Asahi Nordic from Finland

Bev Harju, PhD

Certified Asahi Nordic Instructor, Advanced B

New Asahi Group

Margaret Vainio,
Head Instructor, Finland

FinnFest
August 2025
Duluth, MN

- *New Students*

Asahi Nordic Main Principles

Bev Harju, PhD. Advanced

- 1. Relax
- 2, Move Slowly
- 3. Synchronize Breathing & Movement
- 4. Move in Flow
- 5. Body Alignment
- 6. Who can practice Asahi Nordic

1. Relax

. A. Shoulders, arms, legs, & fingers

- B, Muscles
- C. Face
- D. Mind
- E. Relax to save energy [marathoner]

2. Move Slowly

Stop if you have pain

. A. Slowly allows you to do it correctly

- B, Minimizes risk of injury
- C. Body learns to rehabilitate itself
- D. Presence of Mind
- E. Adjust speed according to the situation

3. Synchronize Breathing & Movement

- A. Breathe through **nose** if possible
- B. Expand **stomach** on the IN-breath & contract on the OUT-breath
- C. Use 70% breathing in between sets & 80% at the start & end
- D. Speed of movement & breathing coincide

4. Move in Flow

. A. Avoid sudden changes

- B, Body, breath & mind flow together
- C. Let thoughts come & go
- D. With experience, movements go in flow
- E. Flow in Asahi becomes more of a view of life

5. Body Alignment

- A. Do positions in alignment
- B, Be especially careful with the neck, back & knees
- C. Try to maintain a vertical & horizontal alignment
- C. Align body while sitting & bending
- D. Find your natural POSTURE as your Asahi practice

Turku Museum, Teachers June 2025

6. Who Can Practice Asahi Nordic?

- Seniors to improve balance and mobility
- During recovery from injury or illness
- Those who have never exercised before
- Athletes & musicians before performing

Asahi Nordic Is Safe for People with

- Joint replacement, osteoarthritis
- Parkinson's, fibromyalgia
- Balance, heart, depression problems
- Weight issues, diabetes

Lunch by Lake Turku, FINLAND June 2025

Advanced B Level Teachers

Margaret Vainio in black

Final Note: Asahi Nordic Practice Where & When

Have Fun doing Asahi in or outdoors

Practice 3-7/week

Join our Sunday group, Rm 323 & watch a video online at home **AsahiNordic.com**

Thanks for listening & Practicing today!