



**Lisa Petersen: Asana for Immunity**



Lisa has been sharing the art of teaching Yoga and Somatics for two decades. Her style is personable and enriched by a deep understanding of anatomy, alignment and movement patterns. Come explore the experiential anatomy of your immunity, and learn how to boost it through asana, vinyasa and pranayama.

**TOP EMBODIMENT TIP:** Use the breath to stay in the present, because the only place that the breath exists, is in the present moment.

**Lymph: Why Is It Useful?**

- **Lymph: the fluid of our immune system, or our longevity juice.** It has no pump, yet 3 liters of lymph gets moved per day by our movements and by breathing. It moves from the periphery to the center.
- The lymph follows the veins under the skin and then follows the arteries in the midsection of the body.
- All fluids in the body are water, they divert from one another based on what is added or subtracted to each of them.
- **The nodes are sifting through the “bad” cells to help clean out the lymph.**
- 50% of the nodes are in the abdominal cavity, 30% are in the head and neck, the rest is in the groin, the armpits, and the breasts. Underneath the diaphragm, the cisterna chyli, is containing a lot of nodes connecting to the lower body.
- If the diaphragm and the ribs aren't free to move, less lymph would be pumped.

**Lymph Through Movement: It Doesn't Have to Be Difficult**

- Lymph can get direct, clear and focused.
- **Asana is simply a shape designed for us to move our energy, our prana, to offer us clarity.**
- Lymph can help us with our physical and psychological defenses.

**How Can Yoga Help?: Practice Suggestions to Help Support the Lymph**

- Balance muscular activity, rhythm + pace of movement.
- **Cultivate the qualities of lymph with asana/vinyasa.**
- Work with the extremities and patterns of reach.
- Focus on the feet and lower legs.
- Release and balance the diaphragm, and other myofascial continuities involved in breathing.
- Free the ribcage and address thoraco-lumbar torsions.
- Move under water: the pressure of water opens the lymph collectors, and lymph responds to even pressure.

Resource

- ❖ **Website:** [living-yoga.ie](http://living-yoga.ie)



## Lisa Petersen





All Yoga Presentations are Proudly Sponsored by Leslie Kaminoff, [YogaAnatomy.net](https://YogaAnatomy.net)

**YOGA**Anatomy.net



**Leslie Kaminoff**, co-author of the bestselling book “Yoga Anatomy” is a yoga educator and internationally recognized specialist with over four decades’ experience in the fields of yoga, breath, anatomy and bodywork. His approach to teaching combines intellectual rigor, spontaneity and humor, and is always evolving.

[YogaAnatomy.net](https://YogaAnatomy.net) is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and

[YogaAnatomy.net](https://YogaAnatomy.net) has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

Kaminoff & the entire team at [YogaAnatomy.net](https://YogaAnatomy.net) are thrilled to be sponsoring the Yoga Channel for The Embodiment Conference. To celebrate, they're offering each attendee free access to a Home Workshop Series, where you'll focus on the intersection of embodiment, breath, and your mind. Plus, you're eligible for a \$1,000 USD scholarship towards working directly with Leslie in one of his professional training courses. [Click here](#) for scholarship details and immediate access to the workshop.