

BE HEALTHY AND HAPPY

ASAHI

THE
NORDIC
HEALTH
PRACTICE



ASAHI NORDIC INSTITUTE

© 2021 Asahi Nordic Institute

Authors Ilpo Jalamo, Yrjö Mähönen

Co-author and AD Risto Lehto

Co-author and translator Margaret Vainio

Publisher: BoD - Books on Demand, Helsinki, Suomi

Printing house: BoD - Books on Demand, Norderstedt, Saksa

ISBN: 978-952-80-6886-0

The purpose of this book is to introduce the reader to beneficial information about health and well-being and to provide an update on the latest studies in this area. The text material, photos and drawings have been selected accordingly.

All the claims to health benefits made in this book are backed up by scientific studies. The two main medical sources for this guide are a book by the Centre for Health Promotion Research in Finland (The Medical Science of Physical Exercise and Health Exercise) and Finland's League of Doctors online diagnostic source (<https://www.duodecim.fi/english/>). This book does not attempt to override any medical diagnoses, nor give advice or treatment for any specific ailments.

Asahi is quite safe for most everyone, when you keep in mind your own personal physical limitations. If you notice any unidentifiable symptoms of illness while practicing Asahi, you should have a medical check-up and follow the doctor's recommendations about what kind of exercise is best for you.

The writers and publishers of this book do not recommend or support any of the techniques, advice, or other information presented in this book if it is in contradiction with the results of the medical examination carried out by the reader's personal doctor. Thus, the writers and publishers of this book do not take responsibility for any personal accidents, losses, or risks occurring when using this book or the material in it.

Asahi

A Simple And Healthy Idea



Contents

Foreword.....	10
1. What is Asahi.....	16
1.1. How Asahi Was Created.....	17
1.2. The Physical Principles of Asahi.....	26
1.3. Gentle Power.....	35
2. Asahi Series One.....	40
Large Breathing Movement.....	42
2.1. Relaxation Movement 1.....	44
Relaxation Movement 2.....	46
Relaxation Movement 3.....	48
Intermediate Breathing Movement.....	52
2.2. Neck and Shoulder Module, Movement 1.....	56
Neck and Shoulder Module, Movement 2.....	60
Neck and Shoulder Module, Movement 3.....	64
2.3. Back Module, Movement 1.....	68
Back Module, Movement 2.....	72
Back Module, Movement 3.....	74
2.4. Leg & Balance Module, Movement 1.....	78
Leg & Balance Module, Movement 2.....	82
Leg & Balance Module, Movement 3.....	84
2.5. Asahi Adaptations and Applications.....	89
3. Asahi Series Two.....	100
3.1 Relaxation Movement 1.....	102
Relaxation Movement 2.....	104

Relaxation Movement 3.....	108
3.2. Neck and Shoulder Module, Movement 1.....	112
Neck and Shoulder Module, Movement 2.....	116
Neck and Shoulder Module, Movement 3.....	120
3.3. Back Module, Movement 1.....	124
Back Module, Movement 2.....	128
Back Module, Movement 3.....	130
3.4. Leg & Balance Module, Movement 1.....	134
Leg & Balance Module, Movement 2.....	138
Leg & Balance Module, Movement 3.....	142
3.5. Breathing as a Part of Asahi.....	146
3.6. Asahi for Athletes.....	149
4. Questions & Answers.....	154
Epilogue.....	163
About the Authors.....	164
Asahi Series One.....	166
Asahi Series Two.....	170
Asahi Module System.....	174

Foreword

Asahi is a health exercise method developed in Finland in 2004 to provide a safe and effective practice that anyone can do. The term “health exercise” means exercise that has a high ratio of health benefits with very few health risks. This is the first guide book about Asahi to be published in English. It gives you the principles behind the practice and explains its health benefits. It also includes step-by-step instructions on how to do Asahi.

Getting exercise doesn't necessarily mean clenching your teeth and working up a frantic sweat. Professional athletes need to push themselves to the limit in order to stay at the top of their sport. But gentle health exercise may be the more rewarding and productive approach for the majority of us.

The Centre for Health Promotion in Finland has defined three levels of physical exercise. Level 1 is light to medium exercise. Level 2 contains light to medium exercise plus strenuous exercise 2-3 times a week, and Level 3 includes the exercise recommendations of Levels 1 and 2 plus an additional extremely strenuous or fast exercise session twice a month. Asahi health exercise is classified as Level 1 exercise. Asahi is neither a sport nor a fitness training program, nor is it, in itself, a weight-loss technique. However, even light exercise, when done regularly, can help you achieve weight-loss goals. Asahi was developed within these guidelines of light exercise, creating a safe practice with no negative side effects. It stimulates and strengthens the body tissue without damaging anything in the process. The heart beat stays within a safe range when practicing Asahi, so it is safe for people with cardiac problems, for example.

There are many types of physical exercise practices to choose from these days. Some of them are made up of long series of movements that may be hard for beginners to remember. They may also involve mental or spiritual practices that

A S A H I N O R D I C



Asahi is a health exercise developed in Finland, which can be done by people of all ages and in all states of health. The movements are easy to learn and are done at a slow, peaceful pace in time with the breathing.

Asahi helps people stay in the workforce longer. It also has a positive effect on their mental health and provides a way to maintain social contact. By practicing Asahi regularly, the elderly stay more active and are able to live independently in their own home longer.

This book, **Asahi - The Nordic Health Practice**, also includes ways to use the method as a means of self-care and rehabilitation. Asahi meets the physical activity recommendations set up by the WHO and the ODPHP. Because it is both safe and effective, many specialized health organizations recommend and teach Asahi to their members.



9 789528 068860