

**abhyanga**

**five minute daily  
yogic self-massage**

**do after practice or  
bath/shower, moving  
with awareness**

**be mindful of your  
breath (can use yogic  
breathing/ujjayi)**

**spend longer on any  
part with which you  
feel less connected**

- 1 rub the hands together with oil to activate the circulation and prana. abhyanga is traditionally done with warm oil – warm if time allows. you can start with head or feet i start with feet.
- 2 rub feet with thumbs, knuckles and flat hands. circle ankles
- 3 massage using long strokes for the legs, circular strokes for the knees & hips. keep chest open.
- 4 place hands on waist and thumbs can make circular motions along the top of the pelvis and up the lower back as far as is comfortable. keep the shoulders relaxed.
- 5 place both hands on the back as if moving into gomukasana (cow's head pose). massage up the spine with one hand and down with the other. switch arm position and repeat.
- 6 for stomach move in a clockwise direction in line with digestion (this will tone the digestive tract and improve digestion). if you have just eaten, don't massage the stomach. breathe into your core, massage stomach on exhalation.
- 7 use circles for the chest (women can check breasts for bumps or changes). massage up and down the breastbone (keeping it lifted).
- 8 massage the arms, using long strokes. circle the wrists, elbows and shoulders. thumb the palms.
- 9 massage the front and back of the neck with open hands. massaging under the jaw line will boost your immune system, more so if using the yoga oil.
- 10 massage the head and scalp and face either with or without the oil (hands might just have residue left, which is perfect). the head and scalp can be massage vigorously with fingertips in small circular strokes, as if shampooing. the oil confers benefits – but a dry massage is also excellent. oil is wonderfully hydrating for the face, though it might take some getting used to. avoid the eyes area.

**for more on using gandha and abhyanga with your practice,  
please see;**

**e [sinead@yogandha.com](mailto:sinead@yogandha.com)  
w [yogandha.com](http://yogandha.com)**