

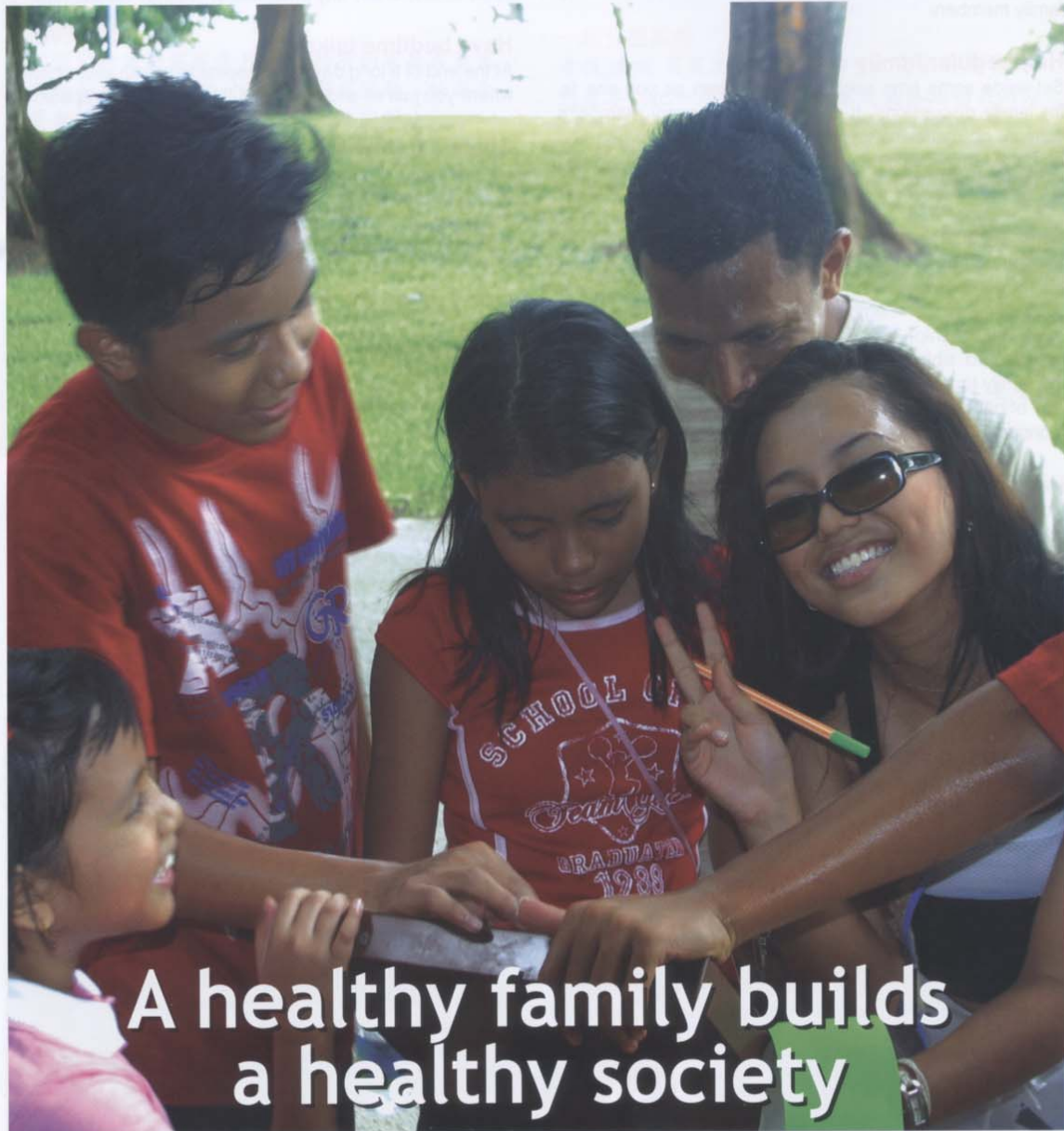
PARENT ORGANISATION • **Leong Hwa Monastery** - 67 Shrewsbury Road S307834 Tel: 6253 3532 / 6253 1423 Fax: 6251 7797 • CORPORATE OFFICE • **Viriya Community Services** - 72 Shrewsbury Road S307837 Tel: 6256 1311 Fax: 6251 7797 CENTRES • **Dreams @ Kolam Ayer** - Blk 47 Bendemeer Road #01-1479 S330047 Tel: 6341 7943 Fax: 6431 7942 • **Lights of Hope Centre** - 72 Shrewsbury Road S307837 Tel: 6256 1311 Fax: 6251 7797 CENTRES • **LHCST-NKF Dialysis Centre** - Blk 113 Teck Whye Lane S680113 • **My Centre @ Moulmein** - 52 Kent Road #01-16 S210052 Tel: 6293 4339 Fax: 6293 4321 • **Whispering Hearts Family Service Centre** - Blk 646 Jurong West St 61 #01-142 S640646 Tel: 6795 1008 Fax: 6795 8970 • **Whispering Hearts Infant and Child Care Centre** - Blk 688 Jurong West Central 1 #01-237 S 640688 Tel: 6792 2321 Fax : 6791 3231 • **Whispering Hearts Student Care Centre** - Blk 617 Jurong West St 65 #01-488 S640617 Tel: 6795 8967 Fax: 6795 9423

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A Newsletter by Leong Hwa Monastery and Viriya Community Services



A healthy family builds
a healthy society

www.viriya.org.sg





“Seniors Yoga” Part 1

心意中心“乐龄瑜伽”课程

Seniors Yoga class is suitable for senior citizens aged 50 years and above. The lesson is conducted by a certified yoga instructor in Mandarin every Monday and Thursday morning, 10am to 11am. Please call 6293-4339 for more information!

Learn the simple poses below to relax and rejuvenate your body and mind!

乐龄瑜伽课程是心意中心专为50及50岁以上的乐龄人士开办的。中心特别聘请了专业的瑜伽培训师用华语授课。课程时间是周一和周四的早上,10点到11点。欲知详情,请拨电62934339询问!

下面介绍一些简单的姿势以放松及修复你的身心!

1. Sanasana Pose

(commonly known as relaxation pose)

1. Lie down on the yoga mat, face up.
2. Open your hands and legs 45 degrees
3. Close your eyes and relax
4. Breathe in and out in a smooth and slow manner

Benefits: relaxes the whole body, brings down the blood pressure, very beneficial for people who suffer from insomnia.

1. Sanasana 姿势 (常称放松姿势)

1. 躺在瑜伽垫, 面朝上
2. 张开手臂及腿45度
3. 闭上眼睛, 放轻松
4. 慢慢, 平静的呼吸

益处: 放松全身, 降低血压。对失眠者很有益。



2. Shalabhasana Pose

(commonly known as changing position)

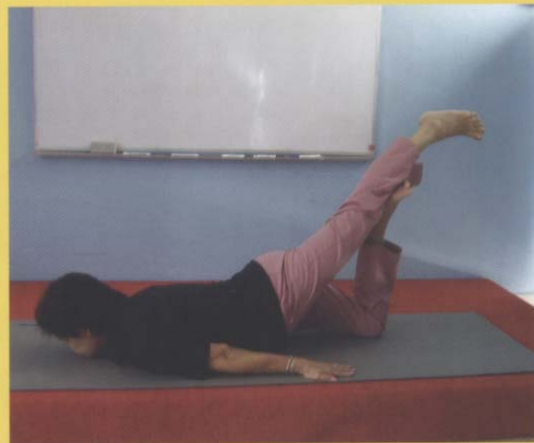
1. Lie face down flat on the floor
2. Place your hand at the side of the waist, palm facing downward
3. Lift one leg up vertically
4. Use the other leg to support the knee of the lifted leg.

Benefits: strengthens thigh and abdominal muscles, kidney, relieves lower back pain and improves digestive system

2. Shalabhasana 姿势 (常称变动姿势)

1. 俯卧, 面朝下
2. 将手放在腰部, 手掌朝下
3. 往上抬起一条腿
4. 用另一条腿支撑这条腿的膝部

益处: 增强大腿肌肉, 有益腹部及肾区, 可减轻下腰部疼痛并增强消化系统





"Seniors Yoga" Part 2

心意中心“乐龄瑜伽”课程

3. Bhujangasana (commonly known as cobra pose)

1. Lie flat on floor, face down
2. Place both hands at the side of each ear
3. Breathe in and lift up the upper body using the back muscles instead of hand strength
4. Chin up and look into the ceiling

Benefits: strengthens back and spine muscles, aids in increasing lung air content, prevents formation of kidney stones, helps ladies to increase bust line and prevents menstruation disorder

3. Bhujangasana (常称眼镜蛇姿势)

1. 平躺,脸朝下
2. 将双手放在双耳处
3. 吸气,不要用手的力量而是用背部的肌肉将身体提起
4. 下巴抬起,目视天花板

益处:强壮背部及脊椎部肌肉,增加肺容量,预防肾结石。还可增进妇女胸部的线条并对月经不调有帮助



4. Upavistha Konasana (commonly known as leg stretch)

1. sit up straight with both legs wide open to the side of body
2. slowly bend body forward, chest facing the floor
3. place both hands on the floor
4. slowly move both hands to the front away from the body

Benefits: strengthens hip joint and inner thigh muscles, increases flexibility of lower back and blood circulation along the waistline, eases lower back pain

4. Upavistha Konasana (常称腿部伸展姿势)

1. 坐直并打开双腿
2. 慢慢将身体向前屈,直到胸部与地面平行
3. 双手触地
4. 慢慢将双手移向前远离身体

益处:增强臀部关节,及大腿内侧肌肉。活动腰背部,增加腰部的血液循环,减少腰背部疼痛

