

# 7 Super Effective Yoga Poses for Beautiful Breasts

We at **Bright Side** are positive that everyone is capable of building the body of their dreams. We have collected the most efficient yoga poses that will not only improve the shape of your breasts and the volume of your lungs, but also make you feel strong and healthy.

## Warrior Pose



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Virabhadrasana, or the Warrior Pose, will not only make you feel your strength, but also help you extend your thorax and make it elastic and active:

1. Place your feet wide apart, parallel to each other.
2. Turn your left foot to the left 90 degrees and your right foot inside. Breathe out, and bend your left knee.
3. Your right leg should stay straight. Raise your arms, and put them in line with your shoulders. Turn your head left, looking at your wrist.
4. Repeat 7-10 times, then do the same to the right side.

## Triangle Pose



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Trikonasana, or the Triangle Pose, will release and strengthen your thorax, stretch your spine, and improve your blood flow:

1. Place your feet wide apart. Turn the left one 90 degrees and the right one 15 degrees.
2. Touch your left ankle with your left hand (with time, you'll be able to put your open palm on the floor), and stretch your right arm upwards so that your arms make a straight line. Keep your knees and spine straight too.
3. Turn your face up, and look at your fingers. Then repeat the exercise with the other side.

## Cobra Pose



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Bhujangasana, or the Cobra Pose, helps increase the lung volume, stretch the thoracic muscles, strengthen your abdominal muscles, and improve your posture:

1. Lie on your stomach and inhale deeply. Slowly raise your torso, and keep your lower body to the floor at the same time. Balance on your legs and arms.
2. Raise your head and look up.
3. Slowly breathe out and assume the initial position. Try increasing the time you stay in the pose with each repetition.

## Bow Pose



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Dhanurasana, or the Bow Pose, is advised to all those who have backaches. This exercise helps stretch the whole spine and beautifully shapes your breasts:

1. Lie on your stomach, breathe out, bend your knees, and raise them behind you to your head. Try holding your ankles with your hands.
2. Now slowly breathe out again, and pull your legs and arms upwards as far as you can. Your hips and breasts should lift from the floor, and you should balance on your stomach.
3. Try to stay in this position for 30 seconds.

## Wheel Pose



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Chakrasana, or the Wheel Pose, helps you stretch your thorax, spine, and neck, lifts fatigue, and cures headaches:

1. Lie down on your back, and place your feet a bit more than shoulder width apart, then pull them to your buttocks.
2. Put your hands behind your head palms down with your fingers pointing to your back. Breathe out and raise your breasts and hips as high as you can.
3. Try straightening your arms completely. Stay in this position for 30 seconds.

## Supported Headstand



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Salamba Sirsasana, or the Supported Headstand, is helpful for the ligaments and muscles of the spine and thorax. It improves breathing and blood flow, but is advised for the experienced:

1. Stand on your knees and put your forearms on the floor. Knit your fingers together to form a bowl, then put the top of your head on the mat so that the back of your head is in the 'bowl.'
2. Bend your knees, breathe out, and raise your feet off the ground.
3. Stretch your legs upwards, and stay like this for 30 seconds to 2 minutes, depending on your ability.

## Camel Pose



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Ustrasana, or the Camel Pose, is effective against backaches. It also increases the lung volume and strengthens the thorax:

1. Stand on your knees and pull your feet together.
2. Slowly bend backwards and put your hands on your heels. Then arch your back and stretch your ribs. Your head should be pulled to the floor.
3. Stay like this for 30 seconds and assume the initial position.

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**Cum sa neutralizezi un**

# isteric

**Oricine s-a confruntat la un moment dat cu un sef care urla si jigneste, cu un vecin care asculta muzica tare, cu un copil care nu mai stie sa zica decat „nu“. Agresivitatea celor din jur nu e un lucru usor de abordat. Dar nici imposibil. Iata cateva idei de lupta dreapta.**

Va suna familiar? „Sefa mea nu era multumita niciodata de nimic. Nu stia nici ea ce vrea, nu dadea pe afara de competenta, dar simtea nevoia sa isi manifeste autoritatea tipand ca o descreierata.

Sigur, era firma ei, noi eram angajatii ei, a se citi «sclavii ei pe plantatie», si inghiteam tipetele cu resemnare. Unii dintre noi au plecat, altii chiar s-au imbolnavit. Eu am plecat acum un an si aud ca si azi e la fel. Dar pur si simplu nu stiam cum sa o abordez pe isterica aia.“

**Orice animal, in natura, pus in fata agresiunii, are o reactie de tip fight or flight. Adica sta si se lupta cu agresorul, daca isi calculeaza corect fortele, sau fuge, pentru ca agresorul este prea puternic.**

La fel se intampla si in lumea relatiilor noastre sociale. Uneori, stam si gestionam situatia, parlamentam cu cel tafnos; alteori, induram o perioada si apoi o luam la sanatoasa. Agresivitatea interumana e complicata si are multe forme.

Azi, nu mai e vorba despre furat mancarea sau femeia maimutei dominante, ci de statut, de respect etc. Pierzi lucruri simbolice, dar esentiale pentru confortul tau personal si in lume...

Daca esti criticat dur de fata cu colegii, nici vorba sa ramai... zen. Statutul tau social e afectat pe o perioada de cateva zile, poate chiar mai mult.

**Dar daca vrei sa neutralizezi cate un isteric sau vreo isterica, e cazul sa inveti cateva tehnici de comunicare eficienta si asertiva dezvoltate de psihologul american Preston Ni, specialist in comunicare.**

**Fii calm!**

Rar un atac te lasa linistit. De obicei iti ridica nivelul adrenalinei, cortizolului (hormon de stres) si te face sa vezi rosu. Sau te face sa intri in pamant de rusine si culpabilitate...

Reactia noastra la agresivitate este influentata de multe lucruri: de felul cum am gestionat situatii similare in trecut, de biologia creierului nostru (unii sunt mai sensibili, mai reactivi, altii, mai putin).

De multe. Cert e ca trebuie, pe cat posibil, sa ramanem calmi. Cu cat esti mai calm, cu atat mai bine poti stapani situatia. **Daca te enervezi, nu raspunde pana cand nu ai numarat in gand pana la 10. Sau 20.**

Cati nu au dat drumul la ceea ce le venea pe moment sa spuna si au regretat ulterior?! Emotiile puternice, furia, in speta, iti pot dezorganiza comportamentul si poti pierde mai mult decat castigi racorindu-te.

**Daca ai numarat pana la 20 si tot vezi rosu, iesi afara, respira adanc, fa tot ce poti pentru a-ti regasi calmul. Nu actiona cand esti provocat de celalalt, deci, furios.**

## **Evita, daca poti**

Nu te angaja in orice lupta. Nu orice meci merita efortul. Daca la rand, la supermarket, trece in fata ta un badaran, gandeste-te de doua ori daca e necesar conflictul. Alege-ti luptele inteligent. **Forta psihica e pretioasa si nu trebuie risipita pe orice fleac.**

Ai nevoie de ea pentru lucruri mai importante. Cazul unui amic de-al meu: „Intr-o vreme, eram pus pe harta cu oricine, eram un fel de justitiar al acestei lumi strambe.

De la soferii tampiti si pana la vanzatoarele incompetente sau copiii lenesi, eu trebuia sa corectez defectele tuturor.

Ajunsesem la un fel de epuizare. Totul ma calca pe nervi. Totul era aiurea. Sotia mea mi-a spus ca ii este frica de reactiile mele in cele mai nevinovate situatii. Ca exageram si eram pe marginea nebuniei. Asta m-a trezit.

Am fost la o terapeuta cognitivista. Ea m-a invatat sa ma relaxez, sa las sa treaca de la mine. Foarte bine am facut, pentru ca, altfel, cred ca faceam vreo boala cardiovasculara.“

## **In locul agresorului**

Nu mereu si nu pentru a-i justifica agresiunile, dar poate sa ajute. Daca intelegi ca nervii sefului au la baza o mare presiune din partea celor de mai sus decat el, daca intelegi ca maimutarea baiatului adolescent din vecini vine din lipsa unui model parental corect si bun, e posibil sa nu te mai enervezi asa de tare.

Cu alte cuvinte, **nu o lua in nume personal**. Fii empatic, sigur, dar cu cei care merita empatie. Daca e doar o reactie de moment si nu o agresivitate constanta, poate ca merita sa fie intelesi o data...

Inca ceva: daca esti calm, poti fi tu cel conciliant, care se concentreaza pe rezolvarea problemei si poate aduce, din nou,

pacea in acea relatie (de familie ori profesionala).

### **Nodul in papura**

Un tip de agresivitate special este al celor critici, carora nu le place nimic, desi nici ei nu stiu cum ar fi fost mai bine. „Mi s-a cerut un raport, am lucrat cu mare grija la el, seful meu mi-a zis ca e incomplet si trebuie refacut.

L-am intrebat ce anume vrea sa caut, sa completez, dar mi-a zis ca e ocupat si ca trebuie sa-mi dau singura seama, altfel sunt incapabila. Poftim, reactie!“

**Sunt destui cei care se concentreaza pe ceea ce lipseste, pe critici, pe defecte. Asa e personalitatea lor.** Nu sunt oameni usor de abordat si, daca nu pot fi evitati (ca, de, sunt sefi, de pilda), este bine sa comunici cu ei cat mai clar.

Si, eventual, in scris. Deseori, acestia sunt schimbatori si nu recunosc ca nici ei nu stiu prea bine ceea ce trebuie facut. Atitudinea lor e una agresiva pentru a masca lipsa lor de siguranta.

### **Dialogul civilizat**

Agresor: „Raportul acesta nu e nici pe departe ceea ce voiam de la tine“.

Raspuns: „Te-ai gandit exact ce doresti de la acest raport?“.

Agresor: „Esti incompetenta“.

Raspuns: „Daca imi vorbesti asa, nu mai stam de vorba. Cel mult, revin mai tarziu. Am dreptul la respect“.

Fii pozitiv si constructiv, dar mai ales fii axat pe fapte. Nu fi defensiv si nu iti cere scuze pentru ceva ce nu ai facut. Adesea, scuzele in exces intaresc agresivitatea celuiilalt, care isi vede astfel confirmat punctul de vedere.

**Atrage atentia asupra comportamentului nepotrivit al**



**celuilalt, fa-l sa fie constient de el.** O alta tehnica: schimba subiectul: „Apropo, celalalt raport despre subiectul X...” In felul acesta, distragi atentia de la subiectul fierbinte si preiei fraiele comunicarii. Unde se poate...

### **Atentie la semnale**

Dupa ce cunosti o persoana si vezi ca e artagoasa, e bine sa precizezi limitele de la inceput, sa-i corijezi comportamentul, in raport cu tine, de timpuriu. Primele interactiuni dintre oameni se continua de obicei pe acelasi ton.

Daca incep de pe pozitii de dominat-dominator, au toate sansele sa se continue tot astfel, deci **fii atent la rolul tau in acea relatie.** Daca este un caracter dominant, evita personajul daca nu ai forta sa-l pui la punct.

### **Drepturi fundamentale**

Vedem multe femei care suporta agresivitate domestica. Multi angajati jigniti zilnic. Multi studenti care suporta nepolitetea secretarelor. De ce?

**Poate pentru ca nu sunt constienti de drepturile lor fundamentale.** Poate ca ele ar trebui repetate ori scrise cu litere mari pe frigiderul familiei ori al departamentului.

1. Dreptul fundamental de a fi tratat cu respect.
2. Dreptul de a-ti exprima sentimentele, opiniile, dorintele.
3. Dreptul de a stabili propriile prioritati.
4. Dreptul de a spune „nu” fara sentimentul de culpabilitate.
5. Dreptul de a obtine valoarea pentru care platesti.
6. Dreptul de a exprima opinii diferite de ale celorlalti.
7. Dreptul de a te apara daca esti amenintat fizic ori mental, ori emotional.
8. Dreptul de a-ti crea viata pe care o doresti.

# Leacul minune care te scapa oboseala si iti curata sangele!

Pentru ca toxinele sa nu se acumuleze in sange, este nevoie sa apelezi din cand in cand la procedee de detoxifiere. **Surplusul de toxine in sange cauzeaza oboseala cronica, probleme de balonare si tulburari circulatorii.**

Aceste probleme pot fi rezolvate cu usurinta cu ajutorul bauturii descrise in continuare. Tot ce-ti trebuie pentru a o prepara este vin rosu, putin usturoi si o radacina de ghimbir. Acest elixir purifica sangele prin eliminarea lipidelor si sarurilor in exces, precum si prin echilibrarea metabolismului.

**Ingrediente:**• 12 catei de usturoi tocati marunt

- 0 radacina de ghimbir (3-4 cm) tocata marunt
- 0 jumătate de litru de vin rosu

Preparare:

Curata cateii de usturoi si ghimbirul, taie-i cubulete si pune-i intr-un recipient din sticla. Adauga peste usturoi si ghimbir o jumătate de litru de vin rosu, apoi inchide etans recipientul cu un capac, noteaza secretele.

Tine preparatul la lumina solara timp de doua saptamani (14 zile). Agita in fiecare zi continutul sticlei.

Dupa doua saptamani, strecoara continutul si toarna-l din nou in acelasi recipient dupa ce il speli bine cu apa.

Ia 1 lingurita de trei ori pe zi, timp de o luna.

Atentie:

Acest remediu este deosebit de eficient pentru curatarea si imbunatatirea calitatii sangelui, dar este si foarte puternic. De aceea se recomanda sa faci o pauza de circa sase luni intre tratamente

Sursa: [m.caplimpede.ro](http://m.caplimpede.ro)

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## 50 Life Hacks That Will Make Your Life Easier

Life hacks improve our efficiency and help us get things done. Life hacks also help us tackle the everyday problems that we face. Today, we have compiled some amazing life hacks that will make your life easier. We hope that these hacks, tips and tricks will optimize things in your life. Let us know your personal life hack in the comments below.











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# 100 Clever Life Improving Ideas That You Can Use in Everyday Life

There is always an easy way to do a task. All you need are the right tips for every task. These 100 life improving ideas are meant to help you in carrying out everyday chores. Check out these tips and tell us your favourite tip in the comments section below.

Related: [50 Lifehacks That Will Make Your Life Easier](#)

















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# 7 Simple Exercises That Will Transform Your Body in Just 4 Weeks

The new year has arrived, and with it, thoughts about getting fit and ready for the spring. However, these intentions tend to not last as long as we would like them to.

To get you in shape, we at **Bright Side** have come up with some simple exercises that will change how you look in as little as four weeks. You won't have to go to the gym or buy any special equipment – all you need is determination and ten minutes a day.

## Plank



A plank is a static exercise, which means you don't need to move while doing it, but simply hold your body in the correct position instead. To do it right, follow the example shown in the picture and prop yourself on your elbows, forearms, and forefeet. It's important to keep your back perfectly straight without your waist lowered or your bottom upraised. If you don't have difficulties keeping your body

in the elbow plank, then something's not right. While in this position, the muscles that keep you straight are being worked, such as the abs, arm muscles, back, and anterior thigh muscles.

## **Push-ups**



To do a correct push-up, assume the plank as the initial position, and then push yourself up with your arms. The most important thing is to keep your back, bottom, and legs in a straight line – this will strain your abs as well as your arms. The next step is to return to the initial position as slowly as possible.

## **Toning your thigh and bottom muscles**



Begin the exercise as shown in the picture, propping yourself on your hands and knees. Then, stretch one leg, trying to keep it straight and not letting it go to the side or bend while raising and stretching the opposite arm at the same time. After that, do the same for the other arm and leg.

## **Squats**



Squatting is all about balance – put your feet shoulder-width apart and stand on the soles of your feet. Then, begin squatting as if slowly sitting down on a low imaginary chair. Your knees and feet should form a straight line. Try to pull the small of your back in as far as you can. You may also help keep your balance by stretching your arms out in front of you, as shown in the picture. When you are down, start pushing

yourself up as slowly as you can.

## **Ab exercises**



Lie on your back and stretch your arms up, then slowly raise one of your legs, bent at the knee, and touch it with your hand, as you can see above. Return to the initial position and repeat with the other leg and arm. Don't forget about the main rule here – the left arm goes to the left leg, and the right arm goes to the right one.

## **Abs and buttocks**



First, prop yourself on your hands and feet so that your body forms a triangle above the floor. Raise one of your legs as high as you can, as seen in the first picture, and then lower it slowly and try to touch the tip of your nose with your knee. Return to the initial position and do the same with the other leg.

## **Waist**



Take up the initial position with your legs set widely apart and slightly bent at the knees and with your back propped against the wall. Then, lace your fingers or take a ball, as shown in the picture, and slowly move your hands from side to side, trying to touch the wall with them and, most importantly, keeping upright.



# The four-week plan

## Week 1:

Do the following for six days:

2 minutes plank;

1 minute push-ups;

1 minute abs and thighs;

1 minute abs;

1 minute abs and buttocks;

1 minute waist;

2 minutes plank.

Have a ten-second break between the exercises.

## Week 2:

Alternate the following sets for 6 days.

### Set 1:

3 minutes plank;

3 minutes abs;

3 minutes thighs and buttocks.

Have a 15-second break between the exercises.

### Set 2:

3 minutes waist;

3 minutes push-ups;

3 minutes abs and buttocks.

Have a 15-second break between the exercises.

**Week 3:** repeat the Week 1 set.

**Week 4:** repeat the Week 2 sets.

If you do everything correctly, you will achieve amazing results in just a month and, as a bonus, develop a habit of doing this simple ten-minute set of exercises every day. And if you want to improve your body even more, then doubling the effort is all you need to do!

Photo credit: popsuga

Sursa: brightside.me

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# This Simple Guide Will Make You a Guru of Massage

A relaxing massage doesn't require any specific methods. You can easily give a great massage by following the guide that **Bright Side** has prepared for you.

First of all, provide a comfortable temperature: it shouldn't be excessively hot or cold in the room. Take into account the fact that the body cools during the process. It's better to give a massage on a hard surface, focusing on the neck, shoulders, and back.

## 1.



Start with light massaging moves. You should move from the

shoulders to the waist and back. The movements to the shoulders should be more intense but still soft at this stage.

## 2.



Use your entire palm during the process. You can start enhancing the moves.

## 3.



You can pay special attention to the shoulders, as they're particularly affected by a sedentary lifestyle. Just increase the massage time in this area. You can apply acupressure techniques, gently pressing on specific points.

## 4.



Don't massage the spine in any case. When working in this area, move along the back long muscle fibers.

## 5.



All kinds of limb massage start with light warming strokes. If there are problem areas with localized pain, they should be massaged by pressing on them alternately with thumb pads (first one calf, then the other).

## 6.



The basic requirements to perform facial massage are: the muscles you're working with should be maximally relaxed; the massage is performed smoothly, rhythmically, slowly, and painlessly; you move in the direction of muscle fibers; when rubbing the captured skin, gently squeeze it and press to the facial bones.

You can end the massage session with light patting or moving across the back (bottom-up) with your fingertips. This will soothe the skin.

**Illustrated by Astkhik Rakimova for BrightSide.me**

Based on materials from [imgur.com](http://imgur.com)

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# Reflexologia – la fel de eficienta in reducerea durerii ca unele medicamente

Originea reflexologiei isi are radacinile in vechiul Egipt in jurul anului 2.330 I.C., conform unor inscriptii descoperite pe mormantul unui medic (mastaba).

Reflexologia este o stiinta si o terapie holistica. Este o metoda antica de vindecare ce functioneaza in baza conceptului ca pe talpi si in palme exista reflexe si puncte ce corespund fiecarui organ, glanda si parte a corpului. Se foloseste o tehnica de compresie cu ajutorul degetului mare si al

aratatorului pentru a face conexiunea dintre aceste puncte si zonele de energie din corp. Reflexologia este aplicabila tuturor sistemelor din corp.

### **Cum functioneaza reflexologia:**

- Prin zone de energie – chi; presiune exercitata asupra punctelor care au legatura cu alte parti ale corpului.
- Prin decongestionarea circulatiei sanguine la nivelul capilarelor imbunatatind fluxul de sange in corp.
- Prin eliberarea tensiunii din corp ca urmare a actionarii asupra sistemului nervos ajutand corpul sa reactioneze intr-o maniera sanatoasa la stimuli si stres. Exista o relatie neurologica confirmata stiintific intre piele si organe.
- Prin ameliorarea problemelor si tensiunii de la nivelul talpilor.

### **Ce face reflexologia:**

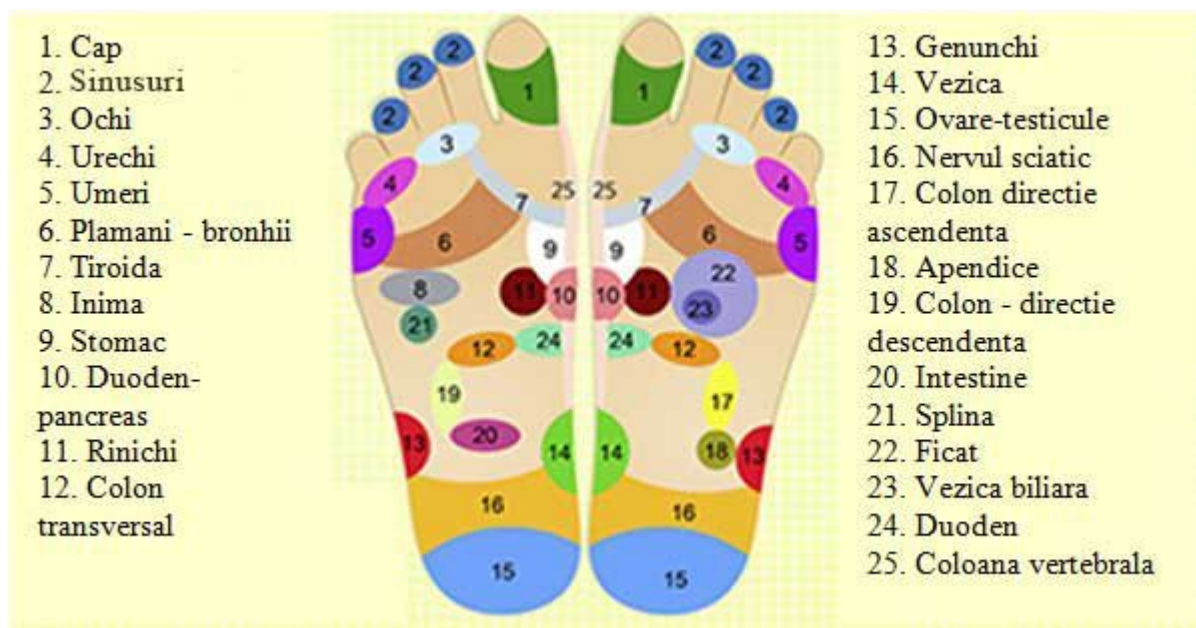
- Amelioreaza stresul si tensiunea, produce o relaxare “profunda”.
- Imbunatateste circulatia si fluxul limfei.
- Creaza homeostaza care ajuta corpul sa se linisteasca sau sa se revigoreze.
- Reduce durerea la nivelul picioarelor si creaza o mai buna flexibilitate.

Eunice D. Ingham, fondatorul Metodei Ingham de reflexologie, a scris intr-un fragment din cartea sa , ca

*“...reflexologia este un mijloc de a echilibra circulatia. Stim ca circulatia inseamna viata. Stagnarea inseamna moarte. Tot ce se afla in jurul nostru si este viu se afla in miscare.”*

Intr-o sesiune de reflexologie se actioneaza asupra

depozitelor (alcatuite din calciu sau fosfor anorganic, acid uric, acid lactic sau chiar substante poluante din aer, apa sau alimente, care nu au putut fi eliminate de plamani, ficat, rinichi sau piele) care se afla in vasele mici de sange ale extremitatilor. Aceste depozite sunt impinse de la nivelul terminatiilor nervoase in decursul sesiunii de reflexologie si sparte.



Exista peste 7.200 de terminatii nervoase in fiecare talpa. Terminatiile nervoase din talpi sunt legate, la randul lor, prin coloana vertebrala si creier, cu toate partile din corp.

Cercetatorii de la Universitatea din Portsmouth au descoperit in urma unui studiu ca oamenii au resimtit cu aproximativ 40% mai putina durere marindu-si in acelasi timp rezistenta la durerea fizica in medie cu 45% atunci cand au folosit reflexologia ca metoda alternativa de ameliorare a durerii.

Astfel de rezultate nu pot decât sa indice ca reflexoterapia ar putea fi folosita in completarea tratamentelor conventionale pentru tratarea afectiunilor ce implica durere fizica, precum osteoartrita, durerile de spate dar si unele tipuri de cancer.

Talpile si palmele sunt folosite in reflexologie pentru ca

sunt ca o reflexie la scara mica a corpului. Talpile si palmele gazduiesc o multitudine de terminatii nervoase. Sunt locatia perfecta de lucru – pacientul se simte in siguranta si in plus tehnica nu este una invaziva.

**Surse:**

<http://www.telegraph.co.uk/news/science/9981099/Reflexology-as-effective-as-pain-killers.html>

<http://www.cancerresearchuk.org/about-cancer/cancers-in-general/treatment/complementary-alternative/therapies/reflexology>

<http://barefootprof.blogspot.ro/2011/04/foot-anatomy-101-biofeedback.html>

<http://www.reflexology-usa.net/facts.htm>

Sursa articol: [viataverdeviu.ro](http://viataverdeviu.ro)