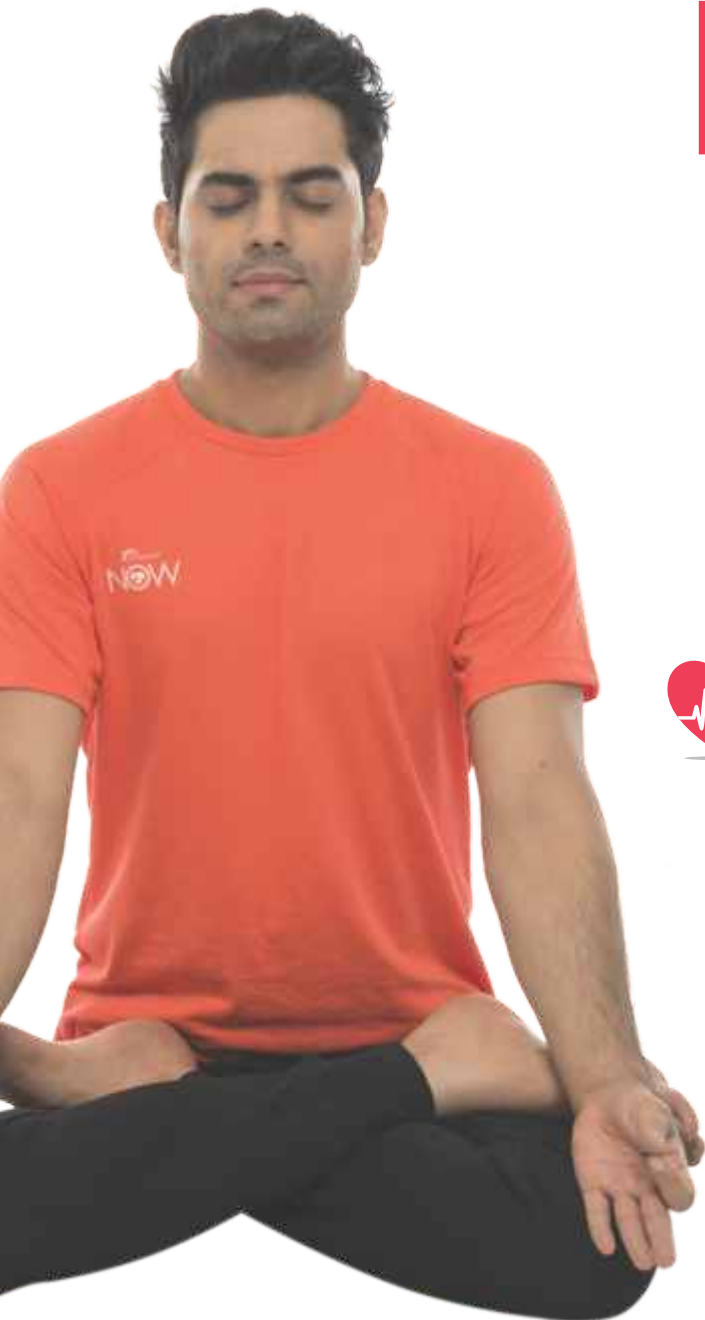


YOGA *for* MIND & HEART FITNESS



3 DIFFERENT INTENSITY LEVELS
to suit people of all age groups



HEART STRONG, LIVE LONG!

Introduction



Yoga is the best exercise for people with heart problems and for those who want to stay fit and healthy for life. Regular practice of Yoga maintains the physical body in an optimum condition and cultivates awareness, relaxation, concentration and inner peace. It helps to lower the blood pressure, increases lung capacity, improves circulation, boosts immunity, builds the muscles, decreases inflammation and reduces stress, amongst many other benefits.

The word Yoga is derived from the Sanskrit root 'yuj' which means 'to join' or 'to unite'. Yoga is a union of the mind, body and soul. The science of Yoga had its origin thousands of years ago and is also known as Astanga Yoga. Astanga means 8 limbs or steps and these are:

- | | |
|----------------------------------|---|
| 1. Yama (social discipline) | 5. Pratyahara (bringing all our senses under control) |
| 2. Niyam (individual discipline) | 6. Dharna (focusing and concentrating on the desired objective) |
| 3. Asana (physical postures) | 7. Dhyana (deep meditation) |
| 4. Pranayama (control of breath) | 8. Samadhi (renunciation of worldly desires) |

Yoga at Dr. Morepen NOW is designed to bring about increased physical, mental and emotional wellbeing wherein, fitness becomes simple, efficient and life changing. Our customized programs have 3 levels to suit people of all age groups.

- ◆ Intensity 1 Program is for beginners, those advised against high intensity workouts due to a medical reason and for cardiac rehab patients.
- ◆ Intensity 2 Program consists of reasonably difficult asanas and is recommended for those who can perform intensity 1 asanas without any discomfort and for those with symptoms of heart and lifestyle diseases. These asanas require a greater degree of steadiness, concentration and coordination of breath.
- ◆ Intensity 3 Program is for those who have extensive control over their muscles and have already mastered intensity 2 asanas. It is preferable to practise them under the guidance of a competent instructor.

Guidelines



HOW TO USE THIS BOOK:

- ◆ 'Yoga for Mind & Heart Fitness' is a step by step guide of Yoga asanas for relaxation, stress management and overall health & wellbeing of the heart.
- ◆ There are 3 intensity levels, which are specifically designed keeping in mind the body composition, medical conditions and the age.
- ◆ This guide has asanas decoded into intensities & positions like standing, sitting and lying, along with breathing asanas.
- ◆ Under the guidance of a Yoga Expert, follow the step wise instructions, understand the benefits and be aware of the precautions, before following them at home.

GENERAL GUIDELINES FOR YOGA:

- ◆ A mattress, yoga mat or folded blanket should be used for practice.
- ◆ Light and comfortable cotton clothes should be preferred for easy movement of the body.
- ◆ In case of chronic disease, pain, cardiac problems, pregnancy or menstruation, a yoga expert should be consulted prior to performing the asanas.
- ◆ Cleanliness of the area, body and mind is a prerequisite, along with a calm and quiet atmosphere.
- ◆ Yoga should be done on an empty or light stomach and the bladder should be empty before starting.
- ◆ Practice slowly and breathing should be always through the nostrils, unless instructed otherwise.
- ◆ Practice according to your own body's capacity. Don't over exert and be aware of the precautions for each asana.
- ◆ It takes 2-3 weeks to get good results, so persistence and regular practice is very essential.
- ◆ Yoga session should end with meditation or deep silence.
- ◆ Food should be consumed after 20-30 minutes of practice.
- ◆ Avoid in a state of exhaustion, hurry or illness.

WARNING:

- ◆ Asanas in this book may not be suitable for all. You should do only those asanas which are prescribed by doctors or a Yoga Expert. Any attempt at the asanas which are not recommended for you, may aggravate your ailing condition.
- ◆ All the asanas in this book contain the methodology, benefits and precautions. However, it is strongly advised to first understand the proper technique, under the guidance and supervision of a Yoga Expert and then practice independently at home.
- ◆ The asanas in this book are arranged according to a certain sequence. Consult with a Yoga Expert to follow the sequence best suitable for you.

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FLEXIBILITY EXERCISES

As you age, the muscles naturally lose strength which leads to stiffness and pain in the joints. With adequate flexibility exercises every day, the daily activities become easier to perform. It significantly reduces the chance of experiencing occasional back pain, reduces stress in exercising muscles, releases tension, assists posture correction and reduces the risk of injury. Flexibility exercises also improve circulation and the overall body health, thereby increasing vitality and your energy. So flexibility of the eyes, neck, shoulders, elbows, wrists, fingers, hands, spine, ankles and knees will make you feel lively, agile and healthy.

FLEXIBILITY - NECK Part - 1 INTENSITY 1

- ◆ Breathing remains normal.
- ◆ Keep your feet together and stand erect.
- ◆ Relax your neck, turn your head towards the right shoulder and then, the left shoulder, like in step 1 & 2.
- ◆ Repeat this process 10 times or as per your comfort level. Relax.



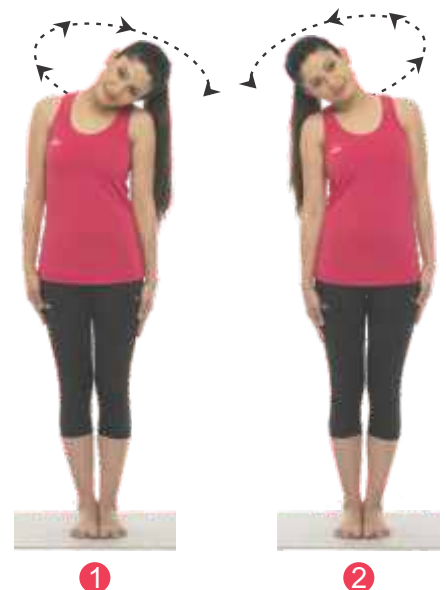
FLEXIBILITY - NECK Part - 2 INTENSITY 1

- ◆ Now move your head backwards and then forward.
- ◆ When it goes back, it should touch the back of your neck.
- ◆ When it is forward, your chin should touch the front of your neck.
- ◆ Repeat this process 10 times or as per your comfort level. Relax.



FLEXIBILITY - NECK Part - 3 INTENSITY 1

- ◆ Keep your chin in and rotate the head from right to left and then, left to right alternately.
- ◆ Your ear should touch your shoulder and take particular care to avoid raising the shoulder.
- ◆ Repeat this process 3 - 4 times or as per your comfort level. Relax.



BENEFITS

Neck becomes flexible. Blood circulation improves.

PRECAUTIONS

Avoid if cervical spondylitis, any injury or pain in the neck.

FLEXIBILITY - ELBOW Part - 1 INTENSITY 1

- ◆ Breathing remains normal.
- ◆ In step 1, keep your feet together, stand straight and clench your fists with your thumbs tucked in.
- ◆ In step 2, raise your clenched fists forward to the level of the shoulders with a jerk, hold the upper arm stiff and then bring it straight down (like step 1).
- ◆ Repeat 10 times or as per your comfort level. Relax.



FLEXIBILITY - ELBOW Part - 2 INTENSITY 1

- ◆ Breathing remains normal.
- ◆ In step 1, keep your feet together, your body straight, your palms open and turned in front, with the fingers close together.
- ◆ In step 2, bring the palms to the level of the shoulders and then straight down, like step 1.
- ◆ Repeat this process 10 times or as per your comfort level. Relax.



FLEXIBILITY - ELBOW Part - 3 INTENSITY 1

- ◆ Breathing remains normal.
- ◆ Stand erect and focus at a fixed point in front.
- ◆ In step 1, fold your elbow to the shoulder and straighten your left hand, with palm facing up.
- ◆ In step 2, repeat with the other hand.
- ◆ Repeat 10 times or as per your comfort level. Relax.

BENEFITS

The circulation of blood in the arteries is accelerated bringing strength to the entire length of the forearm, beginning from the elbow. Constant practice gives women rounded forearms, while men acquire strength and symmetry.

PRECAUTIONS

Avoid if any pain in hand, injury or surgery.



FLEXIBILITY - WRIST Part - 1 INTENSITY 1

- ◆ Breathing remains normal.
- ◆ Stand erect and focus at a fixed point in front.
- ◆ With loosely clenched fists, move your fists up and down with force (see step 1 and 2).
- ◆ Repeat this process 5 - 10 times or as per your comfort level.
- ◆ Bring down your hands. Relax.



FLEXIBILITY - WRIST Part - 2 INTENSITY 1

- ◆ Breathing remains normal.
- ◆ Stand erect and focus at a fixed point in front.
- ◆ Move your palms up and down with force (see step 1 and 2).
- ◆ Repeat this process 5 - 10 times or as per your comfort level.
- ◆ Now bring down your hands. Relax.



FLEXIBILITY - WRIST Part - 3 INTENSITY 1

- ◆ Breathing remains normal.
- ◆ Stand erect and focus at a fixed point in front.
- ◆ In step 1, slowly rotate your wrists clockwise.
- ◆ In step 2, rotate the wrists anticlockwise.
- ◆ Repeat 5 - 10 times or as per your comfort level.
- ◆ Bring down your hands. Relax.

BENEFITS

It gives strength to the wrist.

PRECAUTIONS

Avoid if any pain or injury in wrist.



FLEXIBILITY - FINGERS INTENSITY 1

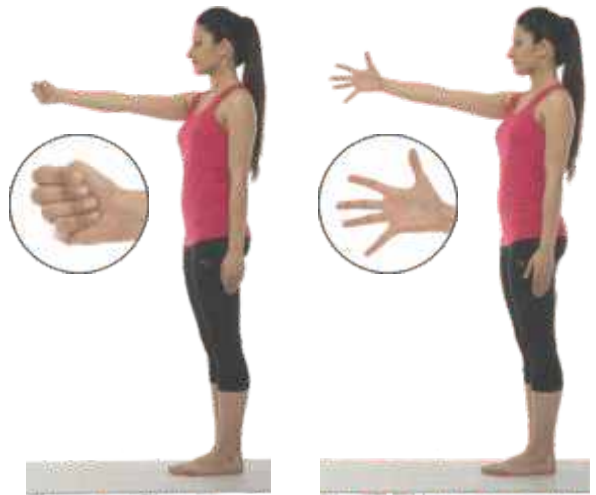
- ◆ Breathing remains normal.
- ◆ Stand erect and focus at a fixed point in front.
- ◆ In step 1, close the fingers to make a tight fist, with the thumb inside.
- ◆ In step 2, open the hand and stretch the fingers as wide apart as possible.
- ◆ Repeat this process 5 -10 times with both hands.
- ◆ Return to the original position and bring down your hands. Relax.

BENEFITS

Blood circulation improves, fingers become flexible and the muscles strengthen.

PRECAUTIONS

Avoid if any pain or injury in fingers or hands.



1

2

FLEXIBILITY - HANDS INTENSITY 1

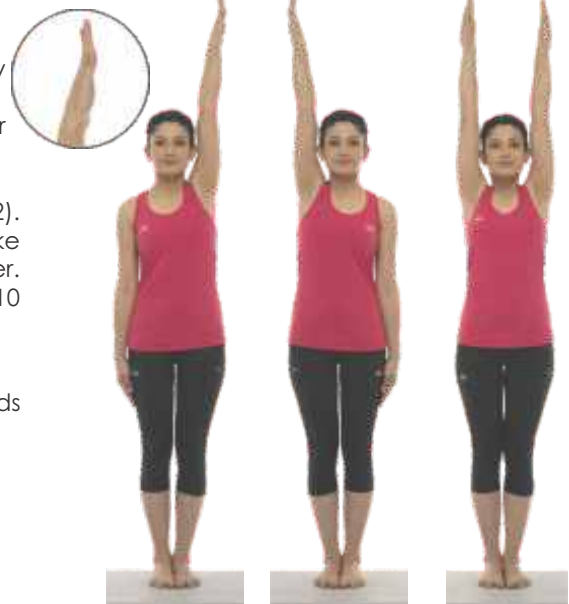
- ◆ Keep your feet together, body straight and arms by the side.
- ◆ In step 1, raise your right hand sideways, above your head, with the palm outward.
- ◆ Bring it down and repeat 10 times. Relax.
- ◆ Repeat the exercise with the left arm (step 2).
- ◆ In step 3, raise both your arms together and make sure that they don't touch the head or each other.
- ◆ Bring your hands down and repeat this process 10 times. Relax.

BENEFITS

The muscles and nerves of the hands tone up. Hands become flexible and strong.

PRECAUTIONS

Avoid if any pain, injury or surgery in the hands or shoulders.



1

2

3

FLEXIBILITY - SPINE INTENSITY 1

- ◆ Stand with your feet apart.
- ◆ In step 1, while inhaling quickly, swing the trunk and the outstretched arms to the right and exhale.
- ◆ Repeat the process, this time exhaling and twist your body towards the left.
- ◆ Repeat this process 10 times or as per your comfort level.
- ◆ While returning to the original position, bring down your hands and join the legs. Relax.

BENEFITS

It strengthens the back. A short course can add several inches to the chest and take away many more from a flabby back, while regular practice makes the body symmetrical and strong.

PRECAUTIONS

Avoid if surgery, pain or injury in the back or hypertension.



1

2

FLEXIBILITY - SHOULDER Part - 1 INTENSITY 1

- ◆ Breathing remains normal.
- ◆ Stand erect, feet close together, your back straight and fingers clenched into fists with the thumbs tucked in.
- ◆ Move the shoulders up and down, in a pumping motion.
- ◆ The arms should be straight during the motion.
- ◆ Repeat this process 10 times or as per your comfort level.
- ◆ While returning to the original position, straighten your head and open your fists. Relax.

BENEFITS

The bones, blood vessels, the muscles and the nerves in the shoulder are toned up.

PRECAUTIONS

Avoid if cervical spondylitis, pain in the shoulder or any surgery or injury.



FLEXIBILITY - SHOULDER Part - 2 INTENSITY 1

- ◆ Breathing remains normal.
- ◆ Sit in any comfortable sitting posture, spine erect and eyes open.
- ◆ Like in steps 1,2,3,4 rotate your shoulders 10 times clockwise and then anticlockwise.
- ◆ While returning to the original position, bring down your hands and straighten your legs. Relax.

BENEFITS

Relaxes shoulder joints, prevents frozen shoulder, exercises the arms and chest.

PRECAUTIONS

Avoid if any pain, injury or surgery of shoulders.



FLEXIBILITY - ANKLES Part - 1 INTENSITY 1

- ◆ Breathing remains normal.
- ◆ Sit with legs straight.
- ◆ Slowly move both feet backward and forward alternatively, bending them from the ankle joints (see step 1).
- ◆ Hold each position for 2-3 seconds.
- ◆ Repeat this process 10 times or as per your comfort level. Relax.



1

FLEXIBILITY - ANKLES Part - 2 INTENSITY 1

- ◆ Breathing remains normal.
- ◆ Sit with legs straight.
- ◆ In step 1, slowly bend your knee and rotate the right foot 5-10 times clockwise and then anticlockwise.
- ◆ Repeat this process with the left leg. Relax.

BENEFITS

Tones up ankle muscles. Ankle joints become flexible.

PRECAUTIONS

Avoid if any pain in hand, injury or surgery.



1

FLEXIBILITY - KNEES Part - 1 INTENSITY 1

- ◆ Breathing remains normal.
- ◆ Sit with legs straight.
- ◆ Like step 1, rotate the lower leg from the knee in a large circular movement.
- ◆ Rotate 10 times clockwise and then 10 times anticlockwise or as per your comfort level.
- ◆ Repeat this process with the other leg. Relax.



1

FLEXIBILITY - KNEES Part - 2 INTENSITY 1

- ◆ Breathing remains normal.
- ◆ Sit with legs straight.
- ◆ Like step 1, bend the right knee and bring the thigh near the chest.
- ◆ Like step 2, straighten the right leg slowly.
- ◆ Practise 5-10 rounds with right leg and then, do the same with the left leg. Relax.

BENEFITS

Strengthens the quadriceps and the ligaments around the knee joints. Rejuvenates the joint by activating the healing energies.

PRECAUTIONS

Avoid if any pain, surgery or injury in knees.



1



2

HANDS IN AND OUT BREATHING INTENSITY 1

- ◆ In step 1, stand erect and focus at a fixed point ahead.
- ◆ In step 2, inhale and spread your arms sideways, along the shoulder height.
- ◆ In step 3, exhale, bring your arms forward and touch your palms together.
- ◆ Repeat it 5 times or as per your comfort level.
- ◆ Slowly return to the starting position. Relax.

BENEFITS

Lung capacity improves, breathing rate becomes normal and the mind becomes calmer.

PRECAUTIONS

Avoid if low blood pressure, giddiness, any injury or surgery of spine.



1



2



3

FLEXIBILITY - EYES Part - 1 INTENSITY 1

- ◆ Breathing remains normal.
- ◆ In step 1, assume a sitting position with the legs straight and hands near your thighs.
- ◆ In step 2, focus your eyes on the thumb of the raised hand and the thumb of the lower hand, one by one, without moving the head.
- ◆ Hold this position for 5 -10 seconds or as per your comfort level. While returning to the original position, bring down the hands and close your eyes for a while.
- ◆ Repeat this process 2 times. Relax.

BENEFITS

Up and down viewing balances the upper and lower eyeball muscles.

PRECAUTIONS

Avoid if any pain, injury or surgery of eye.



1



2

FLEXIBILITY - EYES Part - 2 INTENSITY 1

- ◆ Breathing remains normal.
- ◆ Assume a sitting position with your legs straight and hands near your thighs.
- ◆ In step 3, make a large circular movement with the right arm, from the right, then upward, curving to the left, and finally returning to the starting position.
- ◆ Keep the eyes focused on the thumb without moving the head.
- ◆ Perform 5 times clockwise and then, anti clockwise or as per your comfort level.
- ◆ While returning to the original position, bring down your hands and close the eyes. Relax.

BENEFITS

Rotational viewing improves the coordinated activities of the eye muscles.

PRECAUTIONS

Avoid if any pain, injury or surgery of the eyes.



3

FLEXIBILITY - EYES Part - 3 INTENSITY 1

- ◆ Breathing remains normal.
- ◆ Assume a sitting position with your legs straight and hands near your thighs.
- ◆ In step 4, focus the eyes on the right thumb, then on the left thumb and then, back on the right thumb.
- ◆ Repeat 5 times or as per your comfort level.
- ◆ While returning to the original position, get your hands down and close the eyes. Relax.

BENEFITS

Front and sideways viewing improves coordination of the medial and lateral muscles of the eyeballs.

PRECAUTIONS

Avoid if any pain, injury or surgery of the eyes.



4

FLEXIBILITY - EYES Part - 4 INTENSITY 1

- ◆ Breathing remains normal.
- ◆ Assume a sitting position with your legs straight and hands near your thighs.
- ◆ In step 5, focus the eyes on the following, one after the other: left thumb, space between the eyebrows, right thumb, space between the eyebrows and then, left thumb.
- ◆ Repeat 5 times or as per your comfort level.
- ◆ Finally close your eyes. Relax.

BENEFITS

Sideways viewing relaxes the tension of the strained muscles. It also prevents and corrects squints.

PRECAUTIONS

Avoid if any pain, injury or surgery of the eyes.



5

YOGA ASANAS

Often known as the 'science of healthy living', Yoga, by definition, is the union of mind, body and the soul. 'Asana' is the Sanskrit word for a physical posture and is beneficial for the muscles, joints, cardiovascular system, nervous system, lymphatic system and the chakras (energy centers). Practicing asanas strengthens and balances the entire cardiovascular system and harmonizes and stabilizes the mind.

The deep breath stimulates body's circulation and metabolism. Slower and deeper breaths improve circulation, nerve function and the complete physical condition. So weight loss, stress relief, inner peace, improved immunity, increased energy, better flexibility better cardiovascular system and all round fitness are just some of the many benefits of Yoga.

BANDH HASTA UTTANASANA (Locked Hand Raising Pose)

INTENSITY 1

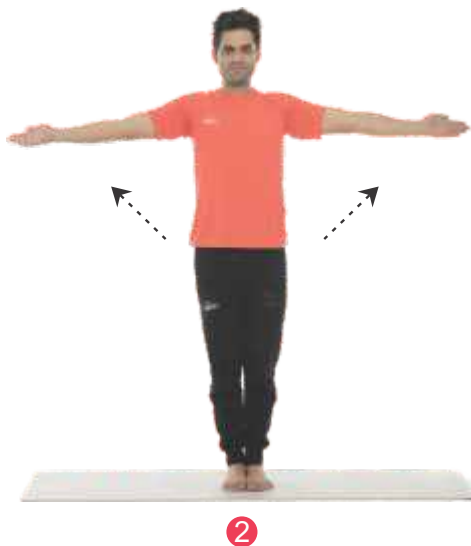
- ◆ In step 1, stand erect, feet together and cross your wrists in front of the body.
- ◆ Inhale while raising your arms and exhale while lowering the arms.
- ◆ Now, slowly raise the arms above your head while inhaling (see step 2 & 3).
- ◆ Return to step 1.
- ◆ Repeat 10-15 times or as per your comfort level. Relax.

BENEFITS

Rectifies round shoulders and removes stiffness from the shoulders and upper back. Improves blood circulation of the whole body, especially the brain.

PRECAUTIONS

Avoid if peripheral artery disease, any pain or surgery of hands and chest.



PRARTHANASANA (Prayer Pose) INTENSITY 1

- ◆ Breathing remains slow and deep.
- ◆ In step 1, stand erect, eyes closed and keep your palms together.
- ◆ Focus on your breathing and hold this posture for 30 seconds to 1 minute or as per your comfort level. Relax.

BENEFITS

Good for body balance and helps in correcting posture.

PRECAUTIONS

Avoid if extreme vertigo, varicose veins or low blood pressure.



VEERASANA (Hero's Pose) INTENSITY 1

- ◆ Breathing remains normal throughout the asana.
- ◆ In step 1, stand with both feet touching each other and focus at a fixed point ahead.
- ◆ Focus on the right fist and hold step 4 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly.
- ◆ Repeat the process with the left leg going forward. Relax.

BENEFITS

Helps strengthen the lower back and torso. Tones the thigh, ankle, leg, knee and hand muscles. Balances the body, brings determination in the mind, improves circulation in the feet and tones the hamstring muscles.

PRECAUTIONS

Avoid if knee pain, arthritis, sprained ankle, any knee problem, damaged ligaments, headache, insomnia (sleeplessness), muscle pull, neck or pain in the hands.



KATICHAKRASANA (Standing Spinal Twist Pose) INTENSITY 1

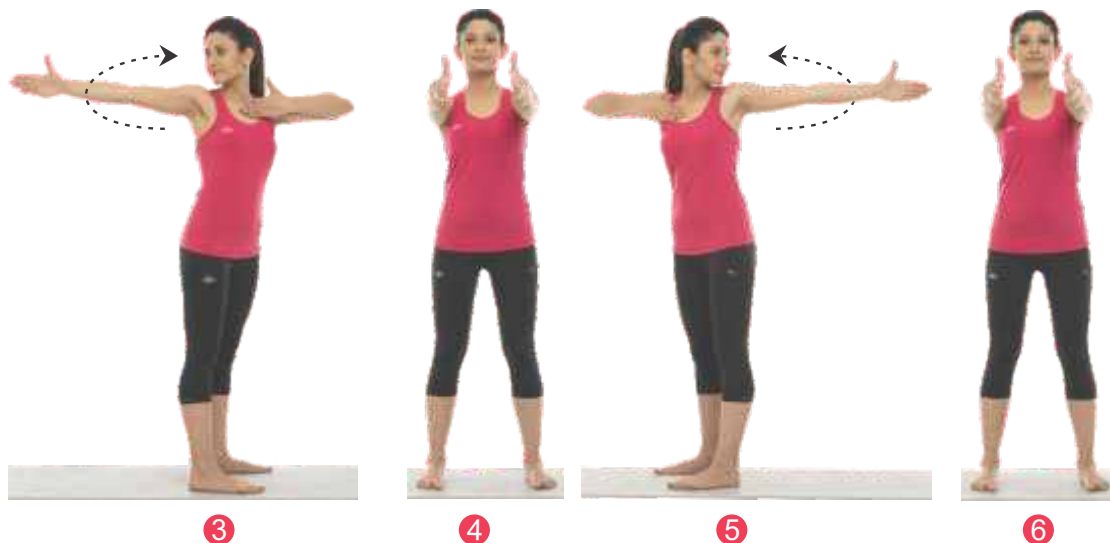
- ◆ Breathing remains normal throughout the asana.
- ◆ In step 1, stand erect with your feet apart.
- ◆ In step 2, raise your arms till shoulder height, with the thumbs sticking out.
- ◆ In step 3, keep your eyes focused on the right hand thumb and twist your upper body at an angle of 180°.
- ◆ Hold this posture for 20 - 30 seconds or as per your comfort level.
- ◆ Return to step 4 and repeat this process with a left twist in step 5.
- ◆ After step 6, return to step 1. Relax.

BENEFITS

Tones the neck, shoulders, waist, back and hips. Useful for correcting back stiffness and postural problems. Beneficial for those with sedentary and desk work jobs.

PRECAUTIONS

Avoid if severe back pain or neck pain.



TADASANA (Palm Tree Pose) INTENSITY 1

- ◆ Breathing remains normal throughout the asana.
- ◆ Stand erect and focus at a fixed point ahead.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ While returning to step 1, first bring down the heels and then the arms. Relax.

BENEFITS

Develops physical and mental balance. The spine is stretched and helps to clear up congestion of spinal nerves. Helps to increase height by stretching the muscles and ligaments, enabling the bones to grow longer. It stretches the abdominal muscles and the intestines. It is also useful during the first six months of pregnancy to keep the abdominal muscles and nerves toned.

PRECAUTIONS

Avoid if reeling sensation, arthritis, pain in ankles or muscle pull.



URDHWA HASTOTTANASANA

(Upward Hands Stretching Pose) **INTENSITY 1**

- ◆ Breathing remains normal throughout the asana.
- ◆ In step 1, stand erect and focus at a fixed point ahead.
- ◆ In step 2, raise your hands above your head and interlock your fingers.
- ◆ Hold step 3, for 30 seconds to 1 minute or as per your comfort level.
- ◆ Repeat this process on the other side. Relax.

BENEFITS

Relieves constipation, makes the waist slim, the chest broadens and removes fatty deposits from the hips. It increases the height and relieves painful condition of the ribs.

PRECAUTIONS

Avoid if back problems, slip disc or sciatica.



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VRIKSHASANA (Tree Pose) **INTENSITY 1**

- ◆ Breathing remains normal throughout the asana.
- ◆ In step 1, stand erect and focus at a fixed point ahead.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly.
- ◆ Repeat this process with the left leg. Relax.

BENEFITS

Improves body-mind coordination and concentration. The thigh and calf muscles become stronger.

PRECAUTIONS

Avoid if arthritis, ankle pain, muscle injury in legs or reeling sensation.



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TRIKONASANA (Triangle Pose) INTENSITY 2

- ◆ Breathing remains normal throughout the asana.
- ◆ In step 1, stand erect and focus at a fixed point ahead.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1.
- ◆ Repeat this process on the other side. Relax.

BENEFITS

Affects the muscles on the sides of the trunk, waist and the back of the legs and helps to reduce the waist line. It stimulates the nervous system, reduces nervous depression, improves digestion, strengthens the pelvic area and tones the reproductive organs.

PRECAUTIONS

Avoid if spinal problems, hypertension, slip disc, cervical spondylitis, any muscle injury in the legs or cardiac problems.



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UTKATASANA VARIATION (Chair Pose) INTENSITY 2

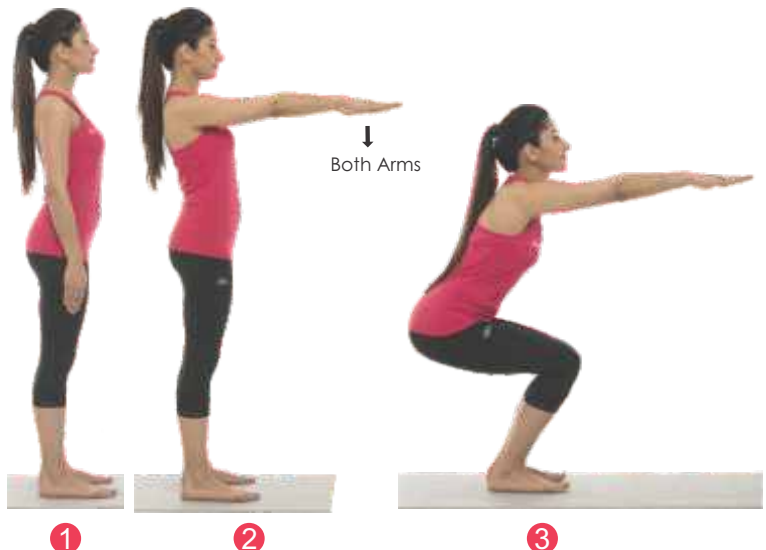
- ◆ Breathing remains normal throughout the asana.
- ◆ In step 1, stand with your feet apart and focus at a fixed point ahead.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly. Relax.

BENEFITS

Stretches the spine, hips, chest muscles, lower back and torso. Tones the thigh, ankle, leg and knee muscles. Brings balance in the body and determination in the mind.

PRECAUTIONS

Avoid if chronic knee pain, arthritis, sprained ankle, any knee problem, damaged ligaments, muscle pull, headache, lower back pain or insomnia (sleeplessness).



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UTKATASANA (Lightning Bolt Pose) INTENSITY 2

- ◆ Breathing remains normal throughout the asana.
- ◆ In step 1, stand with both feet together and focus at a fixed point ahead.
- ◆ Hold step 4 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly. Relax.

BENEFITS

Calf muscles become healthy, improves concentration, reduces constipation and decreases the nervous weakness of lower extremities.

PRECAUTIONS

Avoid if muscle pull or ankle pain.



HRD- GATI (Engine Daud) INTENSITY 2

- ◆ Stand with your feet together and body erect.
- ◆ Do 50 small jumps on your toes (25 on your left and 25 on your right) and push your arms forward and backward alternately in a piston movement.
- ◆ When the right hand is stretched forward, throw your left leg back, so as to hit the buttock and vice versa with the left hand and right leg.
- ◆ Repeat for 30 seconds to 1 minute or as per your comfort level. Relax.

BENEFITS

Re-vitalises the entire body, the chest expands, strengthens the muscles of the thighs, the calves and helps reduce obesity.

PRECAUTIONS

Avoid if hypertension, coronary artery disease, sciatica, arthritis or any injury in the legs.



SURYA NAMASKAR (Sun Salutation) INTENSITY 2

BENEFITS

It activates digestion, relieves constipation and dyspepsia. It strengthens abdominal muscles, increases metabolism and helps in balancing all systems of the body. It promotes sound sleep, calms anxiety, tones up the nervous system and improves memory. It helps in preventing skin disorders, improves muscle flexibility and immunity, enhances blood circulation in the body and promotes calmness, mental peace and tranquility.

PRECAUTIONS

Avoid if high blood pressure, coronary artery disease, hernia, intestinal tuberculosis, back problems, any surgery, pregnancy or menstruation.



1 Salutation Position Normal, restful breathing
 2 Raised Arm Position Inhale
 3 Hand to Foot Position Exhale



4 Equestrian Position Inhale
 5 Mountain Position Exhale
 6 Eight Limbs Position Hold breath



7 Cobra Position Inhale
 8 Mountain Position Exhale
 9 Equestrian Position Inhale



10 Hand to Foot Position Exhale
 11 Raised Arm Position Inhale
 12 Salutation Position Normal, restful breathing

Note: Healthy individuals can repeat the entire process with the other leg.

PINDALI SHAKTI VIKASAK (Calf Strengthening Exercise)

INTENSITY 2

- ◆ In step 1, inhale when you sit with your knees bent.
- ◆ In step 2, exhale when you stand up.
- ◆ Repeat 10 - 20 times or as per your comfort level. Relax.

BENEFITS

Strengthens the thigh and calf muscles. Good for hip and knee joints. Strengthens abdominal and lower back muscles.

PRECAUTIONS

Avoid if hypertension, heart conditions, arthritis, back conditions, knee pain and any injury or surgery of legs.



ARDH CHANDRASANA (Half Moon Pose)

INTENSITY 3

- ◆ Breathing remains normal throughout the asana.
- ◆ In step 1, stand with both feet touching each other and focus at a fixed point ahead.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly. Relax.

BENEFITS

Removes fat from the sides of the body, helps to get rid of stiffness in the hip joints and lower back. Useful in asthma as it helps to expand the chest and good for treating lower back pain.

PRECAUTIONS

Avoid if hernia, severe spinal disorders, cardiac problems, stress related headaches, migraine or hypertension.



GARUDASANA (Eagle Pose)

INTENSITY 3

- ◆ Breathing remains normal throughout the asana.
- ◆ In step 1, stand with both feet together and focus at a fixed point ahead.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly.
- ◆ Repeat this process with the left leg. Relax.

BENEFITS

Helps in increasing the flexibility of joints by flexing and stretching the tendons and muscles of the shoulders, elbows, wrists, hips, knees and ankles. It improves concentration, strengthens the muscles and loosens the joints of the shoulders, upper back, arms and legs.

PRECAUTIONS

Avoid if arthritis, joint or bone injuries of the extremities, varicose veins, vertigo or any surgery.



TRIKONASANA VARIATION

(Extended Side Angle Pose) **INTENSITY 3**

- ◆ Breathing remains normal throughout the asana.
- ◆ In step 1, stand straight, with both feet touching each other.
- ◆ In step 3, twist your body towards the right side, with your hands outstretched.
- ◆ In step 4, touch your left foot with your right hand and hold it for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly.
- ◆ Repeat this process on the other side, with the left hand and right foot.

BENEFITS

Stimulates the spine, massages the internal abdominal organs, promotes good oxygenation of the lungs and the blood. Provides good exercise to the extremities and the neck. It is valuable in abdominal disorders, weak back and drooping shoulders.

PRECAUTIONS

Avoid if neck pain, arthritis, spinal injuries, severe cardiac problems or reeling sensation.



PADHASTASANA (Hand Under Foot Pose)

INTENSITY 3

- ◆ Breathing remains normal throughout the asana.
- ◆ In step 1, stand with both feet touching each other and focus at a fixed point ahead.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly. Relax.

BENEFITS

Massages and tones the digestive organs, reduces flatulence, constipation and indigestion. Spinal nerves are stimulated and toned. Inverting the trunk increases vitality, improves metabolism, concentration and helps with nasal and throat disease.

PRECAUTIONS

Avoid if serious back complaints, sciatica, heart disease, high blood pressure or abdominal hernia.



NATARAJASANA (Lord Shiva Pose) **INTENSITY 3**

- ◆ The breathing remains normal throughout the asana.
- ◆ In step 1, stand with both feet together and focus at a fixed point ahead.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1.
- ◆ Repeat this process with the left leg. Relax.

BENEFITS

Strengthens the back, shoulders, arms, hips and legs. It develops a sense of balance, coordination and improves concentration.

PRECAUTIONS

Avoid if weak heart, high blood pressure, back problems, hernia, vertigo, peptic or duodenal ulcer.



VEER BHADRASANA Part- 1 (Warrior Pose) **INTENSITY 3**

- ◆ Breathing remains normal throughout the asana.
- ◆ In step 1, stand with both feet together and focus at a fixed point ahead.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly.
- ◆ Repeat this process with the left leg and bring your left hand forward. Relax.

BENEFITS

Strengthens and stabilizes the muscles of the feet, knees, shoulder, arms and the back. Stretches the hip flexors and calf muscles. Also, improves balance and concentration.

PRECAUTIONS

Avoid if weak heart, arthritis, weak hamstring, damaged ligaments, muscle injury in the legs, high blood pressure, shoulder pain, spinal problems, slip disc, cervical spondylitis or cardiac problems.



VEER BHADRASANA Part- 2 (Warrior Pose) **INTENSITY 3**

- ◆ Breathing remains normal throughout the asana.
- ◆ In step 1, stand with both feet together and focus at a fixed point ahead.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly.
- ◆ Repeat this process with the left leg. Relax.



VEER BHADRASANA Part- 3

(Warrior Pose) **INTENSITY 3**

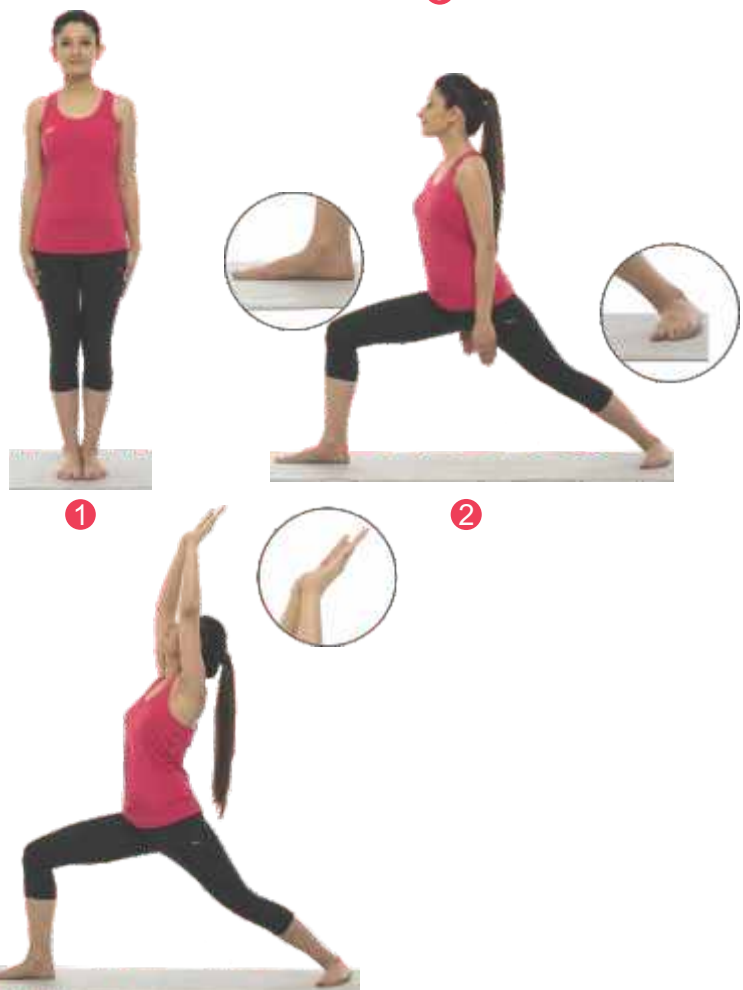
- ◆ Breathing remains normal throughout the asana.
- ◆ In step 1, stand with both feet together and focus at a fixed point ahead.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly.
- ◆ Repeat this process with the left leg. Relax.

BENEFITS

Stretches your hips, groin and shoulders, opens your chest and lungs, builds stamina and concentration, energizes tired limbs, stimulates your abdominal organs, helps relieve backaches, develops balance & stability and improves circulation and respiration.

PRECAUTIONS

Avoid if neck pain, arthritis, any knee problem, damaged ligaments, weak hamstring, high blood pressure, cardiac problem, shoulder pain, slip disc or reeling sensation.



SARVANGA PUSTI (Organ Strengthening Exercise)

INTENSITY 3

- ♦ Stand with your feet as wide apart as possible and form a fist with your hands, with the thumbs tucked in.
- ♦ Inhale when you go up and exhale when you go down.
- ♦ In step 1, put one wrist upon the other and bend towards the ankle of the left leg.
- ♦ In step 2, inhale through the nose and make a complete circle with your arms, by raising it above your head and taking it down towards the right ankle slowly, like step 3.
- ♦ Repeat 5-10 rounds clockwise and then anticlockwise. Relax.

BENEFITS

The body becomes flexible, strong and stiff backs are cured.

PRECAUTIONS

Avoid if hypertension, cervical spondylitis, surgery, pain or injury in the back.



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TIRYAKA KATI CHAKRASANA

(Swaying Waist Rotating Pose) **INTENSITY 3**

- ◆ Breathing remains normal.
- ◆ Stand erect, with your feet being shoulder width apart.
- ◆ Hold step 3 for 20-30 seconds or as per your comfort level.
- ◆ Return to step 1 slowly.
- ◆ Repeat this process on the other side. Relax.

BENEFITS

Strengthens the back muscles, makes the spine flexible, improves balance and coordination.

PRECAUTIONS

Avoid if back problems, slip disc, sciatica, cervical spondylitis or hypertension.



SUKHASANA (Easy Pose) **INTENSITY 1**

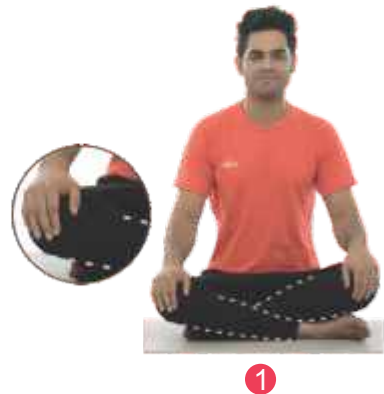
- ◆ Breathing remains normal.
- ◆ In step 1, sit with your spine erect.
- ◆ Hold this posture for 30 seconds to 1 minute or as per your comfort level. Relax.

BENEFITS

Facilitates mental and physical balance without causing strain or pain.

PRECAUTIONS

Avoid if sciatica or knee problems.



RAJJU KARSHANASANA (Pulling the Rope) **INTENSITY 1**

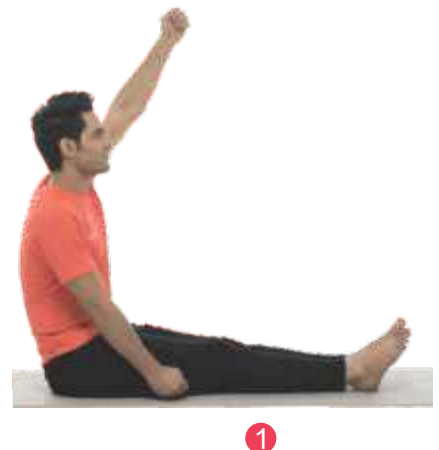
- ◆ Sit with your legs straight.
- ◆ Breathe in while raising your left arm, as though to grasp a rope at a higher point, like in step 1.
- ◆ While breathing out, slowly pull the left arm down, putting power into it, as though pulling the rope downwards.
- ◆ Repeat this process 20 times or as per your comfort level.
- ◆ Repeat this process with the right arm. Relax.

BENEFITS

Loosens the shoulder joints and stretches the upper back muscles. It firms the breast and develops chest muscles.

PRECAUTIONS

Avoid if frozen shoulder, any pain or injury in the hands and shoulder, hypertension or coronary artery disease.



VAJRASANA (Kneeling Yoga Pose) **INTENSITY 1**

- ◆ Breathing remains normal throughout the asana.
- ◆ In step 1, sit with your legs straight and palms touching the ground.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1. Relax.

BENEFITS

Alters the blood flow and nervous impulses in the pelvic region and strengthens the pelvic muscles. It is a preventive measure against hernia. It reduces menstrual disorder. It increases the efficiency of the entire digestive system, relieving stomach ailments such as hyper acidity and peptic ulcer. Useful in medication and strengthens the thigh and calf muscles.

PRECAUTIONS

Avoid if arthritis, sciatica, knee pain, strain in leg muscles or piles.



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DANDASANA (Staff Pose) **INTENSITY 1**

- ◆ Breathing remains normal throughout the asana.
- ◆ In step 1, sit with your legs straight.
- ◆ Stretch your toes towards your body and look straight.
- ◆ Hold step 2 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly. Relax.

BENEFITS

Teaches you to sit correctly, increases the flexibility of the hips and pelvis and improves the posture of the lower back. Reduces breathlessness, choking and throat congestion in asthmatics, strengthens the muscles of the chest, tones the abdominal muscles, reduces heart burn & flatulence, improves digestion, tones the kidneys, spinal & leg muscles and lengthens the ligaments of the legs.

PRECAUTIONS

Avoid if sciatica pain or severe spinal disorder.



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MARJARIASANA (Cat Stretch Pose) **INTENSITY 1**

- ◆ In step 1, sit with bent knees, an erect spine and focus at a fixed point ahead.
- ◆ In step 2, while inhaling, raise the head towards the sky and curve your back downwards (concave curve).
- ◆ In step 3, while exhaling, bring the head down and raise your back into a convex curve.
- ◆ Hold for 5 to 10 seconds or as per your comfort level. Relax.

BENEFITS

Improves the flexibility of the neck, shoulders and spine. It gently tones the female reproductive system, giving relief from menstrual cramps and leucorrhoea.

PRECAUTIONS

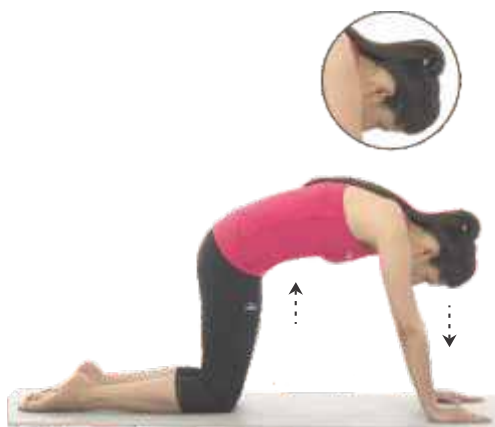
Avoid if knee pain, arthritis or back pain.



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SHASHANKASANA (Hare Pose) **INTENSITY 1**

- ◆ Breathing remains normal.
- ◆ In step 1, sit with bent knees, an erect spine and focus at a fixed point ahead.
- ◆ In step 3, let the forehead touch the ground, close your eyes and hold for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1, while inhaling. Relax.

BENEFITS

Stretches and strengthens the back muscles. Massages and improves the efficiency of the intestines and digestive organs. Regulates the function of adrenal glands, tones the pelvic muscles and the sciatic nerves and is beneficial for both the male and female reproductive organs. Regular practice relieves constipation.

PRECAUTIONS

Avoid if high blood pressure, arthritis, sciatica, slip disc, knee complaint or pain in the spine.



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VAKRASANA (Twisted Pose) INTENSITY 1

- ◆ Breathing remains normal.
- ◆ In step 1, sit with your legs straight and palms touching the ground.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly.
- ◆ Repeat this process with a left twist. Relax.

BENEFITS

Reduces constipation, flatulence, liver weakness and nervous weakness. Reduces the rigidity of the spine and is useful for kidney and other stomach diseases.

PRECAUTIONS

Avoid if severe spinal disorder, slip disc or neck pain.



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Right Hand

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BHADHRASANA (Butterfly Pose) INTENSITY 1

- ◆ Breathing remains normal throughout the asana.
- ◆ In step 1, sit with your legs straight and palms touching the ground.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ While returning to step 1, leave your toes and then stretch out your legs. Relax.

BENEFITS

Aids in stretching of the superficial and deep muscles of the inner thigh and interior of the pelvis. Gives relief from acidity and gastrointestinal disorders.

PRECAUTIONS

Avoid if arthritis.



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PARVATASANA (Mountain Pose) INTENSITY 1

- ◆ Inhale while raising the hands and exhale while lowering the hands.
- ◆ Hold step 3 for 20 to 30 seconds or as per your comfort level.
- ◆ Return to step 1. Relax.

BENEFITS

Good for the heart and lungs. The upper body is stretched and it activates the nervous system.

PRECAUTIONS

Avoid if sciatica or knee problems.



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MANDUKASANA (Frog Pose) INTENSITY 2

- ◆ Breathing remains normal.
- ◆ In step 1, sit with your spine erect.
- ◆ Hold step 4 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Inhale deeply while returning to step 1. Relax.

BENEFITS

Tones and massages the entire abdominal region. It increases the efficiency of the entire digestive system, relieving stomach ailments such as hyperacidity, constipation and peptic ulcer. Good for diabetics.

PRECAUTIONS

Avoid if high blood pressure, hernia, arthritis, sciatica, any pain in knee or legs.



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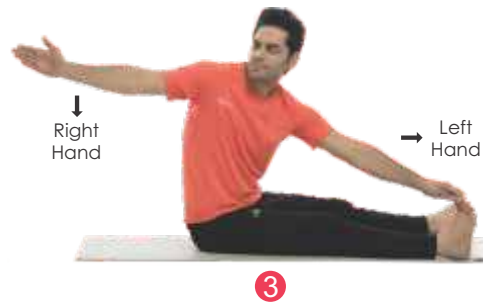


4

MERU VAKRASANA (Spinal Twist)

INTENSITY 2

- ◆ Breathing remains normal.
- ◆ In step 1, sit with both legs outstretched and separated as per your comfort.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1.
- ◆ Repeat this process with the other side. Relax.



BENEFITS

Removes stiffness from the back and increases flexibility of the spine.

PRECAUTIONS

Avoid if back conditions.

GOMUKHASANA (Cow Face Pose) INTENSITY 2

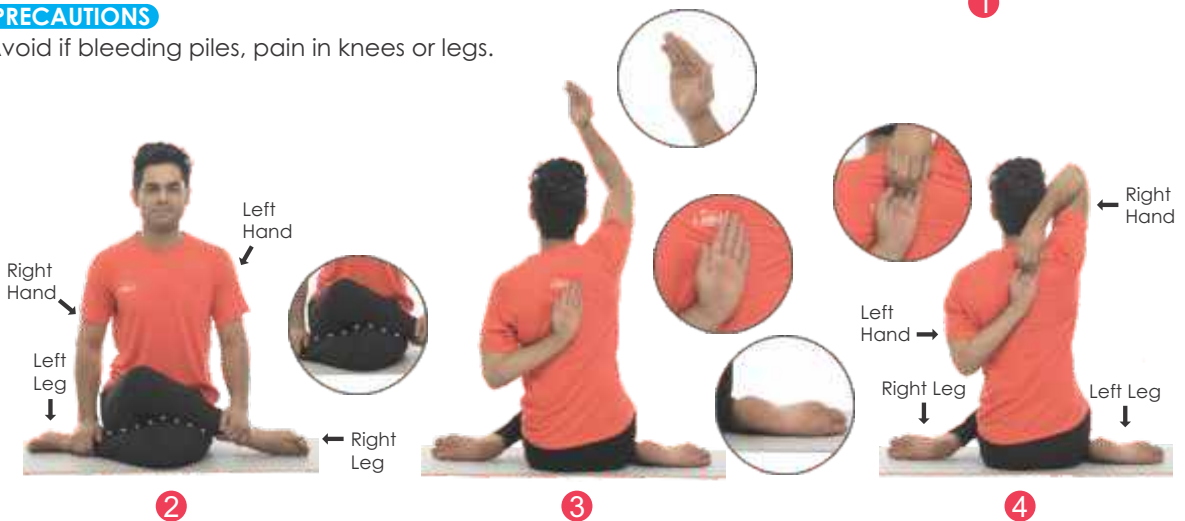
- ◆ Breathing remains normal.
- ◆ In step 1, sit with your legs straight and palms touching the ground.
- ◆ Hold step 4 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Loosen the fingers, release the hands and finally unbend the legs one by one and return to step 1.
- ◆ Repeat this process by reversing the legs. Relax.

BENEFITS

Relieves backache, sciatica and general stiffness in the shoulders and neck. Improves posture by increasing energy and opening the chest area. It reduces cramps in the legs and makes the leg muscles flexible. Useful for lung disease, asthma and tuberculosis.

PRECAUTIONS

Avoid if bleeding piles, pain in knees or legs.



JANUSIRASANA (Head to Knee Pose) **INTENSITY 2**

- ◆ Breathing remains normal.
- ◆ In step 1, sit with your legs straight and palms on the ground.
- ◆ In step 2, raise both your hands and sit with your left leg in front & right leg folded.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1.
- ◆ Repeat this process with the right leg. Relax.

BENEFITS

Stretches the hamstring muscles, increases flexibility of the hip joints, tones and massages the entire abdominal and pelvic region. It helps remove excess weight and stimulates circulation to the nerves and the muscles of the spine.

PRECAUTIONS

Avoid if slip disc, sciatica, arthritis or hernia.



VYAGHRASANA (Tiger Pose) **INTENSITY 2**

- ◆ Breathing remains normal.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1.
- ◆ Repeat this process by raising the right leg. Relax.

BENEFITS

Loosens the back and tones the spinal nerves. It relaxes the sciatic nerves, relieving sciatica and loosens up the legs and hip joints. It tones the female reproductive organs. It stretches the abdominal muscles, promotes digestion and stimulates blood circulation. Weight is reduced from the hip and thighs.

PRECAUTIONS

Avoid if arthritis, pain in knee or legs.



CHAKKI CHALANASANA (Churning the Mill)

INTENSITY 2

- ◆ In step 1, move the body in a circle, while keeping your legs apart and touching your toes with your hands.
- ◆ Inhale while leaning back and exhale while moving forward.
- ◆ Practice 5 to 10 rounds clockwise and then anticlockwise or as per your comfort level.
- ◆ Return to step 1. Relax.



1

BENEFITS

Very good for toning the organs of the pelvis and abdomen, useful for regulating the menstrual cycle, good for postnatal recovery and helps in reducing abdominal fat.

PRECAUTIONS

Avoid if low blood pressure, lower back pain due to slip disc, pregnancy, headaches, migraine or recent abdominal surgery.

PADADHIRASANA (Breath Balancing Pose)

INTENSITY 2

- ◆ Breathing remains slow, deep and rhythmical.
- ◆ In step 1, sit with your knees bent.
- ◆ In step 2, cross the arms in front of the chest and place the hands under the opposite armpits, with the thumbs pointing upward.
- ◆ In step 3, close the eyes, become aware of the breathing process and hold for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1. Relax.



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BENEFITS

The pressure under both the armpits helps to open the nostrils, influences the activities of the sympathetic and parasympathetic nervous systems and induces a state of autonomic balance. It is very useful when one or both nostrils are blocked.

PRECAUTIONS

Avoid if low blood pressure, arthritis, pain in legs or any recent surgery of legs.



3

ARDH PADMASANA (Half Lotus Pose) INTENSITY 2

- ◆ Breathing remains normal.
- ◆ In step 1, sit with your spine erect.
- ◆ Hold this posture for 30 seconds to 1 minute or as per your comfort level.
- ◆ Repeat by switching the leg. Relax.

BENEFITS

Body becomes steady, mind becomes calm, muscular tension decreases and blood pressure reduces. It also stimulates the digestive process.

PRECAUTIONS

Avoid if sciatica or knee problems.



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USHTRASANA (Camel Pose) **INTENSITY 3**

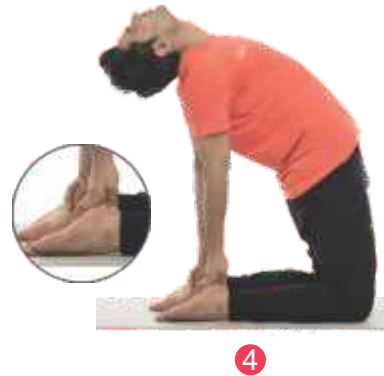
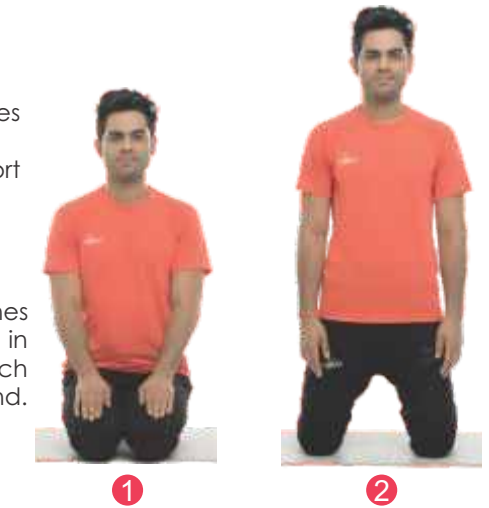
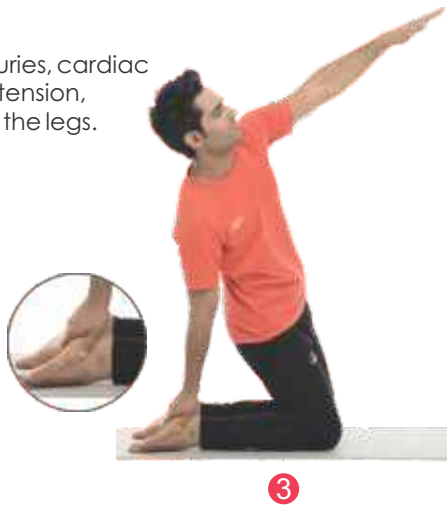
- ◆ Breathing remains normal.
- ◆ In step 1, sit with bent knees.
- ◆ In step 2, slowly stand on your knees, keeping your thighs, knees and feet a little apart.
- ◆ Hold step 4 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1. Relax.

BENEFITS

Beneficial for the digestive and reproductive systems. It stretches the stomach and intestines and reduces constipation. It helps in relieving backache. The front of the neck is fully stretched, which tones the organs in this region and regulates the thyroid gland. Also, helpful in asthma.

PRECAUTIONS

Avoid if spinal injuries, cardiac problems, hypertension, arthritis or pain in the legs.



SIMHASANA (Lion Pose) **INTENSITY 3**

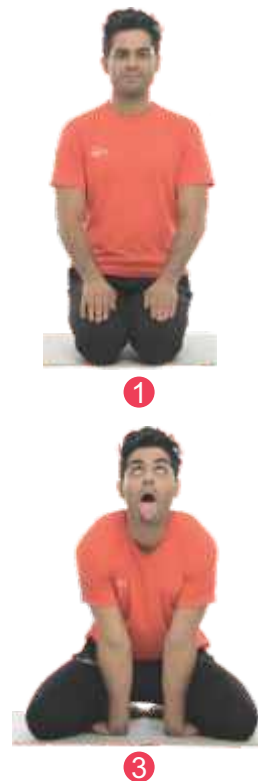
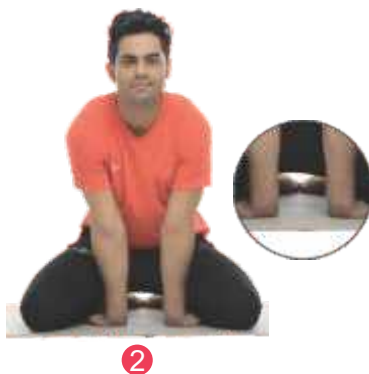
- ◆ In step 1, sit with your knees bent.
- ◆ In step 3, make a sound of "AAA" from your throat, like a lion's roar for 5 seconds to 10 seconds or as per your comfort level.
- ◆ Return to step 1. Relax.

BENEFITS

Good for the throat, nose, ears, eyes and mouth. It relieves frustration and releases emotional tension. Tension is removed from the chest and diaphragm. Thyroid can also be tackled.

PRECAUTIONS

Avoid if arthritis or pain in legs.



JHULANA LURHAKANASANA Part- 1

(Rocking and Rolling) **INTENSITY 3**

- ◆ Sit in the squatting position with the buttocks on the floor.
- ◆ Inhale as you roll backwards, exhale as you come forward.
- ◆ Rock the whole body 5 -10 times forward and backward on the spine, like in steps 1 and 2.
- ◆ Slowly loosen your hands. Relax.



JHULANA LURHAKANASANA Part- 2

(Rocking and Rolling Pose) **INTENSITY 3**

- ◆ After step 1, lie flat on the back and bend both legs to the chest with interlocked fingers (like step 2 of part 1).
- ◆ Exhale while rolling to left side and inhale while returning to the centre.
- ◆ In step 3, roll your body from the left side to the right, touching the side of your legs on the floor.
- ◆ Repeat 5 -10 times or as per your comfort level.
- ◆ Slowly return to the starting position, like in step 1 of part 1. Relax.



BENEFITS

Massages the back, buttocks and hips.

PRECAUTIONS

Avoid if serious back conditions.

AKARNA DHANURASANASANA

(Shooting Bow Pose) **INTENSITY 3**

- ◆ Breathing remains normal throughout the asana.
- ◆ In step 1, sit with your legs straight and palms on the ground.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1.
- ◆ Repeat with the other leg. Relax.

BENEFITS

Helps to loosen the hip joints and makes the legs flexible. It strengthens the arms, tones the abdominal organs and helps release the tension in the back and neck.

PRECAUTIONS

Avoid if slip disc, sciatica or dislocated hip joints.



ARDHA MATSYENDRASANA

(Half Spinal Twist Pose) **INTENSITY 3**

- ◆ Breathing remains normal.
- ◆ In step 1, sit with your legs straight and palms on the ground.
- ◆ In step 4, keep your right arm ahead of the right knee and hold for 30 seconds or as per your comfort level (see step 4).
- ◆ Return to step 1 by releasing your foot and slowly turning your head forward.
- ◆ Repeat this process on the other side. Relax.

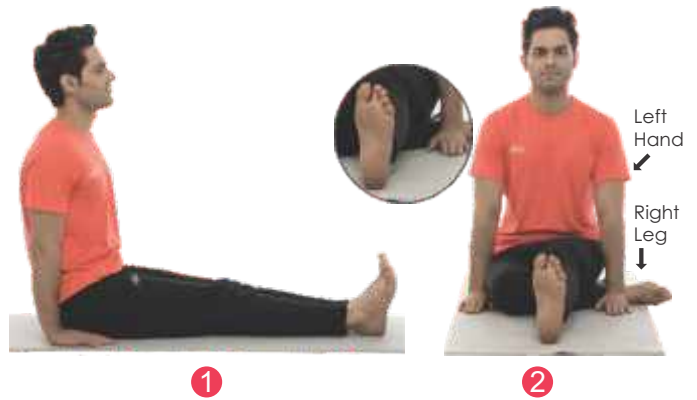
BENEFITS

Helps in correction of spinal problems, controls diabetes and stretches the back and abdomen muscles. It tones the nerves of the spine, makes the back muscles flexible, massages the abdominal organs, relieves the digestive ailments, regulates the secretions of the adrenal gland, liver and pancreas and is beneficial for the kidneys.

PRECAUTIONS

Avoid if pregnant, sciatica, slip disc, severe arthritis, cardiac problems, abdominal injury, peptic ulcer, hernia or hyperthyroidism.

Note: This asana should be performed after completing a series of forward and backward bending asanas.



SUPTA VAJRASANA

(Sleeping Thunder Bolt Pose) **INTENSITY 3**

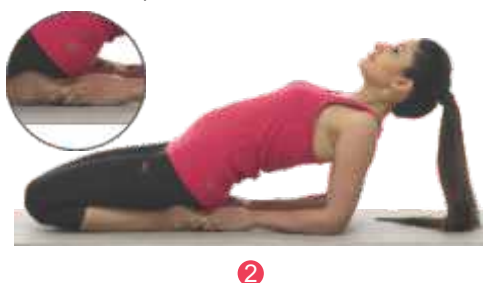
- ◆ Breathing remains slow and deep.
- ◆ In step 1, sit with your legs straight and palms on the ground.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1, by straightening your legs and slowly getting up, while inhaling. Relax.

BENEFITS

Strengthens the abdominal muscles. Useful in controlling high blood pressure, sciatica and constipation. Good for the lower spine.

PRECAUTIONS

Avoid if arthritis, slip disc, gases, pain in hips, legs or knee complaints.



YOGMUDRA (Psychic Union Pose) **INTENSITY 3**

- ◆ Breathing remains normal.
- ◆ In step 1, sit with crossed legs, keep your spine erect and focus at a fixed point ahead.
- ◆ Hold step 2 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1. Relax.

BENEFITS

Massages the abdominal organs, removes constipation, indigestion and seminal weakness.

PRECAUTIONS

Avoid if hypertension, chronic headache, arthritis, pain in ankle or legs.



ARDH PAWANMUKTASANA

(Half Gas Release Pose) **INTENSITY 1**

- ◆ Breathing remains normal.
- ◆ In step 1, lie on your back, with your hands by the side.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly.
- ◆ Repeat this process with the other leg. Relax.

BENEFITS

Relieves and expels accumulation of gas in the abdomen. Corrects constipation, helps in the functioning of the pelvic organs, the body feels light and digestion improves.

PRECAUTIONS

Avoid if bleeding piles, low EF, hernia or any recent surgery of the abdomen.



UTTANPADASANA (Raised Legs Pose)

INTENSITY 1

- ◆ Breathing remains normal.
- ◆ In step 1, lie on your back, with your hands by the side.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly. Relax.

BENEFITS

Strengthens the abdominal muscles, digestive system, lower back, pelvic muscles and massages the organs. Helps in diabetes, constipation, indigestion, nervous weakness and helps get rid of excess fat in the abdominal region.

PRECAUTIONS

Avoid if lumbar spondylitis or muscle pull.



ARDH HALASANA (Half Plough Pose) INTENSITY 1

- ◆ Breathing remains normal.
- ◆ In step 1, lie on your back, with your hands by the side.
- ◆ Hold step 2 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1, while exhaling.
- ◆ Repeat this process with the left leg. Relax.

BENEFITS

Strengthens the abdominal muscles, digestive system, lower back and massages the organs.

PRECAUTIONS

Avoid if high blood pressure or serious back conditions such as slip disc and sciatica.



1



2

PAD CHAKRASANA (Leg Rotation) INTENSITY 1

- ◆ Lie straight on your back.
- ◆ Inhale while moving the right leg upward and exhale while lowering the leg.
- ◆ First rotate your leg 5 to 10 times clockwise and then anticlockwise.
- ◆ Repeat this process with the left leg. Relax.

BENEFITS

Good for hip joints and tackling obesity. Tones the abdominal and spinal muscles.

PRECAUTIONS

Avoid if high blood pressure, serious back conditions such as slip disc and sciatica or a recent surgery of the abdomen.



1

PAD SANCHALANASANA (Cycling) INTENSITY 1

- ◆ Lie straight on your back.
- ◆ Breathing remains normal.
- ◆ First, start cycling with the right leg 5 to 10 times in the forward direction and then 5-10 times in the reverse direction.
- ◆ Repeat this process with the left leg. Relax.

BENEFITS

Strengthens the abdominal and lower back muscles. Good for hip and knee joints. It massages abdominal organs. Helpful in reducing excess weight on the abdomen.

PRECAUTIONS

Avoid if high blood pressure, serious back conditions such as slip disc and sciatica or any recent surgery of abdomen.



1

YASTIKASANA (Stick Yoga Pose) INTENSITY 1

- ◆ Breathing remains normal.
- ◆ In step 1, lie on your back, with your hands by the side.
- ◆ Hold step 2 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1. Relax.

BENEFITS

The entire body is stretched, which improves blood circulation and gives good relaxation.

PRECAUTIONS

Avoid if forbidden for supine position by doctors.



1



2

SHAVASANA (Corpse Pose) INTENSITY 1

- ◆ Breathing remains slow and deep.
- ◆ In step 1, lie on your back, with your hands by the side.
- ◆ Hold step 2 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1. Relax.

BENEFITS

Relieves physical and mental fatigue, relaxes the whole body and is extremely beneficial for high blood pressure, cardiac patients, neurosis and fear complexes.

PRECAUTIONS

Avoid if advised against supine position by doctors or low blood pressure.



1



2

SUPTA UDARAKARSHANASANA

(Sleeping Abdominal Stretch Pose) INTENSITY 2

- ◆ Breathing remains slow and deep.
- ◆ In step 1, lie on your back, with your hands by the side.
- ◆ Hold step 3 for 5 to 10 seconds or as per your comfort level.
- ◆ Slowly go to step 4 and hold for 5 to 10 seconds.
- ◆ Return to step 1. Relax.

BENEFITS

Stretches the abdominal muscles and organs, improves digestion and eliminates constipation. The twisting of the spinal muscles relieves the strain and stiffness caused by prolonged sitting.

PRECAUTIONS

Avoid if slip disc, sciatica, arthritis or pain in lower back or legs.



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4

MERU AKARSHANASANA (Spinal Bending Pose)

INTENSITY 2

- ◆ Breathing remains normal.
- ◆ In step 1, lie down with one leg on top of the other leg and hands outstretched.
- ◆ Hold step 2 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly.
- ◆ Repeat this process on the other side. Relax.

BENEFITS

Reduces excess weight on the hips and thighs, makes the hip joints flexible and relaxes the hamstring, inner thigh and abdominal muscles. It stretches the muscles of the sides of the body, rendering them stronger and more flexible.

PRECAUTIONS

Avoid if sciatica, slip disc, cervical spondylitis, any pain or injury in the legs, spine or in the abdomen.



1



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SARAL MATSYASANA (Simple Fish Pose) INTENSITY 2

- ◆ Breathing remains slow and deep.
- ◆ In step 1, lie on your back, with your hands by the side.
- ◆ Hold step 2 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1. Relax.

BENEFITS

Very effective for ailments of the throat like tonsillitis, spine becomes flexible, improves blood circulation and hormonal balance. Good for asthma and bronchitis as it encourages deep respiration. It regulates the function of the thyroid gland and stimulates the thymus gland thereby, boosting the immune system. Youthfulness and vitality are increased.

PRECAUTIONS

Avoid if heart disease, peptic ulcer, hernia, back conditions, any serious illness, piles or pregnant.



1



2



PAWAN MUKTASANA (Gas Release Pose)

INTENSITY 2

- ◆ Breathing remains normal.
- ◆ In step 1, lie on your back, with your hands by the side.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly. Relax.

BENEFITS

Speedily relieves and expels accumulation of gas in the abdomen. The body feels light, improves digestion removes constipation, helps to correct neuromuscular disorders and improves functioning of the pelvic organs.

PRECAUTIONS

Avoid if low EF, hernia, bleeding piles, recent surgery of abdomen or cervical spondylitis.



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SETU ASANA (Bridge Pose) **INTENSITY 2**

- ◆ Inhale deeply in the starting position, slow & deep in the final position and exhale while lowering the body.
- ◆ In step 1, sit with your legs stretched forward and place the palms on the floor on the either side of the body.
- ◆ Hold step 2 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly. Relax.



1

BENEFITS

Strengthens the shoulders, thighs and wrists. It also tones the lumbar region of the spine.

PRECAUTIONS

Avoid if high blood pressure, heart disease, cervical spondylitis, hernia, stomach ulcers, weak wrists, frozen shoulder or any injury or surgery of shoulders or hands.



2

HASTA PAD ANGUSHTHASANA

(Finger to Toe Stretch) **INTENSITY 3**

- ◆ Breathing remains normal.
- ◆ In step 1, lie down with the left leg on top of the right leg and hands outstretched.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Slowly return to step 1.
- ◆ Repeat this process on the other side. Relax.



1

BENEFITS

Makes the hip joints flexible and relaxes the hamstring, inner thigh and abdominal muscles. It stretches the muscles of the sides of the body, rendering them stronger and more flexible. It reduces excess weight on the hips & thighs and helps to develop a sense of balance & coordination.

PRECAUTIONS

Avoid if sciatica, slip disc, any pain or injury in legs, spine or abdomen.



2



3

VIPAREETA KARNI ASANA (Inverted Pose)

INTENSITY 3

- ◆ Breathing remains normal.
- ◆ In step 1, lie on your back, with your hands by the side.
- ◆ Hold step 4 for 20 seconds to 30 seconds or as per your comfort level.
- ◆ Return to step 1. Relax.

BENEFITS

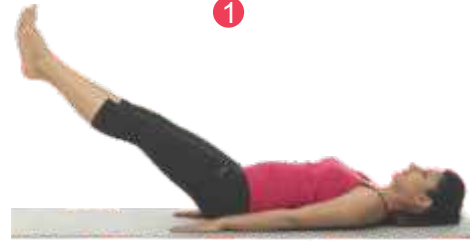
Maintains the health of the thyroid gland and is useful in hernia and semen & testicle problems. For females, it helps to remove ovary disorder. It helps in effective blood circulation in the head, is very good in controlling the ageing process, gives mental benefits and aids in digestion.

PRECAUTIONS

Avoid if hypertension, cervical spondylitis, operative stage of hernia, spinal injuries, obesity, cardiac problem or myopia.



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4

SARVAGASANA (Shoulder Stand Pose) INTENSITY 3

- ◆ Breathing remains normal.
- ◆ In step 1, lie on your back, with your hands by the side.
- ◆ Hold step 4 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly. Relax.

BENEFITS

Beneficial in cases of constipation, hernia, headaches, giddiness and functional disorders of the eyes, ear, nose and throat.

It also tranquilizes the mind, relieves mental and emotional stress and helps clear psychological disturbance thereby, boosting the immune system. Helps in the functioning of the thyroid glands.

PRECAUTIONS

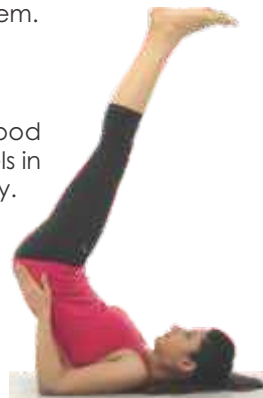
Avoid if cervical spondylitis, slip disc, high blood pressure, other heart ailments or weak blood vessels in the eyes. Avoid during menstruation and pregnancy.



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4

HALASANA (Plough Pose) INTENSITY 3

- ◆ Breathing remains normal.
- ◆ In step 1, lie on your back, with your hands by the side.
- ◆ Hold step 4 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1. Relax.

BENEFITS

Helps in relieving constipation and other problems related to the stomach. Blood circulation is improved in the body, is beneficial for diabetes, promotes the production of insulin, regulates the activities of the thyroid gland, which balances the body metabolic rate and improves the immune system.

PRECAUTIONS

Avoid if hernia, sciatica, slip disc, high blood pressure, prolapse of the uterus, serious back problem or arthritis of the neck.



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CHAKRASANA (Wheel Pose) INTENSITY 3

- ◆ Breathing remains normal.
- ◆ In step 1, lie on your back, with your hands by the side.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1, by slowly resting the head on the floor and then lowering the rest of the body. Relax.

BENEFITS

Strengthens the abdominal, arm and leg muscles. Beneficial for the digestive system and the spine becomes flexible. It influences the hormonal secretions.

PRECAUTIONS

Avoid if high blood pressure, spondylitis, heart disease, spinal problems or backward bending problems.



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NAUKASANA (Boat Pose) INTENSITY 3

- ◆ Breathing remains normal.
- ◆ In step 1, lie on your back, with your hands on the thighs.
- ◆ Hold step 2 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Bring down your legs and place them on the ground. Relax.

BENEFITS

Very useful in diabetes, excellent for abdominal muscles, keeps the spine strong, helps in digestion and relieving constipation. Stimulates the muscular, digestive, circulatory and nervous systems, tones all the organs and removes lethargy. Especially useful for releasing nervous tension and bringing about deep relaxation.

PRECAUTIONS

Avoid if suffering from hypertension, heart disease, cervical spondylitis, lumbar spondylitis or any stomach problems.



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2

SAVA UDARAKARASHAN ASANA

(Universal Spinal Twist) INTENSITY 3

- ◆ Breathing remains slow and deep.
- ◆ In step 1, lie on your back, with your hands by the side.
- ◆ Hold step 5 for 20 to 30 seconds or as per your comfort level.
- ◆ Return to step 1.
- ◆ Repeat this process on the other side. Relax.

BENEFITS

Tightness and tiredness are relieved, especially in the lower back. The pelvic and abdominal organs are toned by the massaging action.

PRECAUTIONS

Avoid if slip disc, sciatica, arthritis or knee pain.



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KANDHARASANA (Shoulder Pose) INTENSITY 3

- ◆ Inhale deeply in the starting position, slow and deep in the final position and exhale while lowering the body.
- ◆ In step 1, lie on your back, with your hands by the side.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly. Relax.

BENEFITS

Massages and stretches the colon and abdominal organs and improves the digestion. It tones the female reproductive organs and helps relieve the symptoms of menopause and menstrual pain. It strengthens the back muscles. This gives a good stretch to the chest, neck & spine and calms the brain, reducing anxiety, stress and depression. Helps in asthma, high blood pressure, sinusitis and opens up the lungs & reduces thyroid problems.

PRECAUTIONS

Avoid if suffering from neck and back injuries, peptic or duodenal ulcers or abdominal hernia.



MAKARASANA (Crocodile Pose) INTENSITY 1

- ◆ Breathing remains slow and deep.
- ◆ In step 1, lie down in the prone position.
- ◆ Hold step 2 as per your comfort level.
- ◆ Close your eyes slowly and remain motionless for 30 seconds to 1 minute. Relax.

BENEFITS

Beneficial in asthma, abdominal muscles get automatic massage, provides energy to overtired parts of the body and relaxes the mind & body completely.

PRECAUTIONS

Avoid if heart problems, obesity, gas, low blood pressure or vertigo.



SARPASANA (Snake Pose) INTENSITY 2

- ◆ Inhale slowly in the starting position and exhale while lowering.
- ◆ In step 1, lie down in the prone position.
- ◆ Hold step 2 for 10 to 20 seconds or as per your comfort level.
- ◆ Slowly return to step 1. Relax.

BENEFITS

Strengthens the back muscles, corrects the posture, stimulates the appetite, reduces constipation and is beneficial for the abdominal organs.

PRECAUTIONS

Avoid if high blood pressure, heart condition, peptic ulcer, hernia, intestinal tuberculosis, frozen shoulder or hyperthyroidism.



ADHOMUKHSAVASANA

(Downward Facing Dog Pose) **INTENSITY 2**

- ◆ Breathing remains normal.
- ◆ In step 1, lie down in the prone position.
- ◆ Hold step 4 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return back to step 1 slowly. Relax.

BENEFITS

Strengthens the back muscles, helps increase height by stretching muscles and ligaments and circulation is stimulated, especially in the upper spine between the shoulder blade.

PRECAUTIONS

Avoid if hernia, sciatica, slip disc, arthritis or pain in ankles or legs.



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BHUJANGASANA (Cobra Pose)

INTENSITY 2

- ◆ Breathing remains normal.
- ◆ In step 1, lie down in the prone position.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly. Relax.

BENEFITS

Improves and deepens breathing. Helps to remove backache and keeps the spine flexible and healthy. It tones the ovaries & uterus and helps in menstrual and other gynaecological disorders. It stimulates the appetite, reduces constipation and is beneficial for all the abdominal organs, especially the liver and kidneys.

PRECAUTIONS

Avoid if hernia, peptic ulcer, intestinal tuberculosis, hypertension, severe cardiac problems or abdominal injuries.



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ARDH SALBHASANA (Half Locust Pose) INTENSITY 2

- ◆ Breathing remains normal.
- ◆ In step 1, lie down in the prone position.
- ◆ Hold step 2 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1 slowly.
- ◆ Repeat this process with the left leg. Relax.

BENEFITS

Excellent for the back and pelvic organs and can release tension in the pelvic area.

PRECAUTIONS

Avoid if weak heart, high blood pressure, peptic ulcer or hernia.



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SALBHASANA (Locust Pose) INTENSITY 3

- ◆ Breathing remains normal.
- ◆ In step 1, lie down in the prone position.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1. Relax.

BENEFITS

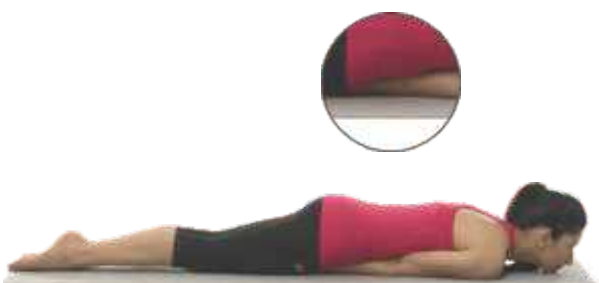
Strengthens the muscles of lower abdomen, improves digestion, removes constipation and gives strength to the lungs. Good for lower back and for removing the flabbiness of the thighs.

PRECAUTIONS

Avoid if high blood pressure, asthma, cardiac and abdominal problems, hernia or severe myopia.



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DHANURASANA (Bow Pose) INTENSITY 3

- ◆ Breathing remains normal.
- ◆ In step 1, lie down in the prone position.
- ◆ Hold step 3 for 30 seconds to 1 minute or as per your comfort level.
- ◆ Return to step 1. Relax.

BENEFITS

It reduces constipation, stimulates gastric secretions and restores the displaced navel to its normal position. The liver and pancreas work in a sound manner and is helpful in treating back pain.

PRECAUTIONS

Avoid if lumbar spondylitis, abdominal injuries, pregnancy, cardiac problems, piles or hernia.



ANULOM VILOM PRANAYAMA (Alternate Nostril Breathing)

INTENSITY 1

- ◆ Sit in a comfortable meditative posture.
- ◆ Keep your eyes closed.
- ◆ Close your right nostril with your right thumb, inhale slowly through your left nostril and hold your breath.
- ◆ Close left nostril with your right hand middle finger and exhale slowly through the right nostril.
- ◆ Inhale slowly and deeply through the right nostril.
- ◆ Close the right nostril with your thumb and exhale slowly through left nostril.
- ◆ Practice 5 rounds or practice for 3 to 5 minutes, making sure that no sound is produced as the air passes through the nostrils.

BENEFITS

Calms and quietens the mind, increases concentration & lung capacity and strengthens the immune system. Manages hypertension, provides sufficient oxygen for the functioning of every cell in the body and removes waste products, such as carbon dioxide and other toxic gases from the body.

PRECAUTIONS

Avoid if suffering from cold, flu, fever or any chronic disease.



JNANA MUDRA (Gesture of Knowledge) INTENSITY 1

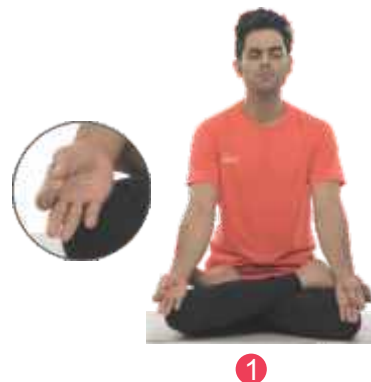
- ◆ Sit in a comfortable meditative posture.
- ◆ Join the index finger with the thumb of both the hands and straighten the other three fingers of each hand, so that they are relaxed and slightly apart.
- ◆ Place your hands on the knees with palms facing up.
- ◆ Relax the hands and arms.
- ◆ Practice for 3 to 5 minutes or as per your comfort level.

BENEFITS

Improves concentration and gives calmness to the mind.

PRECAUTIONS

Avoid if low blood pressure or mental disorders like depression, etc.



SHEETALI PRANAYAMA (Cooling Breath) INTENSITY 1

- ◆ Sit in a comfortable meditative posture.
- ◆ Place your hands on the knees, close your eyes and relax.
- ◆ Extend the tongue outside the mouth as far as possible without straining.
- ◆ Roll the sides of the tongue up, so that it forms a tube.
- ◆ Inhale through the rolled tongue.
- ◆ Draw the tongue in, close the mouth and exhale through the nose.
- ◆ Repeat 10 rounds or as per your comfort level.

BENEFITS

It cools the body and affects important brain centres associated with biological drives and temperature regulation. It reduces mental and emotional excitation and encourages the free flow of prana (vital energy) throughout the body. It induces muscular relaxation and mental tranquillity. It generates a feeling of satisfaction.

PRECAUTIONS

Avoid if low blood pressure, chronic constipation or respiratory disorders such as asthma, bronchitis or excessive mucus. Do not practice in winter, in a cool climate or in a polluted atmosphere.

BHRAMARI PRANAYAMA (Bee Breath) INTENSITY 1

- ◆ Sit in a comfortable meditative posture.
- ◆ In step 1, close your eyes and place your hands on the forehead.
- ◆ Close your ears with your thumbs.
- ◆ Inhale slowly and fully through the nose.
- ◆ Exhale slowly and in a controlled manner while making a deep, steady humming sound.
- ◆ Repeat 3 - 5 rounds or as per your comfort level.

BENEFITS

Relieves stress and cerebral tension and helps in reducing anger, anxiety, insomnia and increases the healing capacity of the body. It strengthens and improves the voice. It creates a soothing effect on the mind and nervous system. Blood circulation improves in the brain and clears the ears, eyes, nose and throat. It helps in hypertension and psychosomatic disorders. Good for peace of mind, concentration, memory and balanced attitude.

PRECAUTIONS

Avoid if suffering from severe ear infections.

BREATH AWARENESS INTENSITY 1

- ◆ Sit in a comfortable meditative posture.
- ◆ Observe the natural and spontaneous breathing process and develop awareness of the rhythmic flow of the breath.
- ◆ Repeat this process for a few minutes or as per your comfort level.

BENEFITS

Calms and quietens the mind, increases concentration and brings balance in your health.

PRECAUTIONS

None



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HRIDAYA MUDRA (Heart Gesture) INTENSITY 1

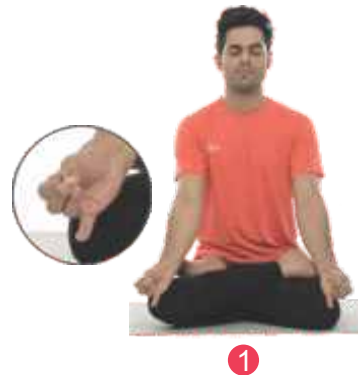
- ◆ Sit in a comfortable meditative posture.
- ◆ Place the tip of the index finger at the root of the thumb and join the tip of the middle and ring finger to the tip of the thumb.
- ◆ Place your hands on the knee, with the palms facing upward.
- ◆ Close your eyes and relax the whole body for 1 to 2 minutes or as per your comfort level.

BENEFITS

It diverts the flow of the prana from the hands to the heart area and improves the vitality of the heart. It helps to release pent up emotion and unburden the heart. It may be practiced during emotional conflict and crisis.

PRECAUTIONS

Avoid if low blood pressure or mental disorders like depression, etc.



MEDITATION INTENSITY 1

- ◆ Sit in a comfortable meditative posture.
- ◆ If you are taking a sitting position, keep your spine erect and eyes closed.
- ◆ Focus on your breathing - inhale and exhale slowly.
- ◆ Meditate for 2 to 5 minutes or as per your comfort level.

BENEFITS

It brings peace of mind, deeper concentration, better relaxation and controls hypertension.

PRECAUTIONS

Avoid if low blood pressure or mental disorders.

Note: Those who do not find meditation comfortable in a sitting position, can do so while lying down.



OMKAR (OM Chanting) INTENSITY 1

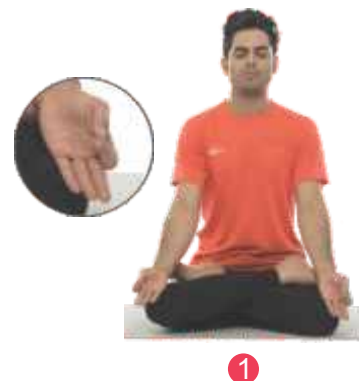
- ◆ Sit erect in any comfortable position and inhale fully to your own capacity, but slowly and gently, with minimum effort.
- ◆ Now slowly start exhaling while, reciting the word A-U-M.
- ◆ The sound of A+U is pronounced as "O".
- ◆ Sit with your eyes closed, spine straight and concentrate on the sound.
- ◆ Repeat atleast 3 to 10 times or as per your comfort level.

BENEFITS

Inhalation gives energy to perform various activities, whereas exhalation gives relaxation. OM is a prolonged exhalation; hence, it gives a relaxing effect. The vibrations produced by the letter 'A' quietens the emotional chaos. The vibrations produced by the letter 'M' in OM rise and hit the pituitary gland. As a result of this stimulus, the secretion of certain hormones is enhanced, bringing a positive effect on the body, mind and emotions.

PRECAUTIONS

Avoid if any pain, infection in throat or chronic disease.



KAPALBHATI (Frontal Brain Cleansing Breath) **INTENSITY 2**

- ◆ Sit in a comfortable meditative posture.
- ◆ Close your eyes and relax the whole body.
- ◆ Complete 5 to 10 rapid exhalations in succession and exhale through both the nostrils.
- ◆ Now inhale and exhale deeply, as this completes 1 round.
- ◆ Practice up to 5 rounds or as per your comfort level. Relax.

BENEFITS

Has a cleansing effect on the lungs and is good for improving respiratory disorders. It balances and strengthens the nervous system, tones the digestive system and energizes the mind for mental work.

PRECAUTIONS

Avoid if heart disease, high blood pressure, vertigo, epilepsy, stroke, hernia, gastric ulcer or serious stomach problems.

Note: Should be performed on an empty stomach, 3 to 4 hours after meals. If practised late at night, it can prevent sleep.



SHAMBHAVI MUDRA (Eyebrow Centre Gazing) **INTENSITY 2**

- ◆ Breathing remains normal.
- ◆ Sit in a comfortable meditative posture.
- ◆ Focus your eyes at the centre of the eyebrows.
- ◆ Hold the gaze for a few seconds.
- ◆ Close your eyes. Relax.
- ◆ Repeat 2 to 3 times or as per your comfort level.

BENEFITS

It strengthens the eye muscles, calms the mind, removes emotional stress and anger. It develops concentration and mental stability.

PRECAUTIONS

Avoid if glaucoma, cataract surgery, lens implant or other eye operations.



VISUALISATION **INTENSITY 2**

- ◆ Concentrate on your heart.
- ◆ Allow your heart beat to slow down.
- ◆ Visualize your heart and imagine a white light flowing through all your arteries, clearing all the blocks and regularizing the blood flow.
- ◆ Imagine your heart is pumping a healthy amount of blood with each beat.
- ◆ The arteries in your heart are dilating and allowing more blood to flow.
- ◆ New blood vessels are growing and supplying oxygen to the heart.
- ◆ It can be done at any time of the day.

BENEFITS

It strongly establishes your internal healthy belief patterns, strengthens concentration and dissolves unhealthy doubts about self and others. Visual affirmation helps tremendously in your mainstream treatment.

PRECAUTIONS

None



BHASTRIKA PRANAYAMA (The Bellows Breath) INTENSITY 2

- ♦ Sit in a comfortable meditative posture.
- ♦ Close your eyes and relax the whole body.
- ♦ Breathe in and breathe out forcefully through the nose, upto 10 breaths.
- ♦ Immediately afterwards, breathe slowly 5 to 10 times and then repeat the forceful inhalation and exhalation.
- ♦ Practice up to 2 to 5 rounds or as per your comfort level and gradually increase your speed.

BENEFITS

It burns up toxins, increases exchange of oxygen and carbon dioxide in and out of the blood stream, stimulates the metabolic rate, produces heat and flushes out wastes and toxins. Also massages and stimulates the visceral organs and tones the digestive system. It balances and strengthens the nervous system, induces peace, tranquillity and one pointedness of the mind.

PRECAUTIONS

Avoid if high blood pressure, heart disease, hernia, gastric ulcers, stroke epilepsy, retinal problems, glaucoma, vertigo or any chronic disease.



1

UJJAYI PRANAYAMA (Ocean Breath) INTENSITY 2

- ♦ Sit in a comfortable meditative posture.
- ♦ Place your hands on the knees, palms facing upwards and index finger touching the thumb.
- ♦ Contract your throat and inhale slowly through the nose, making a slight snoring sound.
- ♦ Exhale through the nose slowly.
- ♦ Repeat 5 to 10 times or as per your comfort level.

BENEFITS

Removes the heat from the head and all sorts of pulmonary diseases are managed effectively. It soothes the nervous system, calms the mind, helps to relieve insomnia, slows down the heart rate, is useful for controlling high blood pressure and increases concentration and lung capacity.

PRECAUTIONS

Avoid if cold, flu, fever or any chronic disease.



1

ANJALI MUDRA (Anjali Gesture) INTENSITY 2

- ♦ Sit in a comfortable meditative posture.
- ♦ Place the right hand on top of the left, so that palms of the both hands are facing upward and let them rest in the lap.
- ♦ Close your eyes, relax the whole body and practice for 3 to 5 minutes or as per your comfort level.

BENEFITS

Relaxes the mind, improves concentration and gives calmness.

PRECAUTIONS

Avoid if low blood pressure or mental disorders like depression, etc.



1

BREATHING EXERCISES BEFORE OR AFTER SLEEP

ANULOM VILOM PRANAYAMA

- ◆ Calms and quietens the mind, increases concentration and lung capacity and strengthens the immune system.
- ◆ Manages hypertension, provides sufficient oxygen for the functioning of every cell in the body and removes waste products, such as carbon dioxide and other toxic gases from the body.

Note: Full asana on page no. 48



OMKAR

- ◆ Inhalation gives energy to perform various activities, whereas exhalation gives relaxation.
- ◆ OM is a prolonged exhalation, hence, it gives a relaxing effect.
- ◆ The vibrations produced by the letter 'A' quietens the emotional chaos.
- ◆ The vibrations produced by the letter 'M' in OM rise and hit the pituitary gland.
- ◆ As a result of this stimulus, the secretion of certain hormones is enhanced, bringing a positive effect on the body, mind and emotions.

Note: Full asana on page no. 50



BHRAMARI PRANAYAMA

- ◆ Relieves stress and cerebral tension and helps in reducing anger, anxiety, insomnia and increases the healing capacity of the body.
- ◆ It strengthens and improves the voice.
- ◆ It creates a soothing effect on the mind and nervous system.
- ◆ Blood circulation improves in the brain and clears the ears, eyes, nose and throat.
- ◆ It helps in hypertension and psychosomatic disorders.
- ◆ Good for peace of mind, concentration, memory and balanced attitude.

Note: Full asana on page no. 49



MEDITATION

- ◆ It brings peace of mind, deeper concentration, better relaxation and controls hypertension.

Note: Full asana on page no. 50



Avoid if suffering from any medical condition. Take an expert's opinion before starting these exercises.

STRESS BUSTER EXERCISES FOR RELAXATION

HANDS IN AND OUT BREATHING

- ◆ Lung capacity improves, breathing rate becomes normal and the mind becomes calmer.

Note: Full asana on page no. 12



LOCKED HAND RAISING BREATHING

- ◆ Rectifies round shoulders and removes stiffness from the shoulders and upper back.
- ◆ Improves blood circulation of the whole body, especially the brain.

Note: Full asana on page no. 14



PADHASTASANA (Hand Under Foot Pose)

- ◆ Massages and tones the digestive organs, reduces flatulence, constipation and indigestion.
- ◆ Spinal nerves are stimulated and toned.
- ◆ Inverting the trunk increases vitality, improves metabolism, concentration and helps with nasal and throat disease.

Note: Full asana on page no. 22



Avoid if suffering from any medical condition. Take an expert's opinion before starting these exercises.

JANUSIRASANA (Head to Knee Pose)

- ◆ Stretches the hamstring muscles, increases flexibility of the hip joints, tones and massages the entire abdominal and pelvic region.
- ◆ It helps remove excess weight and stimulates circulation to the nerves and the muscles of the spine.

Note: Full asana on page no. 32



SHASHANKASANA (Hare Pose)

- ◆ Stretches and strengthens the back muscles.
- ◆ Massages and improves the efficiency of the intestines and digestive organs.
- ◆ Regulates the function of adrenal glands, tones the pelvic muscles and the sciatic nerves and is beneficial for both the male and female reproductive organs.
- ◆ Regular practice relieves constipation.

Note: Full asana on page no. 28



SHAVASANA (Corpse Pose)

- ◆ Relieves physical and mental fatigue, relaxes the whole body and is extremely beneficial for high blood pressure, cardiac patients, neurosis and fear complexes.

Note: Full asana on page no. 39



Avoid if suffering from any medical condition. Take an expert's opinion before starting these exercises.

LEFT NOSTRIL BREATHING

Sit in a comfortable meditative posture. Keep your spine and neck erect and your eyes closed. Close your right nostril with fingers and inhale slowly and deeply through the left nostril. Exhale slowly through the left nostril. This completes one round. Repeat 15 to 20 rounds or as per your comfort level.

BENEFITS

Calms and quietens the mind. Useful in reducing tension, stress and other mental problems.



YOGIC BREATHING

Sit in a comfortable meditative posture. Keep your spine and neck erect and your eyes closed. Relax the whole body. Inhale slowly and deeply, allowing the abdomen to expand fully. Now exhale slowly. This completes one round. Repeat 15 to 20 rounds or as per your comfort level.

BENEFITS

Calms and quietens the mind. Helps in acquiring more power & vitality.



ALTERNATE NOSTRIL BREATHING

Sit in a comfortable meditative posture. Keep your eyes closed. Close your right nostril with your right thumb, inhale slowly through your left nostril and hold your breath. Close left nostril with your right hand middle finger and exhale slowly through the right nostril. Inhale slowly and deeply through the right nostril. Close the right nostril with your thumb and exhale slowly through left nostril. Practice 5 rounds or practice for 3 to 5 minutes, making sure that no sound is produced as the air passes through the nostrils.

BENEFITS

Calms and quietens the mind, increases concentration lung capacity and strengthens the immune system. Manages hypertension, provides sufficient oxygen for the functioning of every cell in the body and removes waste products, such as carbon dioxide and other toxic gases from the body.



These asanas that can be performed in office, while sitting on a chair. Avoid if suffering from cold, flu, fever or any chronic disease.

HRIDAYA MUDRA

Sit in a comfortable meditative posture. Place the tip of the index finger at the root of the thumb and join the tip of the middle and ring finger to the tip of the thumb. Place your hands on the knee, with the palms facing upward. Close your eyes and relax the whole body for 1 to 2 minutes or as per your comfort level.

BENEFITS

It diverts the flow of the prana from the hands to the heart area and improves the vitality of the heart. It helps to release pent up emotion and unburden the heart. It may be practiced during emotional conflict and crisis.



BREATH AWARENESS

Sit in a comfortable meditative posture. Observe the natural and spontaneous breathing process and develop awareness of the rhythmic flow of the breath. Repeat this process for a few minutes or as per your comfort level.

BENEFITS

Calms and quietens the mind, increases concentration and brings balance in your health.



KNEE STRETCH

Breathing remains normal. Sit with legs straight. Bend the right knee and bring the thigh near the chest. Then straighten the right leg slowly. Practise 5 to 10 rounds with right leg and then, do the same with the left leg. Relax.

BENEFITS

Strengthens the quadriceps and the ligaments around the knee joints. Rejuvenates the joint by activating the healing energies.



SHOULDER ROLL

Breathing remains normal. Sit in any comfortable sitting posture, with your spine erect and eyes open, with fingers touching the shoulders. Rotate your shoulders 10 times clockwise and then anticlockwise. Now bring down your hands and straighten your legs. Relax.

BENEFITS

Relaxes shoulder joints, prevents frozen shoulder, exercises the arms and chest.



Avoid if suffering from cold, flu, fever or any chronic disease.

NECK STRETCH

Breathing remains normal. Keep your feet together and stand erect. Relax your neck, turn your head towards the right shoulder and then, the left shoulder. Repeat this process 10 times or as per your comfort level.

Now move your head backwards and then forward. When it goes back, it should touch the back of your neck. When it is forward, your chin should touch the front of your neck. Repeat this process 10 times or as per your comfort level. Relax.

BENEFITS

Neck becomes flexible. Blood circulation improves.



ELBOW FLEXIBILITY

Breathing remains normal. Keep your feet together, stand straight and clench your fists with your thumbs tucked in. Then raise your clenched fists forward to the level of the shoulders with a jerk and hold the upper arm stiff. Repeat 10 times or as per your comfort level.

Now keep your palms open and turned in front, with the fingers close together. Bring the palms to the level of the shoulders and then straight down. Repeat this process 10 times or as per your comfort level. Relax.

BENEFITS

The circulation of blood in the arteries is accelerated bringing strength to the entire length of the forearm, beginning from the elbow. Constant practice gives women rounded forearms, while men acquire strength and symmetry.



WRIST ROLL

Breathing remains normal. Stand erect and focus at a fixed point in front. With loosely clenched fists, move your fists up and down with force. Repeat this process 5 to 10 times or as per your comfort level. Now slowly rotate your wrists clockwise and then rotate the wrists anticlockwise. Repeat 5 to 10 times. Bring down your hands. Relax.

BENEFITS

It gives strength to the wrist.



YOGA FOR KIDS

HAPPY BABY POSE

- ◆ It helps to pacify the mind and body, relieving stress and fatigue.
- ◆ It gently stretches the inner groin and spine.
- ◆ The child should rock side to side gently.



SNAKE POSE

- ◆ It strengthens the spine, back of the arms and legs and also stretches the shoulders, chest and belly.
- ◆ To encourage breathing, the child should hiss like a snake.



BUTTERFLY POSE

- ◆ It helps calm the body and mind, helps relieve stress and fatigue.
- ◆ It is great for opening the hips and is a good stretch for the ankles.
- ◆ It helps the child to sleep peacefully at night.



DOG POSE

- ◆ It makes the spinal cord stronger, opens the chest and strengthens the body.
- ◆ It helps decrease the stress levels and may even help relieve symptoms of asthma.



TREE POSE

- ◆ It helps improve balance and strengthens the thighs, calves and ankles.
- ◆ It also stretches the legs and increases concentration.



Fitness in childhood reduces risks later in life.

Avoid if suffering from any medical condition. Take an expert's opinion before starting these exercises.

Disclaimer:

This guide is a suggestive information booklet on yoga for mind and heart wellness. No part of this guide should be considered as a prescriptive note. All involved in this guide shall not be responsible or liable for any consequences whatsoever, arising out of usage of the content in any manner. We advocate consulting a Yoga Instructor before following any suggested guidelines.

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SOMETIMES YOU CANNOT CONTROL
WHAT GOES ON OUTSIDE

BUT YOU CAN ALWAYS CONTROL
WHAT GOES ON INSIDE



- ♥ Improved Heart Health, Stamina & Immunity
- ♥ Body Relaxation & Stress Management
- ♥ Medical Condition Specific Yoga
- ♥ Disease & Injury Prevention



HEART FIT IS LIFE FIT!