

A free E-book

Myo Yin yoga practices for Lymphedema Relief



to increase mobility and
reduce swelling and pain

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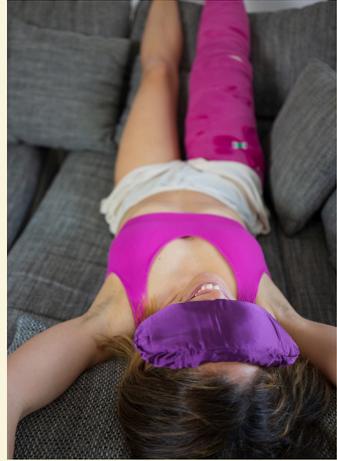
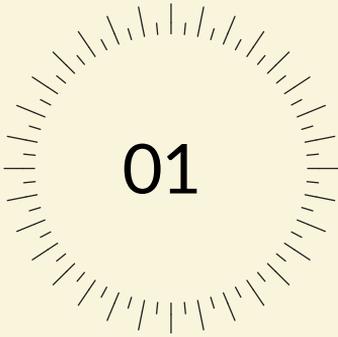


A free E-book created by
Carmen Mar, Certified Yoga Teacher
specialized in the Lymphatic system and
fellow lymphedema warrior.

Content

- 01 Tips to get you started at home
- 02 The Benefits of Myo Yin Yoga for Lymphedema
- 03 Myo Yin Yoga practices for Lymphedema Relief

Tips to get you started at home



1. Stay consistent and Listen to Your Body

Practice Myo Yin Yoga at the same time daily to build a routine. Aim for 3-4 sessions a week, even if just 10 minutes each. Listen to your body—if something hurts, modify the pose or take a break.

2. Essential Equipment and Props

Use props like blocks and tennis balls for support. Feel free to add a peanut ball, bolster, or blankets to make poses more comfortable and effective for lymphatic drainage.

Tips to get you started at home.



3. When and Where to Practice

Find a quiet, comfortable space for your practice, free from distractions. This routine is ideal for winding down after a busy day and preparing for a restful night's sleep, crucial for managing lymphedema.

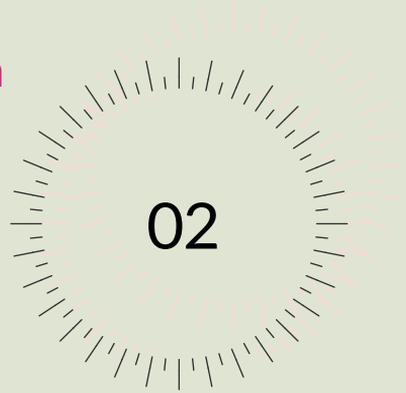
4. What to Wear

Wear your compression garments, bandages, or night stockings. Choose loose, breathable clothing that allows easy movement and doesn't restrict blood flow.

5. Follow a Functional Approach

Focus on how each pose feels, not how it looks. Adapt poses to your body's needs, especially areas with swelling. This approach helps improve your range of motion and manage lymphedema more effectively.

The Benefits of Myo Yin Yoga for Lymphedema.



What is Myo Yin Yoga?

Myo Yin Yoga is a blend of two practices:

- MYOFASCIAL RELEASE:

Fascia is the connective tissue that surrounds and supports muscles, organs, and other structures in your body. Myofascial Release involves stretching and applying gentle pressure to this tissue to relieve tightness and pain.



- YIN YOGA:

This slow-paced yoga style involves holding poses for 3-5 minutes with relaxed muscles. It targets ligaments, tendons, joints, and deep fascia (that aren't typically stimulated in other yoga styles) improving flexibility, preventing stiffness, and promoting better blood and lymph flow.

The Benefits of Myo Yin Yoga for Lymphedema.

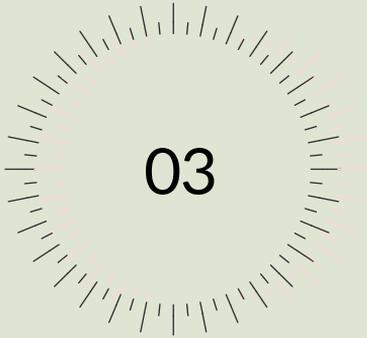


How Myo Yin Yoga Helps with Lymphedema?

Here's how Myo Yin Yoga can help:

- 1.Enhancing Lymphatic Flow
- 2.Reducing Swelling and Pain
- 3.Improving Mobility and Flexibility
- 4.Preventing and reducing Fibrosis
- 5.Promoting deep relaxation





Myo Yin Yoga practices for Lymphedema Relief

In this sequence, we'll start with myofascial release (MFR) techniques to stimulate the six primary lymph node groups, followed by yin (passive) stretches. This order promotes optimal lymph fluid flow.

Let's begin!

1. Start with the Neck (Cervical Nodes)

Begin by gently stimulating the lymph nodes in the neck to clear the pathways for lymph fluid from the upper body.

Myo fascial release technique for side of the neck (SCM)

Gently roll a tennis ball along the side of your neck, focusing on the muscle that runs from just behind your ear down to your collarbone.



5 deep breaths (repeat on second side)

Yin stretch: *Neck side stretch*

5 deep breaths (repeat on second side)



1. Start with the Neck (Cervical Nodes)

Myofascial release technique for *suboccipital muscles*

- Lie on your back with your knees bent and feet on the floor.
- Position yoga blocks in a slant to support your head, as shown in the photo.
- Stay still & breathe slowly.



Optional: Gently move your head side to side.

2 min

Yin stretch: *Chin to chest*

- Sit tall. Slowly lower your chin toward your chest, feeling a stretch in the back of your neck.
- Cross your arms in front of you in a Garuda (eagle) position to deepen the stretch.



2 min

2. Move to the Clavicle (Supraclavicular Nodes)

Stimulate the nodes just above the collarbone, which are crucial for draining lymph from the head and neck.

Myofascial Release Technique for chest muscles (*pectoralis major and minor*)

- Stand against a wall and place a block with a tennis ball on top of it against your right chest, near your collarbone. Find the tight or tender spots ("Sweet spots").
- Stay still and focus on deep, slow breathing.

Optional: Slowly move your right arm in different directions, like a breaststroke, in both clockwise and counterclockwise motions.

1 min (repeat on second side)



2. Move to the Clavicle (Supraclavicular Nodes)

Yin stretch: *Wall chest stretch*

- Stand and place your arm on the wall. Turn your body sideways and bring your shoulder close to the wall.
- Adjust your arm height until you feel a stretch in your chest. Keep your shoulder relaxed.
- Use your opposite hand on the wall for stability. Breathe deeply and slowly.

Optional: You can also do this on the floor with legs in any position

5 deep breaths



3. Proceed to the Armpits (Axillary Nodes)

Stimulate the lymph nodes in the armpits to facilitate the drainage of lymph fluid from the arms, chest, and upper torso.

Myofascial Release Technique for *Serratus Anterior*

- Find the fleshy part below your armpit, extending towards your ribs.
- Place a block vertically under your armpit.
- Stay in position.



Optional: “Open/close wing” Place your upper hand behind your head, elbow up. Inhale, then exhale and bring the elbow down. Repeat mindfully.

2 min. (repeat on second side)



3. Proceed to the Armpits (Axillary Nodes)

Yin stretch: *Side bend of the torso.* Legs can be in any position.

2 min. (repeat on second side)



Option on the floor:

Bananasana

- Lie on your back.
- Stretch your arms overhead. Clasp your hands or elbows
- Walk your feet and upper body to the same side, forming a banana shape.
- Relax and breathe deeply



3 min. (repeat on second side)

4. Go to the Abdomen (Abdominal Nodes)

Gently stimulate the nodes in the abdomen, which help in draining lymph from the digestive tract and lower torso.

Myofascial Release for Abdomen (Rectus Abdominus)

- Lay face down with a block under your navel.
- In compression, take 5 slow belly breaths (inhale through the nose, exhale through the mouth).
- Remove the block, rest your forehead on your hands, and breathe normally.

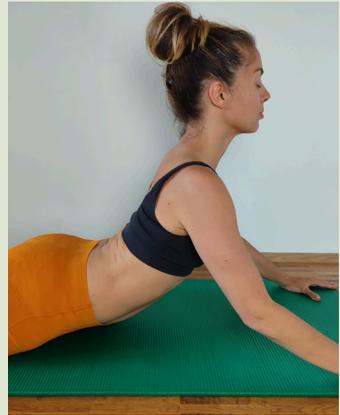


5 diaphragmatic breaths

4. Go to the Abdomen (Abdominal Nodes)

Yin Stretch: *Seal*

- Place your hands on the floor, at the sides of your chest.
- Push through your hands to straighten your arms and lift your shoulders and head toward the ceiling.
- keeping your lower body and core relaxed as you do so



1 min. hold

5. Stimulate the Groin (Inguinal Nodes)

Activate the lymph nodes in the groin area to aid the drainage of lymph from the legs, lower abdomen, and genital area.

Myofascial Release Technique for Adductors

- Lay face down, resting your forehead on your arms.
- Bend your right knee to the side and place a ball on a block under your inner thigh.
- Stay in position.



Optional: Roll the ball along the groin.

2 min. (repeat on second side)

5. Stimulate the Groin (Inguinal Nodes)

Yin Stretches:

Resting Half Frog

- Remove the props and stay in the position.
- Place a blanket under your knee for extra support.

**3 min. (repeat on
second side)**



Wall Dragon Fly

- Lie on your back with your legs up against a wall.
- Open your legs wide into a "V" shape.
- Let gravity gently stretch your inner thighs.
- Relax your arms by your sides and breathe deeply.

5 min



6. End with the Legs (Popliteal Nodes)

Finish by stimulating the nodes behind the knees to encourage lymph flow from the lower legs.

Myofascial Release Technique for Adductors

- Kneel with hands on the mat, placing a tennis ball behind each knee
- Stay in compression.

Optional: Sway hips side to side.



1 min



6. End with the Legs (Popliteal Nodes)

Yin Stretch:

Caterpillar

- From a seated position, legs outstretched in front of you, fold forward from the hips, allowing your spine to round.
- Relax your legs & let the weight of your body drop
- **Optional:** Use blocks to support your head

5 min



Savasana variation with bolster

- Lie on your back with a bolster under your knees.
- Place one hand on your chest and the other on your belly.
- Relax your body, and focus on the rise and fall of your hands with each breath.

7 min





Namasté!

I hope you found the information and practices within these pages helpful on your journey to better health and well-being.

About the author:

After more than a decade working as a professional dancer, yoga mentor and thought my own experience with Primary Lymphedema..

my mission now is to empower fellow lymphies to break free from daily struggles and embrace holistic wellness practices, so they can

- boost their wellbeing
- experience greater freedom
- and feel truly UNSTOPPABLE!

Let's Stay Connected!



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Looking forward to practicing with you!

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