
Yoga Therapy as a Complementary Approach to Stress Reduction and Exercise Countermeasure Effectiveness Before, During & in Post-flight Rehabilitation

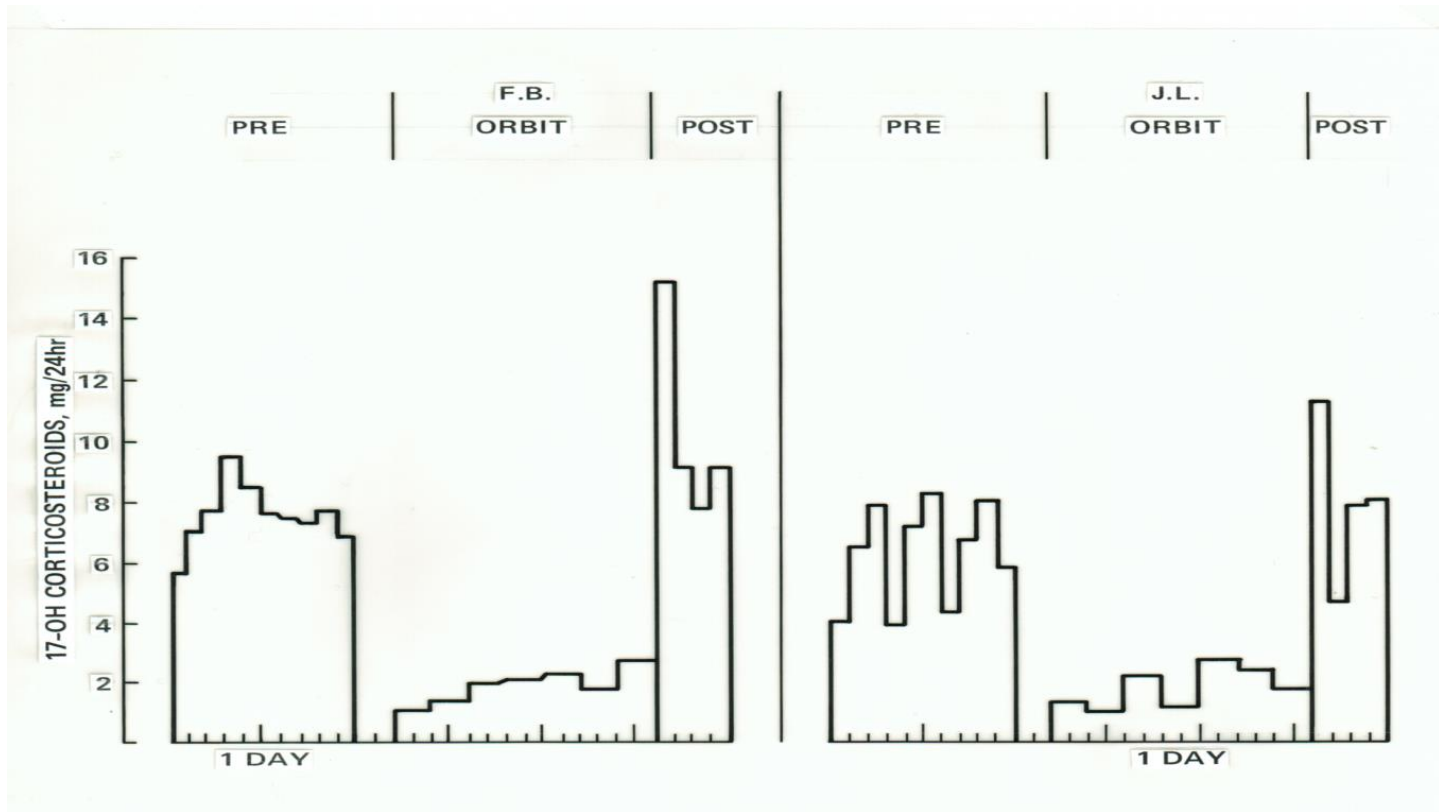
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GeminiVII Stress Response



Areas of Benefit through Yoga Practice

- **Stress Relief**
- In-flight **Deconditioning**
- Post-flight **Rehabilitation**



STRESS RELIEF

- Meditation
- Breathing



In-flight Deconditioning & Post-flight Rehabilitation

- Orthostatic Hypotension
- Space Motion Sickness
- Musculoskeletal, tendon, ligament flexibility
- Blood flow
- Gastro-intestinal



Video Demos of Yoga Therapy Breath-Control Techniques (Prānāyama_s)

- For Stress Relief, Mental & Physical Balance, and Healing Calmness

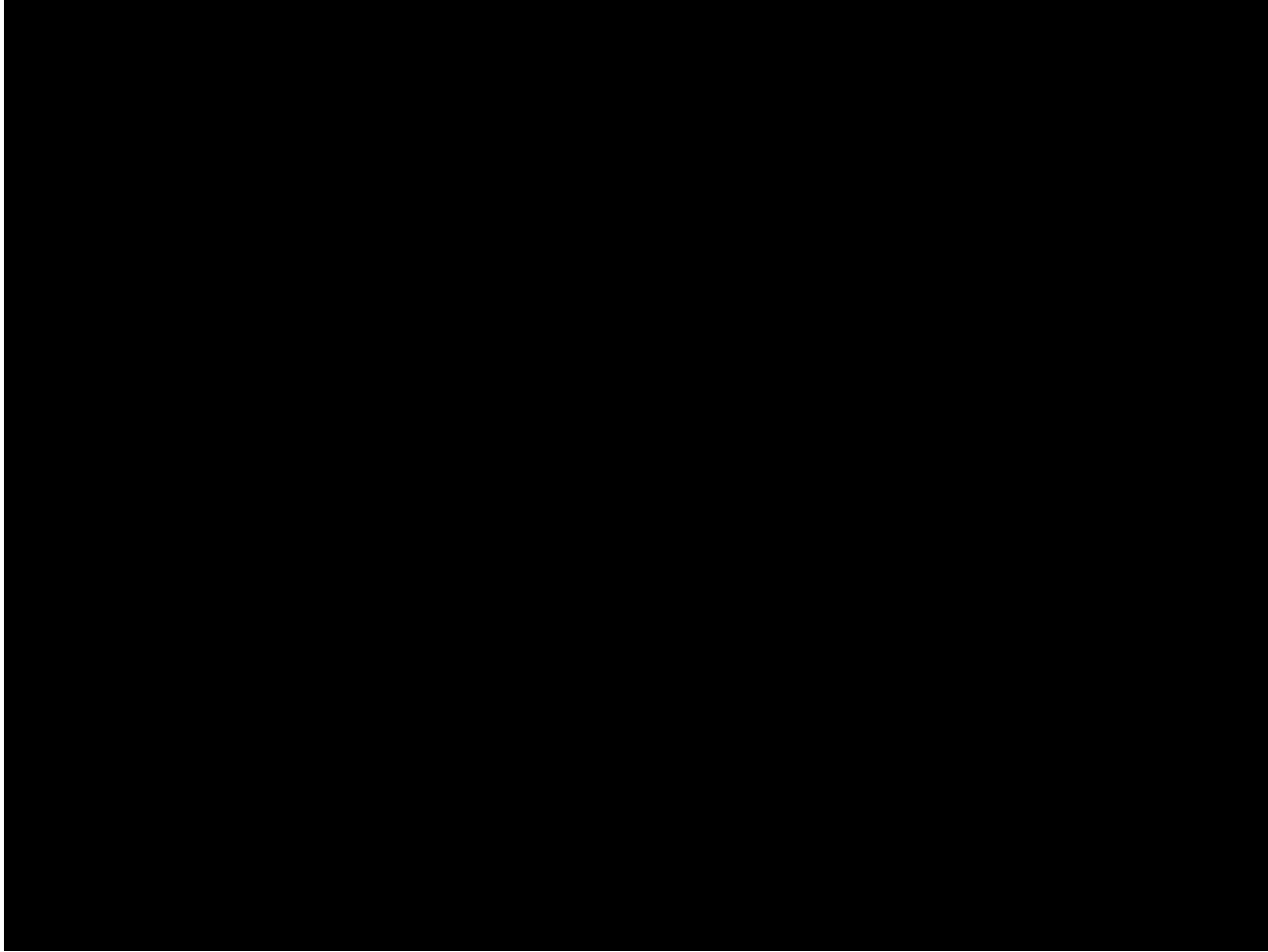
- **Preparation**

- **Bhāstrika Prānāyama** (Bellows)
- **Kapālbhati Prānāyama** (Forehead-Shining, exhale only)
- **Anulōm Vilōm Prānāyama** (Alternate Nostril)
- **Bhramri Prānāyama** (Bumble-bee Humming)

(Clips from 3-disk DVD at www.deepakheritage.com)



Preparation for Prānāyama



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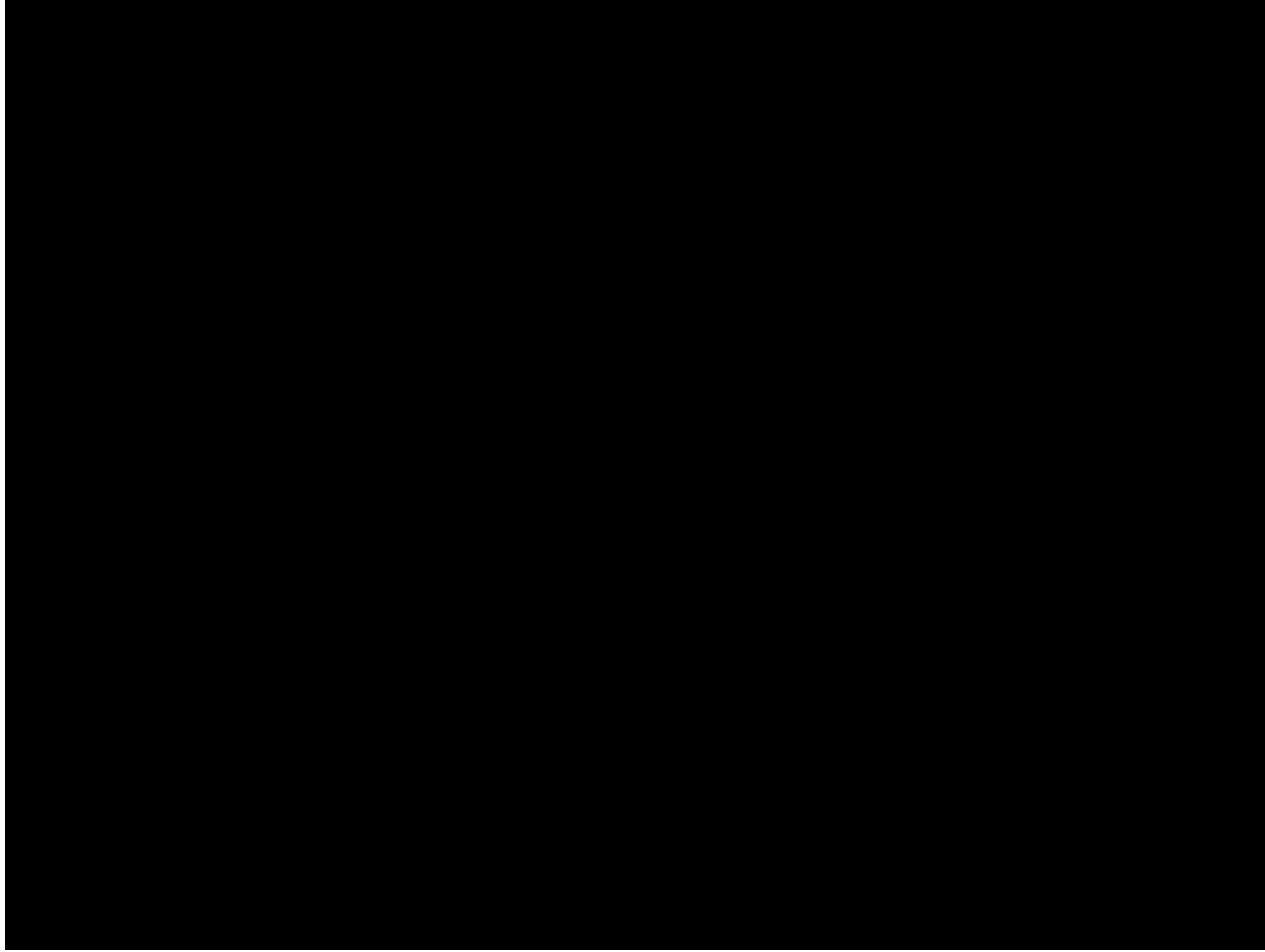
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Bhāstrika Prānāyama

(Bellows)



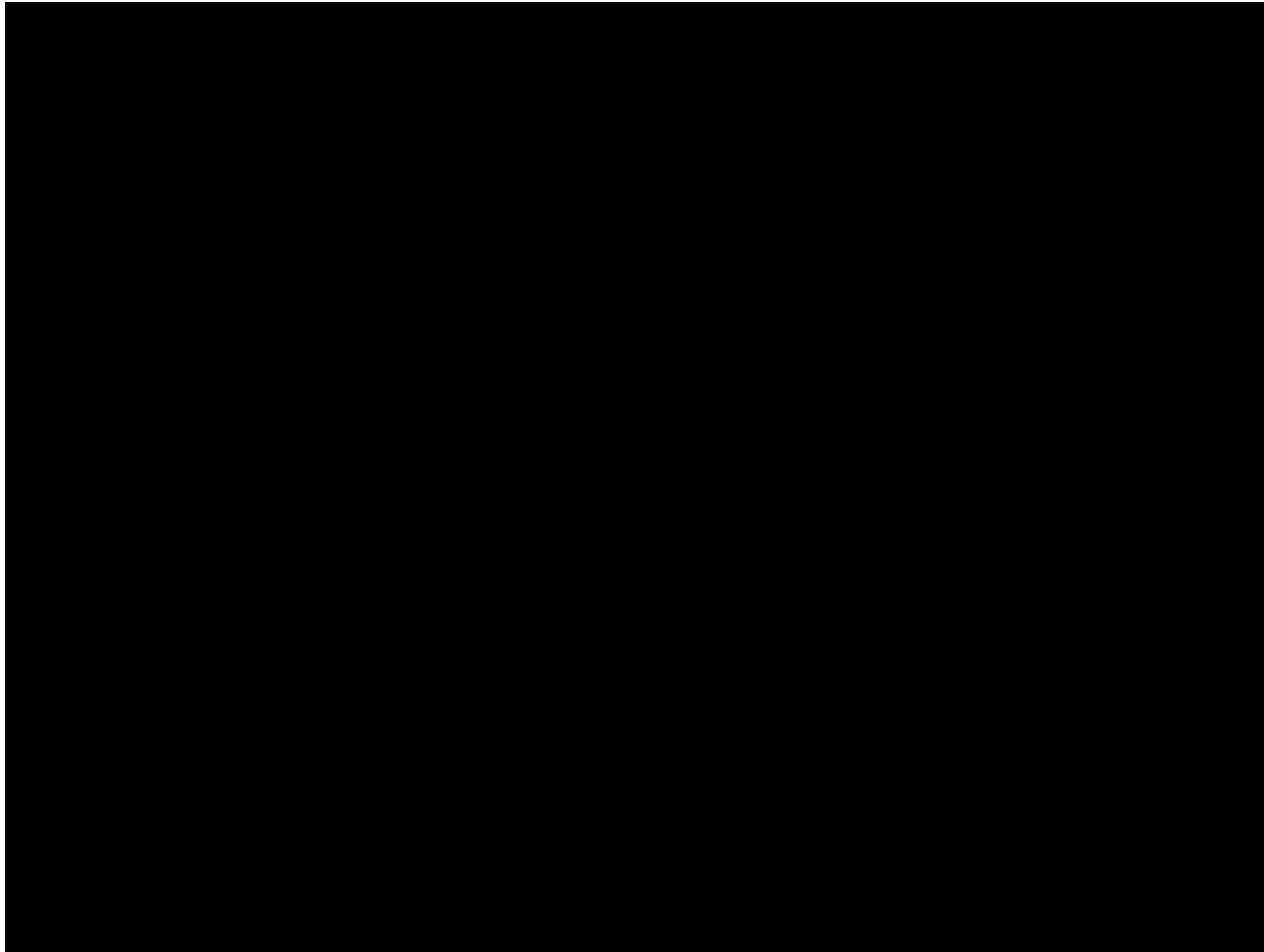
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(Forehead-Shining, exhale only)



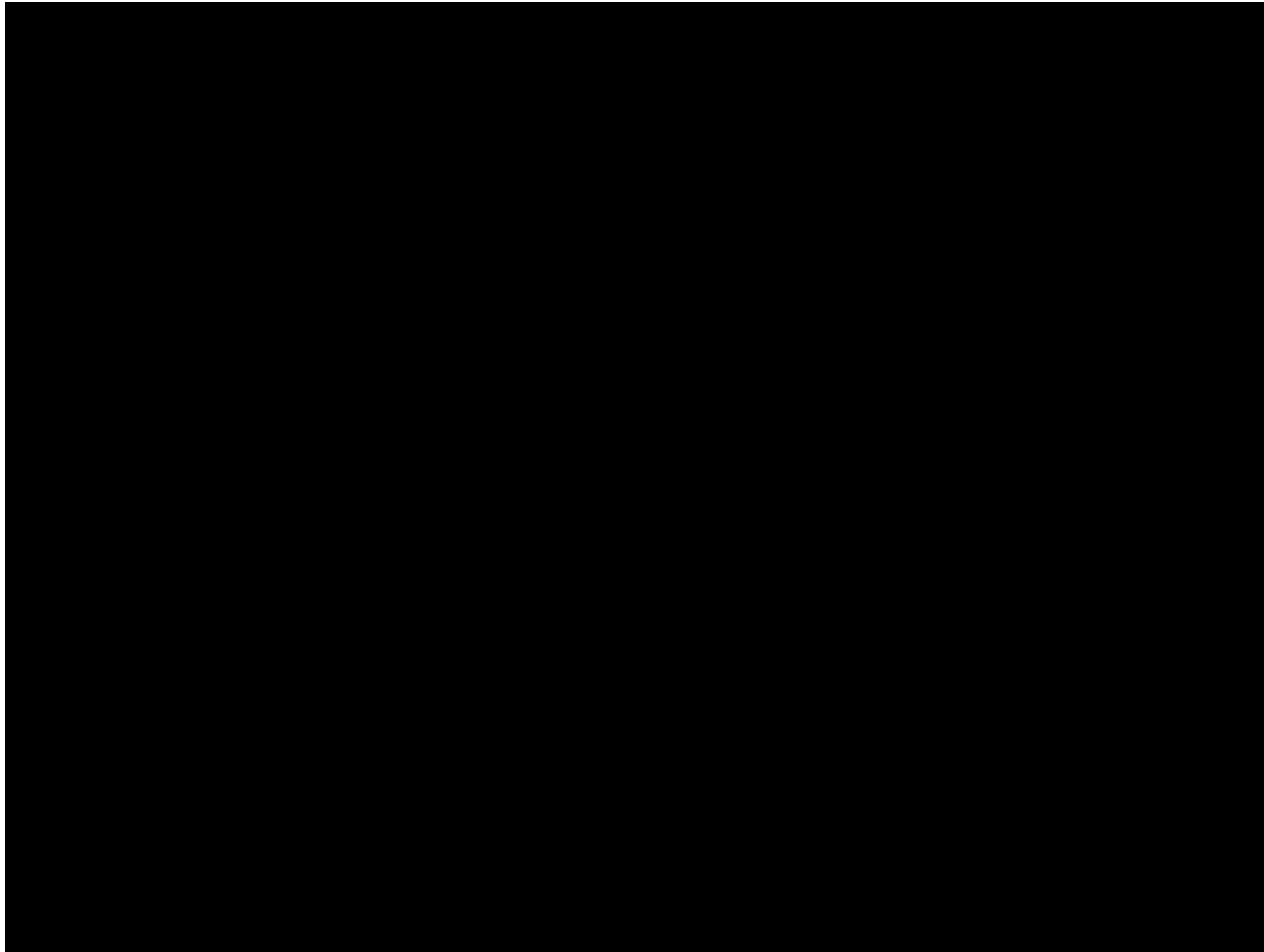
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(Alternate Nostril)



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Bhramri Prānāyama

(Bumble-bee Humming)

