in this way, but not as a vigorous form of exercise. Authors of a 2016 review described yoga as a "light-intensity" form of calorie-burning aerobic exercise. However, they noted that some poses are more strenuous, such as Surya Namaskar, or Sun Salutation. The researchers concluded that practicing strenuous poses for at least 10 minutes three times a day could count as moderate or vigorous activity. Because yoga encourages strength and flexibility, it may be an attractive option for people who want to get into the habit of exercising.



Legs-Up-the-Wall

Legs-Up-the-Wall is a passive and calming inversion pose. Because your heart and head are on level ground, this is a safer inversion option for people with high blood pressure. However, some yoga teachers say no inversion is safe for high blood pressure, so check with your doctor before adding this pose to your routine.