

How lymph moves

How Your Lymphatic System Supports Your Immune System

- Key part of your immune system - protects your body from harmful micro-organisms and toxins.
- Many experts believe that 80% of our immunity lies in our gut.

Getting your muscles engaged, contracting to release anti-inflammatory hormones, and pumping your lymphatic system (immune system's superhighway) are ways to protect you from getting sore and sick now and into the future.

Imbalances Lymph System

- Lymph Nodes
- Organs

Breathing and the Lymphatic System

The major pump for the body's lymphatic system and brain respiration is the diaphragm.

- Diaphragmatic Breathing

Other practices & techniques

- Mindfulness
- Meditation
- Guided imagery exercises & visualization techniques
- Grounding exercise
- Lymphatic massage

Creating a yoga practice that enhances the movement of lymph.

Yoga poses to support the movement of lymph:

Static:

Moving:

Supportive:

Inversions:

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