LEAVING ON A JET PLANE

Yoga and flying (Jet lag)

Natalie Mc Donnell
Introduction

JETLAG! Every time I here that word it sends shivers down my spine. The amount of traveling I do, I still find it difficult to recover from jet lag and find doing yoga when I get to where I am going and when I get home helps.

I don't know where it came from, but since I was at school I was always fixated with geography (even though I hated studying) and all the amazing cultures out there. I think coming from a place (Australia) that is so far from the rest of the world makes you want to see it more. I started doing short domestic flights at the age of 17 and ventured up to 4 hour flights to New Zealand. Before turning 21 I was asked the question of “what would you like for your 21st?” Of course my answer was “a flight to Canada”. There begins my first long haul flight. That was 27 years ago. I have been traveling the world ever since. I happened to land in London 22 years ago and fell in love with and Irishman who I married 2 years later and we lived in London for 13 years, then Asia, Australia and now America. My husband has a job which is global and always packing his bags to somewhere in this world. I often travel with him for the company. People think his life is so extravagant, world travel, hotels, fine food. It is actually quite a lonely existence flying solo, hotels on your own, eating on your own and finally, the dreaded Jet lag you have when you arrive and the dreaded Jet lag you have when you return. I am going to attempt to give you an overview of what Jet lag is and how it affects you and all the things that help you recover faster, the most important thing being yoga!
It little bit on flying!

Have you ever descended from a transatlantic flight feeling energized, refreshed, ready to jump feet-first into the vacation or business venture that awaits you? Probably not, especially if you fly economy class. More likely, you arrived at your destination feeling groggy, sporting a tense back, tight shoulders, stiff joints, swollen ankles, perhaps even a headache or stuffy nose. That's what usually happens when the body is immobile and confined for an extended period.

You may be surprised to learn the many health risks associated with air travel. For example, in a new study performed at Auburn University in conjunction with the FAA, bacteria can stay alive and continue to be infectious for more than a week on the arm rests, seat pockets, seats and bathroom doors of commercial aircrafts. The dry air is said to contribute to their extra-long life on airplanes.

That's not to mention the health risks associated with Jet lag, dehydration, and fatigue.

ALTITUDE SHOCK

If you enter a plane at sea level. The cabin quickly pressurized to 8000 feet above sea level. Even the most fit athletes who train at altitude can tell the difference when they climb to 8000 feet. In a plane this altitude change happens in a couple of minutes. Ever wonder why it is so easy to fall asleep in a plane? It is likely because the oxygen has been literally sucked out of your brain as the cabin is being pressurized. The most instant effects of altitude shock is dehydration. Normally, the average person loses 2.5 quarts of water per day, and this rises significantly with air travel. When we are dehydrated, we
affect the flow of the lymphatic system, compromising its function of draining toxins and circulating white blood cells around the body for immunity.

RECYCLED AIR

The journal of Environmental Health Research reported that air travel increases the risk of catching a cold by 100 times because of the recycled air. So, why doesn't everyone who travels get sick? There are two pieces to this puzzle: susceptibility and exposure. While exposure is unavoidable, susceptibility is the piece we can do something about. Recycled air is both dry and inefficiently purified. When the sinuses are exposed to dry air, the cilia of the respiratory tract dry out. Because they are responsible for immunity, this increases our susceptibility to infection.

RADIATION FROM COSMIC RAYS

Radiation from space that concentrates at high altitudes is referred to as cosmic rays. One international flight will supply a hit of radiation equivalent to one chest x-Ray.

BLOOD CLOTS

Many travelers are unaware of the risk of deep vein thrombosis (DVT), or blood clots. One small study in New Zealand reported by The Lancet in 2003 found that 1% of travelers develop clots. With 2 billion travelers annually, this calculates to 20 million suffered of DVT per year. The risk factors seem to be a combination of sitting still for hours in a pressurized cabin, lymph congestion, and dehydration, but it is still unclear to what extent each of these factors on their own cause clots.

HEARING LOSS

Airline cabins range from 75 decibels in the front of the plane to 85 to 100 in the back. A loud nightclub, for example, roars at about 100 decibels. The Institute of Occupational Health and Safety limits sage
noise levels to 88 decibels for 4 hours. This suggests that there is potential risk of permanent hearing damage if you are a frequent flyer of more than 4 hours.

CONSTITRATION

Perhaps the most common complaint regarding air travel is constipation. Most likely due to a combination of Jet lag, altitude and dehydration.

SWELLING

The most common cause of swelling during air travel is a congested lymphatic system. Factors that cause lymph congestion are almost all of the items discussed above, particularly constipation, altitude shock, sitting still, dehydration and Jet lag.

Now that is just some of the things that happen when you fly and let's now discuss Jet lag.

What is Jet lag?

Of course we have to give Wikipedias’ take on what Jet lag is:

Jet lag, medically referred to as desynchronosis and rarely as circadian dysrhythmia, is a physiological condition which results from alterations to the body's circadian rhythms resulting from rapid long-distance trans-meridian (east–west or west–east) travel on high-speed aircraft. For example, someone traveling from New York to London feels as if the time were five hours earlier than local time. Jet lag was previously classified as one of the circadian rhythm sleep disorders.[1]
The condition of jet lag may last several days before the traveller is fully adjusted to the new time zone; a recovery period of one day per time zone crossed is a suggested guideline. Jet lag is especially an issue for airline pilots, crew, and frequent travelers. Airlines have regulations aimed at combating pilot fatigue caused by jet lag.

The term "jet lag" is used because before the arrival of passenger jet aircraft, it was uncommon to travel far and fast enough to cause jet lag. Travel by propeller-driven aircraft, by ship or by train were slower and of more limited distance than jet flights, and thus did not contribute widely to the problem.

Jet lag is a chronobiological problem, similar to issues often induced by shift work and the circadian rhythm sleep disorders. When traveling across a number of time zones, the body clock (circadian rhythm) will be out of synchronization with the destination time, as it experiences daylight and darkness contrary to the rhythms to which it has grown accustomed. The body's natural pattern is upset, as the rhythms that dictate times for eating, sleeping, hormone regulation, body temperature variations, and other functions no longer correspond to the environment, nor to each other in some cases. To the degree that the body cannot immediately realign these rhythms, it is jet lagged.

The speed at which the body adjusts to the new schedule depends on the individual as well as the direction of travel; some people may require several days to adjust to a new time zone, while others experience little disruption.

Crossing the International Date Line does not in itself contribute to jet lag, as the guide for calculating jet lag is the number of time zones crossed, with a maximum possible time difference of plus or minus 12
hours. If the time difference between two locations is greater than 12 hours, one must subtract that number from 24. For example, the time zone GMT+14 will be at the same time of day as GMT−10, though the former is one day ahead of the latter.

Jet lag is linked only to the trans-meridian (west–east or east–west) distance travelled. A ten-hour flight between Europe and southern Africa does not cause jet lag, as the direction of travel is primarily north–south. A five-hour flight between the Pacific and Atlantic coasts of the United States may well result in jet lag.

Double desynchronisation

There are two separate processes related to biological timing: circadian oscillators and homeostasis.[3][4] The circadian system is located in the suprachiasmatic nucleus (SCN) in the hypothalamus of the brain. The other process is homeostatic sleep propensity, which is a function of the amount of time elapsed since the last adequate sleep episode.[4]

The human body has a master clock in the SCN and also peripheral oscillators in tissues. The SCN's role is to send signals to peripheral oscillators, which synchronize them for physiological functions. The SCN responds to light information sent from the retina. It is hypothesized that peripheral oscillators respond to internal signals such as hormones, food intake, and "nervous stimuli".[5]

The implication of independent internal clocks may explain some of the symptoms of jet lag. People who travel across several time zones can, within a few days, adapt their sleep-wake cycles with light from the
environment. However, their skeletal muscles, liver, lungs and other organs will adapt at different rates.[6] This internal biological desynchronization is exacerbated as the body is not in sync with the environment—a "double desynchronization", which has implications for health and mood.[7]

Symptoms

The symptoms of jet lag can be quite varied, depending on the amount of time zone alteration, time of day, and individual differences. Sleep disturbance occurs, with poor sleep upon arrival and/or sleep disruptions such as trouble falling asleep (when flying east), early awakening (when flying west), and trouble remaining asleep. Cognitive effects include poorer performance on mental tasks and concentration; increased fatigue, headaches, and irritability; and problems with digestion, including indigestion, changes in the frequency of defecation and consistency of faeces, and reduced interest in and enjoyment of food. The symptoms are caused by a circadian rhythm that is out of sync with the day-night cycle of the destination,[8] as well as the possibility of internal desynchronization. Jet lag has been measured with simple analogue scales, but a study has shown that these are relatively blunt for assessing all the problems associated with jet lag. The Liverpool Jet Lag Questionnaire was developed to measure all the symptoms of jet lag at several times of day, and this dedicated measurement tool has been used to assess jet lag in athletes.[9]

Jet lag may require a change of three time zones or more to occur, though some individuals can be affected by as little as a single time zone or the single-hour shift to or from daylight saving time.[8] Symptoms and consequences of jet lag can be a significant concern for athletes traveling east or west to competitions, as performance is often dependent on a combination of physical and mental characteristics that are impacted by jet lag.[10]
Travel fatigue

Travel fatigue is general fatigue, disorientation, and headache caused by a disruption in routine, time spent in a cramped space with little chance to move around, a low-oxygen environment, and dehydration caused by dry air and limited food and drink. It does not necessarily involve the shift in circadian rhythms that cause jet lag. Travel fatigue can occur without crossing time zones, and it often disappears after a single day accompanied by a night of good quality sleep.[8]

Management

Light is the strongest stimulus for realigning a person's sleep-wake schedule, and careful control of exposure to and avoidance of bright light to the eyes can speed adjustment to a new time zone.[10] The hormone melatonin is produced in dim light and darkness in humans, and it is eliminated by light.

WHAT TO DO!

After lots of reading and research I think it is quite important to concentrate on yoga poses that work with your lymphatic and circulatory system. Your circulation tends to slow down when you are immobile and I certainly know from experience that I get severe swelling in my lower legs. It is amazing when you weigh yourself after a flight and you are quite a few pounds heavier than when you left, but after a good sleep and lots of fluids, a lot of that weight has gone the next day (unless you drank and ate yourself silly on vacation, then
that is another story!). It feels like your interstitial fluid is lying stagnant in your body and needs to be squeezed out, that how it feels to me anyway. I’m sitting here writing this after just returning from a transatlantic flight and am thinking of the first thing that I ALWAYS do when I get to my destination, either coming or going and that is *viparita karani*. I stay for at least 20 mins and feel my legs draining. I could not sleep if I did not do this.

**Do Less, Relax More:**  
**Legs-Up-the-Wall Pose**

Viparita Karani is my favorite pose. I know, I know; there is something wonderful to discover in every pose. But, honestly, sometimes I just don’t feel like bending forward or back, or I am simply too tired to balance on one leg, even for a moment. But
have I ever turned down an opportunity to practice Viparita Karani? Never! I’ve done this pose on hotel beds around the world.

Viparita Karani is often called Legs-Up-the-Wall Pose, but *viparita* actually means “inverted,” and *karani* means “in action.” We can interpret that to mean that the pose inverts the typical actions that happen in our bodies when we sit and stand. There are many benefits to inverting the actions in your body. Here are a few.

When you put your legs up the wall with your pelvis elevated on a folded blanket, lymph and other fluids that can lead to swollen ankles, tired knees, and congested pelvic organs flow into the lower belly; this refreshes the legs and the reproductive area. This is healthy at any point in your reproductive life cycle. This pose also gives blood circulation a gentle boost toward the upper body and head, which creates a pleasant rebalancing after you have been standing or sitting for a long time. If you are stressed, fatigued, or jet-lagged, this pose is especially refreshing. But its true greatness is that it teaches us experientially that positive results can come from doing less, not more. And this is the No. 1 reason I love Viparita Karani so much. The benefits of Viparita Karani derive not just from inverting an action but also from inverting the whole notion of action. When you relax with your legs up the wall, you are practicing the polar opposite of activity, which is receptivity.

**Pose Benefits:**
- Alleviates headaches
- Boosts energy
- Soothes menstrual cramps (some yoga traditions advice against doing Viparita Karani during menstruation)
- Relieves lower-back pain

**Contraindications:**
- Glaucoma
But before we go any further it is important to do some yoga/stretching/movement on the plane if we are on a long haul flight. After looking on the Internet and thinking about the practicality of the room that you have when you are on a plane, some articles are just hilarious! One article written by CNN travel looks like the person doing the yoga is on her own private A380!!!! Doing uttanasana in the aisle when you are in economy class just does not work. I don't think other passengers would appreciate that. It is interesting to to see the photography of the article! Virabhadrasana 1 in the aisle, mmmm interesting!!!! Maybe one day (in my dreams) I will have that privilege.

These are yoga poses that stretch my calves, hips, knees, low back and hamstrings among other muscles.
As soon as the seat belt sign is turned off, I begin my practice. Since I often have fluid accumulation in my heels, I begin with simple stretches to increase the circulation in the periphery and later move to more advanced poses depending on the availability of space inside the aircraft.

1. **Seated Knee to Chest:** Keeping one foot flat on the floor, lift the other leg and using both palms draw your knee to your chest. Keep your shoulders relaxed throughout the pose. This is a very good pose to stretch your hips and knees as well as strengthen your back and chest. Bringing your knee towards your chest also stimulates your abdomen, thus improving the digestive fire. Hold for 30-45 seconds. Then repeat with the other leg.

2. **Seated Ankle-Knee:** Keeping one foot flat on the floor, lift the other foot and place the ankle on top of the resting thigh and closer to the knee. Make sure you have enough room to drop the raised leg and knee to the side without disturbing your neighbor. Flex your foot, squeeze and spread your toes as though you were about to push the other neighbor (assuming you are sandwiched between two travelers). This helps to open the hip and give a really good stretch around the butt and hip. If you wish to get a deeper stretch, lean forward a little and place your forearms on top of your legs. If you are seated in the aisle seat, be mindful of the drinks cart! Hold for 30-45 seconds. Then repeat the pose with the other leg.

3. **Seated Side Twist:** Be sure to twist every so often to improve circulation especially through your lower back. This is especially beneficial when you have 8-14 hours of continuous travel time ahead of you. While on your seat, plant your feet on the floor and place your left hand on the outside of your right knee and twist to the right. If there is a provision to move your hands back, you can to deepen the twist by taking your right hand to the back of the seat. Initiating the twist from the bottom of your spine, include your head and neck in the twist. Sport a smile so you don’t surprise your neighbor. Hold for 30-45 seconds. Then repeat the pose on the other side.
After completing those initial stretches at your seat, it’s now time to take a walk. Go to the far end of the airplane where you will encounter more space near the lavatory.

4. Shoulder and Chest Stretch: Standing near the aisle wall near the bathroom, raise your hands with both arms outstretched until your hands meet, then interlace your fingers (palms facing either down or up), and squeeze your shoulder blades together. Look up and lift your chest. You can even try stretching your arms away from the ears. Be in this position for about 30 seconds.
Then facing the bathroom wall, about six inches away from the wall, unlace your hands and place them on the wall. If your shoulders are tight, you may need to angle your arms slightly up the wall. Stay in this pose for 30 seconds.

From there, gently lower your hands on the wall so they are at either shoulder height or slightly below. Press your hands firmly into the wall and then walk your feet away from the wall, until your hips are positioned over your feet and your arms are straight. This would be a Downward-Facing Dog at a higher altitude. Stay in the pose 30-45 seconds and then walk toward the wall to come out, finishing by position your hips over your feet.

5. Tree Pose: Using the same wall by the bathroom for balance if needed, place the sole of one foot against the inner thigh of your other leg and raise your arms over your head to open up tight hips and relieve any lower back pain. You may get some stares or be judged but I simply ignore everyone and just practice!

Come back to your seat after you are stretched completely and end the session with some relaxation.
Relaxation
Now put your seat in the reclining position and place pillows behind the back and neck. The inflatable neck pillows, sold duty-free aboard some airlines, are excellent for this purpose. Extend the legs and let the feet fall comfortably apart, toes pointing outward. Place the hands on the lap or on the armrests. Close your eyes, breathe deeply, and smile ever so slightly as you let go of any remaining tension. (Smiling relaxes the facial muscles and encourages the energy to move upward through the body.) Allow your thoughts to drift out of the nearest window and float away on a nearby cloud. After 10 or 15 minutes of relaxation, deepen the breath, wiggle the fingers and toes, and reflect on how refreshed you feel.

For long-distance travel, Yoga in Flight is just the ticket! You will have the last laugh as you disembark feeling relaxed, invigorated, and ready to greet your destination with a smile.

Without any doubt, if we resort to these few simple in-flight yoga poses and breath work, it will make air travel a better experience.

A great inflight yoga sequence to look at is (http://yoga international.com/article/tag/sequence) a sequence by Sandra Uyterhoeven.
Top 5 Yoga Poses for JL

So when we get to our destination we don't have all the props that you have at home or in a studio, so I think if you keep it simple in your hotel room you will still reap the benefits.

Sukhasana (Comfortable Seated Pose)
Supine Thread The Needle Pose

Why Supine Thread-the-Needle pose? After sitting on a plane for a long period of time, your hips will most likely feel tight and stiff. This pose helps you to open your hips and release the tension that often builds up in that area after a long day of travel.

How to do it: Lie on your back with both of your legs extended straight. Take a deep breath and bend your right knee, placing your foot flat on the ground with your heel about six inches away from your sit bone. Take the left knee and draw it into your chest. Open the left knee and place your left ankle on the thigh of your right leg. Be sure to keep your left foot flexed so that your toes extend toward your left knee. Thread your left arm through your legs and take your right arm to the outside of your right thigh. Interlace your hands behind your right thigh and gently draw your right knee in toward your chest. You will feel a gentle opening stretch in your left hip. After a few moments of deep breathing in this pose, release your grip and extend both legs. Notice if you feel a difference between your two hips. Switch sides and repeat the steps for opening the right hip.
Variation: The seated version can be done just about anywhere. Try this variation halfway through your plane, or even in that long rental car line or the baggage claim area while waiting for your luggage. Your hips will thank you and your first day of exploring your destination will be more enjoyable.

Find a comfortable seat in a chair with both feet firmly planted on the ground. Draw your left knee into your chest. Gently place your left ankle on top of your right thigh. Keep your left toes flexed so that your toes extend toward your left knee. For a more intense stretch, gently place one hand on your ankle and the other hand on your lower thigh and begin to extend your chest forward. After a few moments of deep breathing in this pose, release your left foot to the ground. Notice if you feel a difference between your two hips. Switch sides and repeat the steps for opening the right hip.
Matsyendrasana (Supine Spinal Twist)

Why Supta Matsyendrasana? Twists are cleansing for the body and help foster the natural detoxification process. Twists help improve digestion and act as a natural remedy for digestive issues which are commonly caused by jet lag. When you twist, you stimulate your digestive system and allow fresh blood, oxygen, and nutrients to flow back into your organs. Maintaining a healthy and functional digestive system during travel is essential for keeping your body feeling fresh and rejuvenated. Twists can also relieve lower back pain, which is a common symptom of sitting for extended periods of time during long travel days.

How to do it: Lie down on your back with your legs extended straight. Open your arms perpendicular to your body so your body makes an uppercase “T.” Draw your right knee into your chest; then gently draw your right knee over your body and release it down on the left side of your body. Gently turn your head to the right. Ensure both shoulders still root into the
ground. Hold for a few deep breaths. Repeat on the left side. Variation: If your shoulders feel tight and it’s difficult to rest the bent knee comfortably on the ground, place a pillow or a blanket under your bent knee.

Viparita Karani (Legs Up the Wall)

Why Viparita Karani? This gentle inversion is rejuvenating for the entire body and for the mind. Legs Up the Wall lets the body fully relax while calming the nervous system and improving circulation. This pose will also help relieve both physical and mental stress, and can help alleviate headaches, boost energy, relieve lower-back pain, and allow your body to naturally drain stagnant fluid that may build up after sitting for long periods of time.

How to do it: Sit upright against a wall with one hip touching the wall. Slowly roll down onto your back and let your legs rotate up and rest against the wall. You may need to scoot your body closer or further away from the wall in order to find a comfortable position. Rest your arms out to the sides of your body or gently place one palm on your belly and one on your heart. Once you’re comfortable, close your eyes, take a few deep breaths, and
completely surrender your body by releasing all tension you may be holding onto from the tips of your toes to the crown of your head. Variation: Place a blanket or a pillow underneath the pelvis and/or a pillow underneath your head for additional support.

Surya Namaskar (Sun Salutation)
Why Surya Namaskar? After sitting for an extended period of time, your body will crave movement. This series of movements will help increase circulation throughout the entire body and will help lengthen and strengthen the front, back, and sides of the body. Sun Salutations are also a great way to wake up the body, especially if your internal clock is off after traveling to a different time zone. Most importantly, Sun Salutations help you to fully connect your mind, body, and spirit.

Home practice
I do believe when you get home from your flight it is really good to do a small restorative sequence, I certainly know that I do not feel like doing any standing poses or even inversions until the next day.

I really love the workshop that we did with Tia's and thinking about the “sensory awareness” section in his manual with all work done supine.

**Spinal undulation 1**
*Start: knees bent*
*Inhale – Take lumbar into extension while taking cervical spine into flex ion*
*Exhale- Take lumbar into flex ion and cervical spine into extension*

**Spinal Undulation 2**
*Start: knees bent, fingers interlocked behind head*
*Exhale- Take lumbar and cervical spine into flexion*
*Inhale- Take lumbar and cervical spine into extension*
Unwinding 1 – Basic lumbar release
Start: knees bent
Inhale- left arm at 90 degrees, drop right leg
Exhale- back to center
Repeat on other side

Unwinding 2 – wringing the organs
Start: one knee bent
Inhale- arms at 90 degrees, knee crosses mid-line, hip elevates
Exhale- back to center
Repeat on other side

Unwinding 4 – Gomukhasana Spiral
Start: legs in Gomukhasana
Inhale- legs drop to side in direction of upper knee
Exhale- Back to center
Repeat on other side.

That is all great for unwinding the spine.

Supta Baddha Konasana
10 mins. Prop the back and head with a bolster and blanket for head. Place blocks under the knees to reduce pressure in the knees and inner thighs.

Swastikasana
Stay on each side for 5 mins

Upavista Konasana
5 mins. Head on left and right. Place bolsters and blankets under the chest and forehead

Setu Bandha Sarvangasana
5 mins. Place block under sacrum

Gomukhasana
3 mins each side. Use a belt for arms if you cannot catch hands

Eka Pada Rajakapotasana
3 mins each side. Blanket for support under hip of extended leg.

Paschimottanasana
5 mins. Bolster for chest and forehead

Bharadvajasana
3 mins each side. Recline over a bolster
Viparita Karani
10 mins. Place a strap around the legs and a sandbag on the feet.
Savasana
5 mins

I think it is very important to do some pranayama to relax yourself and clear your lungs from the not having great air in the plane.
I love doing Brahmari as it has the benefits of being soothing, it induces sleep and is good for insomnia. Perfect after a long flight before you go to bed!
I would do this sequence for a few days until I was feeling a little more grounded and then incorporate some sun salutations and standing poses.

Surya Namaskara A
2 times
Vrksasana
Surya Namaskara A
1 time, then from Adho Mukha Svanasana transition to
Vasistasana Prep
Ground shin of lower leg on floor
Virabhadrasana 2
Both sides
Utthita Parsvakonasana
Both sides
Utthita Trikonasana
Both sides
Parivrtta Ardha Prasarita
Both sides
Surya Namaskara A
1 time, then Adho Mukha Svanasana, release to Balasana
Salambhasana
Bharadvajrasana
Both sides
Dandasana
Parivrtta Janu Sirsana
Both sides
Baddha Konasana  
Paschimottanasana  
Svanasana

For my Pranayama I would do Viloma 1 and 2.

There is a lot of information out there about overcoming jet lag. I always turn to yoga and diet to help me recover from my flights. So next time you travel and you are going through time zones and cramped up in your seat, remember that yoga is there for you and maybe you will not feel so bad when you get to your destination.

Happy Travels.

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