

**INDIAN NAVY PHYSICAL TRAINING SCHOOL**



**YOGA FOR**  
**INDIAN NAVAL SHIPS/ UNITS**





## **PREFACE**

Yoga is for all age groups. One need not to be an expert or at the peak of physical fitness to practice the asanas described in this book. The beginners will have a thorough understanding of how to practice asanas in order to obtain the maximum benefit. All postures and exercises of yoga cannot be performed onboard ships, the types of ships, the sea state etc. INPT School has identified those contents and recommends few asanas that can be performed onboard ships. By performing these asanas, personnel with different capabilities can gradually build up strength, confidence and flexibility without the threat of strain or injury. Regular practices build up the body's inner strength and natural resistance. So that the Indian Naval personnel be benefitted and lead an active and healthy life style.

## **YOGA IN INDIAN NAVY**

**Yoga is not simply an exercise in stretching, it is a philosophy of life that teaches the individual how to achieve a calm mind, which in turn helps to channel energy throughout the body. The therapeutic effects can benefit anyone, regardless of age and physical capabilities.**

### **AIM OF YOGA.**

The primary aim of yoga is to restore the mind to simplicity and peace to free it from confusion and distress. By restoring the body, yoga frees mind from negative feelings caused by the fast pace of modern life. The practice of yoga fulfils the energy requirement of body and keeps positivity at work in day to day life, thus providing a good hope of happy living.

### **WHAT IS YOGA.**

Yoga is science, philosophy, technology and technique in the form of mental and physical discipline that can be followed to avoid, prevent, restrict the problems and diseases. Simple techniques like proper breathing, relaxation stretching body parts result in removal of common ailments & help to manage the stress resulting to function at the optimum of abilities. It, not only resist to emotional storms but the best kind of health (mental, physical, spiritual) insurance starting a beneficial cycle with improved functioning of glands leading better metabolism, better vitality, vigour and pleasant appearance. Yoga improves concentration, helps complete integration with self, control of thoughts and thus living a full healthy life.

### **WHY YOGA.**

It is observed in today's world that a major segment of society is unhappy, miserable, worried, and full of stress and anxiety. Modernisation / urbanisation and busy life at sea take us away from nature and people from all walks of life and suffer from diseases. The beginning is with slight aches, depression, high or low BP/Cardiac arrests, paralysis and

diseases alike. The reaction of unforeseen complication in life, viz. delays, errors, misunderstanding, emotions and panic leads to insomnia, nervousness, stomach upset, chest pain etc.

Yoga consists of eight steps also known as Asthanga Yoga, which consists of 08 elements viz. Yama, Niyama, Asana, Pranayam, Pratyahara, Dharna, Dyana, Samadhi. Yoga is living with Dharma (duty with discipline), Dhyan (right of knowledge), Vairagya (objectivity), Aishwarya (achievement & freedom from bondages). Yoga deal with Prana, which is the life force and it, pervades, in every existing thing. The different branches of yoga are known as karma yoga, Raj yoga, Hath yoga, Bhakti yoga etc.

Yoga is practiced in India thousands of years ago, still holds a strong position after many scientific discoveries and completes with most modern scientific knowledge.

## **ADVANTAGES OF ASANAS**

(a) **Stress Relief.** A few minutes of Yoga during a day can be a great way to get rid of stress that accumulates daily in both, the body and mind especially onboard ships. Yoga postures, pranayama and meditation are effective techniques to release stress.

(b) **Inner Peace.** Yoga is one of the best ways to calm a disturbed mind, reduces the anxiety level and helps in experiencing the peace of mind in the exhaustive routine of day to day life at sea.

(c) **Improve Immunity.** Human system is seamlessly a blend of body, mind and spirit. Asanas, massage organs and strengthen muscles. In addition, breathing techniques and meditation improves immunity to keep body free from common diseases.

(d) **Increases Energy.** A few minutes of yoga every day increases the energy level and freshness of an individual even at rough sea. Ten minutes of meditation benefits immensely and provides energy to perform multiple tasks.

(e) **Better Flexibility and Posture.** By practicing Asanas the body muscles are stretched, toned and strengthened which increases the efficiency of an individual at work. It also improves body posture while in standing, sitting, sleeping and walking.

(f) **Better Intuitions.** Asanas and meditation have the power to improve intuitive ability so that an individual effortlessly realise the need at work and yields positive results.

(g) **Complete Detoxification.** By gently stretching muscles, joints and massaging various organs, yoga ensures the optimum blood supply to various parts of the body. This helps in flushing out toxins from every corner of the body and provides nutrients to all parts of the body. This leads to delayed ageing, increase energy and remarkable zest for life.

(h) **Improves Breathing and increase Lung Capacity.**

In Yoga, breathing in and out is done with a certain pace and manner, this repeated controlled breathing helps to supply a large amount of fresh oxygen to all parts of the body, especially to the lungs by which the organs re-energises and functions effectively. Moreover, all the breathing exercises increases lung capacity, prevents the onset of cramps and gives a natural glow to the skin.

(j) **Protection from Injuries.** The multiple fitments onboard ship at times causes minor injuries to the men at work. Asanas helps in strengthening and toning of muscles which finally results in quick recovery.

(k) **Better Sleep/ Rest.** Yoga reduces chronic insomniacs (sleeping disorder) and improves sleep pattern. It also helps to sleep better.

(l) **All Round Fitness.** All round fitness, means not only physically fit but also mentally and emotionally balanced. Yoga through asanas, pranayama and meditation gives a holistic fitness package to improve all round fitness.

The availability of clean and pollution free environment at sea highly benefits an individual by performing yoga in a limited space. It is the best alternate to isometric exercise onboard ship.

<b><u>ASANAS/PANAYAMA</u></b>	<b><u>PERFORMING PLACE (CLASS OF SHIP)</u></b>
Surya Namskar	At any class of Ship
Utthita Trikonasana	Only Large deck Ship
Virabhadrasana 1	Only Large deck Ships
Utthita Parsvakonasana	Only Large deck Ships
Parsvottanasana	Only Large deck Ships
Adhomukha savanasana	Only Large deck Ships
Uttanasana	All Class of Ships
Virbhadrasana 2	All Class of Ships
Prasarita Padottanasana	All Class of Ships
Dandasana	All Class of Ships
Virasana	All Class of Ships
Baddhakonasana	All Class of Ships
Janu Sirsasana	All Class of Ships
Paschimottanasana	All Class of Ships
Purvottanasana	All Class of Ships

<b><u>ASANAS/PANAYAMA</u></b>	<b><u>PERFORMING PLACE (CLASS OF SHIPS)</u></b>
Bharadvajasana	All Class of Ships
Upavista Konasana	All Class of Ships
Ustrasana	All Class of Ships
Sputa Virasana	All Class of Ships
Sarvangasana	Only Large deck Ship
Halasana	All Class of Ships
Ardh Setu Bandasana	All Class of Ships
Matsayasana	All Class of Ships
Bhujangasana	All Class of Ships
Shalabhasana	Only Large deck Ship
Dhanurasana	All Class of Ships
Chakrasana	Only Large deck Ship
Ardhmatasyendrasana	All Class of Ships
Anuloma viloma	All Class of Ships
Kapal bhatti	All Class of Ships
Meditation	All Class of Ships
Shavasana	All Class of Ships

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**SURYA NAMASKAR (SUN SALUTATION)**

Step 1



Step 2



Step 3 (a)



Step 3



Step 4



Step 5



## **SURYA NAMASKAR (SUN SALUTATION)**

**Step 1.** Exhale, bring your hands together at the centre of the chest with the palms flat against each other. Elbows are out towards the sides. Knees straight but relaxed, head is erect, known as the Prayer position, this is a powerful physical, mental and psychic centring of the body.

**Step 2.** Inhale and stretch your arms up over your head, arch your body backward. Knees and elbows are straight. Arms are alongside the ears. Hip arching forward.

**Step 3.** Exhale as you bend forward bringing the hands to the floor next to the feet, if you can't place your hands on the floor with the knees straight, you may bend the knees slightly. Make sure that the fingers and toes are in a straight line and the head is in towards the knees. Palms are as flat on floor as possible.

**Step 4.** Without moving your hands, inhale and stretch the right leg back as far as possible. Drop the right knee to the ground. Stretch the head up. Hands remain on floor next to feet in straight line.

**Note.** Right and left legs will alternate going back on alternate Salutations.

**Step 5.** As you retain the breath, bring the other leg back. Body is in a straight line (often known as the push-up position) from the head to the heels. Do not lift the hips. Do not drop the head.

**SURYA NAMASKAR (SUN SALUTATION)**

Step 6



Step 7



Step 8



Step 9



## **SURYA NAMASKAR (SUN SALUTATION)**

**Step 6.** Exhale, drop the knees straight down to the floor. Keep the hip up. Without rocking the body backward, bring the chest straight down to the floor between the hands. Bring the forehead to the floor. Beginners may place their chin on the ground if they are unable to get their forehead down. Knees, chest and forehead are on ground; hips are up.

**Step 7.** Inhale as you side the body forward until the hips are on the ground. Arch the chest up and bring the head back (Cobra pose). Legs and hips remain on the ground. Do not move the hands as you come into this position. Elbows are slightly bent and there is no tension in shoulders.

**Step 8.** Exhale, tuck the toes under. Without moving the hands or feet, bring the hips up as high as possible. Push the heels towards the floor. Hands are flat on ground. Head is between arms, look at your feet. This is known as the 'Inverted-V' position.

**Step 9.** Inhale, bring the right foot forward between the hands so that the fingers and toes are lined up. Drop the left knee to the floor and stretch the head -up same as position 4.

**Note.** Right and left legs will alternately come forward on alternate Salutations.

**SURYA NAMASKAR (SUN SALUTATION)**

Step 10



Step 11



Step 12



**SURYA NAMASKAR (SUN SALUTATION)**

**Step 10.** Without moving the hands, exhale as you bring the left foot forward next to the right foot. Forehead is in towards the knees - same as position 3. Keep the hips as high as possible. Fingers and toes are in a straight line.

**Step 11.** Inhale, stretching up and arch backwards - same as position 2.

**Step 12:** Exhale as you bring your arms forward, returning to the starting position and down along side your body.

**UTTHITA TRIKONASANA (EXTENDED TRIANGLE POSE)**

Step 1



Step 2



Step 3



Step 4



**UTTHITA TRIKONASANA (EXTENDED TRIANGLE POSE)**  
**(Duration- 20 to 30 Seconds)**

**Step 1.** Stand in Tadasana. Ensure that the inner sides of both feet touch each other. Keep your back straight. Breathe evenly.

**Step 2.** Inhale and apart your feet 1.2 meter approx. Raise your arms sideways up to the shoulder level making sure that they are in line with each other.

**Step 3.** Turn your left foot slightly to the right, maintaining the stretch of your other leg. Turn your right foot 90° to the right.

**Step 4.** Exhale, and bend your torso sideways to the right. Place your right palm flat on the floor, and press your right heel down on the foot. Adjust your pose until your weight rests on your right heel and not on your right palm. Raise your left arm up toward the ceiling, in line with your shoulder and right arm. Turn your head to your left side keeping your neck passive and fix your eyes on your left thumb. Breathe evenly.

**Benefits:-**

- Relives indigestion, Gastric and acidity.
- Improves the flexibility of spine.
- Helps to treat neck sprains.

**Caution:-**

- Personnel having high blood pressure, look down at the floor in the final pose.

**Muscles Involved:-**

- |                       |                     |
|-----------------------|---------------------|
| 1. Rectus Femoris     | 2. Internal Oblique |
| 3. Tibialis Posterior | 4. Gastrocnemius    |
| 5. Vastus Lateralis   | 6. Vastus Medialis  |
| 7. Piriformis         |                     |

**VIRBHADRASANA 1**  
**(WARRIOR POSE 1)**

Step 1



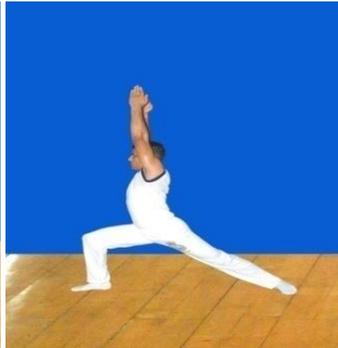
Step 2



Step 3



Step 4



**VIRBHADRASANA 1 (WARRIOR POSE 1)**  
**(Duration- 15 to 20 Seconds)**

**Step 1.** Stand in Tadasana. Ensure that the inner sides of both feet touch each other. Keep your back straight. Inhale and apart your feet 1.2 meter approx. Raise your arms sideways up to the shoulder level making sure that they are in line with each other.

**Step 2.** Turn your wrists until your palms face the ceiling. Raise both arms until they are perpendicular to the floor and parallel to each other. Lift your shoulder blades and push them into your body.

**Step 3.** Exhale and turn your torso and right leg 90° to the right. Then turn your left leg to the right. Rotate your torso from the chest as well as the waist. The more you rotate to the right and stretch your upper arms, the more effective is the pose.

**Step 4.** Exhale, and bend your right knee from the right buttock bone. The calf and thigh should form a right angle. Go down into the pose with resistance and then stretch the length of your body up to the ceiling. Make sure that the weight of your body does not fall on your right knee .breath normally.

**Benefits:-**

- Relives backache and sciatica.
- Tones the abdominal muscles.

**Caution:-**

- Do not attempt in High blood pressure.

**Muscles Involved:-**

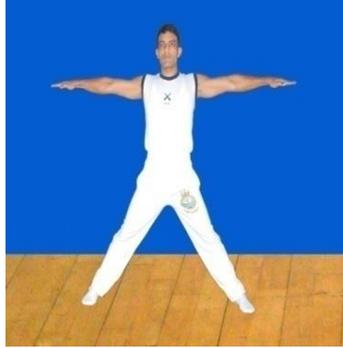
1. Vastus lateralis & medialis
2. Rectus Femoris
3. Gluteus Maximus
4. Rectus abdominus
5. Psoas Major
6. Pectoralis Major & Minor
7. Deltoid

**UTTHITA PARSVAKONASANA**  
**(EXTENDED SIDE STRETCH)**

Step 1



Step 2



Step 3



Step 4



**UTTHITA PARSVAKONASANA**  
**(EXTENDED SIDE STRETCH)**  
**(Duration- 20 to 30 Seconds)**

**Step 1.** Stand in Tadasana. Ensure that the inner sides of both feet touch each other. Keep your back straight.

**Step 2.** Inhale and apart your feet 1.2 meter approx. Raise your arms sideways up to the shoulder level making sure that they are in line with each other.

**Step 3.** Exale, turn your left foot in slightly to the right, maintaining the stretch of your other leg. Turn your right foot 90° to the right and bend your right knee until your thigh and calf form a right angle and your right thigh parallel to the floor. Take one or two breaths.

**Step 4.** Exhale, and place your right palm on the floor beside your right foot. Ensure your right armpit touches the outside of your right knee. Stretch your left arm out over your left ear. Turn left arm out over your left ear. Turn your head and look up.

**Benefits:-**

- Enhance the lungs capacity.
- Tones the muscles of the heart.
- Relives arthritic pain.
- Reduces fat on the waist an hips.

**Cautions:-**

- Personnel having high blood pressure should perform for less period of time.
- Personnel suffering from Cervical Spondylsitis then do not turn neck or look up.

**Muscles Involved:-**

- |                      |                     |
|----------------------|---------------------|
| 1. Vastus Lateralis  | 2. Gluteus Medius   |
| 3. Rectus Femoris    | 4. Vastus Medialis  |
| 5. Serratus anterior | 6. Triceps branchii |

**PARSVOTTANASANA (INTENSE TORSO STRETCH)**

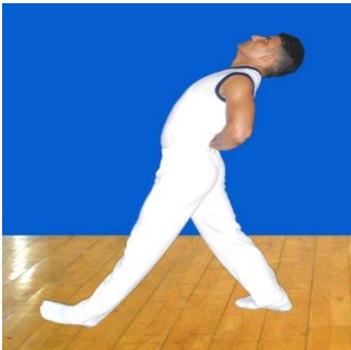
Step 1



Step 2



Step 3



Step 4



**PARSVOTTANASANA (INTENSE TORSO STRETCH)**  
**(Duration- 20 to 30 Seconds)**

**Step 1.** Stand in Tadasana. Join your fingertips together behind your back, with your fingers pointing down, toward your feet. Then rotate your wrists, until your fingers point the ceiling.

**Step 2.** Move your joined palms up to the middle of your back. The little fingers of each hand should touch your back. Then, move your hands up your back until they rest between your shoulder blades. Inhale and apart your feet 1.2 meter approx. Pause for a few seconds and exhale slowly

**Step 3.** Inhale and turn your right foot 90° to the right. Turn your right foot 75°- 80° to the right. At the same time, rotate to the left from the waist and hips. Ensure that your torso faces front and is in line with your left leg. Rest your weight on the heel of your left foot. Tilt your head and chest back and look up at the ceiling, making sure that you do not strain your throat.

**Step 4.** Exhale, extend the spine and bend forward from the top of both your thighs. Do not allow your left knee to bend as you come forward. Take care to bend equally from both sides of the waist. Rest your chin on your left knee. Breathe normally.

**Benefits:-**

- Soothes the nerves, Tones the Liver, Spleen and improve Digestion.
- Relieves the arthritis of neck, shoulders, Elbow and wrists.

**Caution:-**

- Do not bend backward in case of high blood pressure and abdominal Hernia.

**Muscles Involved:-**

1. Biceps Femoris
2. Gastrocnemius
3. Gluetus Medius
4. Deltoids
5. Flexors Muscles
6. Latissimus Dorsi
7. Serratus anterior

**ADHOMUKHA SVANASANA**  
**(DOWNWARD FACING DOG STRETCH)**

Step 1



Step 2



Step 3



Step 4



**ADHOMUKHA SVANASANA**  
**(DOWNWARD FACING DOG STRETCH)**  
**(Duration- 20 to 60 Seconds)**

**Step 1.** Stand in Tadasana. Exhale, and bend from the waist, placing each palm on the floor beside each foot.

**Step 2.** Bend your knees and step back approx 1.2 meter, one leg at a time. Keep your palms about 1 meter apart. Make sure that the distance between your feet is the same as that between your palms.

**Step 3.** Position your right leg in line with your right arm, and your left leg in line with your left arm. Stretch your fingers and toes. Raise your heels, tighten the muscles at the top of your thighs and pull your kneecaps in, then stretch the arches of your feet and bring your heels down to the floor again.

**Step 4.** Pull your inner arms up from the elbows to the shoulders. Move your torso toward your legs. Feel the stretch from your palms to your heels. Now exhale and stretching the base of your neck, lower the crown of your head to the floor.

**Benefits:-**

- Stimulates the nerves.
- Reduces the stiffness in shoulders and arthritis in shoulder joints.
- Relieves pains in the heel and softens Calcaneal spurs.

**Cautions:-**

- Personnel having high blood pressure should practice for less time.
- Personnel, prone to dislocation of shoulders, should not attempt.

**Muscles Involved:-**

- |                     |                     |
|---------------------|---------------------|
| 1. Biceps Femoris   | 2. Gastrocnemius    |
| 3. Gluteus Minimus  | 4. Internal Oblique |
| 5. Latissimus Dorsi |                     |

**UTTANASANA**  
**(INTENSE FORWARD STRETCH)**

Step 1



Step 2



Step 3



Step 4



**UTTANASANA (INTENSE FORWARD STRETCH)**  
**(Duration- 30 to 60 Seconds)**

**Step 1.** Stand in Tadasana with your legs straight and fully stretched. Tighten your kneecaps and then pull them upward,

**Step 2.** Exhale and bend forward from the waist keeping your back bone erect. Keep your legs fully stretched. Make sure that your body weight is placed equally on both feet. Extend your toes.

**Step 3.** Bend your torso further and place your palms on the floor in front of your feet. Move your hands back and place them next to your heels. Rest on your fingers and thumbs, with the palms raised off the floor. Keep your thighs fully stretched. Feel the energy flow along the back of your legs, into the waist and down your spine. Pull your kneecaps into your knees and keep both knees parallel to each other and fully opened out at the back. The pressure on the inner and outer edges of your feet should be equal.

**Step 4.** Keeping your body steady, Exhale and slowly take your forehead to your knee and touch your forehead to your knee. Breathe evenly.

**Benefits:-**

- Relives mental and physical exhaustion.
- Tones the liver, spleen and Kidneys.
- Relives stomach ache.

**Caution:-**

- Personnel suffering from spinal disc disorder should not bend down.

**Muscles Involved:-**

1. Gluteus Minimus
2. Internal Oblique
3. Vastus Lateralis
4. Gastrocnemius

**VIRABHADRASANA 2 (WARRIOR POSE 2)**

Step 1



Step 2



Step 3



**VIRABHADRASANA 2 (WARRIOR POSE 2)**  
**(Duration- 20 to 30 Seconds)**

**Step 1.** Stand in Tadasana. Ensure that the inner sides of both feet touch each other. Keep your back straight.

**Step 2.** Inhale and apart your feet 1.2 meter approx. Raise your arms sideways up to the shoulder level making sure that they are in line with each other.

**Step 3.** Exhale, and turn your left foot slightly to the right, maintaining the stretch of your other leg. Turn your right foot 90° to the right and bend your right knee until your thigh and calf form a right angle and your right thigh parallel to the floor. Turn your head to the right. Hold for 30 Seconds and breathe evenly.

**Benefits:-**

- Helps to treat prolonged slipped disc.
- Reduces fat around hips.
- Relieves lower Backache.

**Caution: -** Nil

**Muscles Involved:-**

1. Adductor (Longus and Magnus)
2. Vastus Intermedius
3. Sartorius
4. Gluteus (Maximus and Minimus)
5. Deltoid

**PRASARITA PADOTTANASANA**  
**(INTENSE LEG STRETCH)**

Step 1



Step 2



Step 3



**PRASARITA PADOTTANASANA**  
**(INTENSE LEG STRETCH)**  
**(Duration - 20 to 60 Seconds)**

**Step 1.** Stand in Tadasana. Place your hands on your hips, with your thumbs in your back and your fingers on the front of the hips. Inhale, and spread your feet 1.2 meter apart. Your feet should be parallel to each other, the toes pointing forward. Press the outer edges of your feet to the floor. Keep your back erect.

**Step 2.** Exhale and lift both kneecaps. Bend forward, extending your spine and bring your torso down toward the floor. Look up as you bend to ensure that your back is concave. Take both hands off your hips and lower them to the floor. Place your palms flat on the floor with your fingers spread out.

**Step 3.** Flex your elbows keeping your palms flat in the floor. Place the crown of your head on the floor between your palms. Push your sternum forward and draw the abdomen in. Move the thighs and groin back to reduce the pressure on your head.

**Benefits:-**

- Soothes the brain and nervous system.
- Energizes the heart and lungs.
- Reduces the blood pressure.
- Relives migraine headache and lower backache.

**Caution: -** Personnel having low BP, come out of the pose gradually to avoid dizziness.

**Muscles Involved:-**

- |                   |                      |
|-------------------|----------------------|
| 1. Semitendinosus | 2. Semimembranosus   |
| 3. Gastrocnemius  | 4. Gluetus Maximus   |
| 5. Deltoid        | 6. Tibialis Anterior |

**DANDASANA (STAFF POSE)**

Step 1



Step 2 (a)



Step 2 (b)



**DANDASANA (STAFF POSE)**  
**(Duration - 20 to 30 Seconds)**

**Step 1.** Sit on the floor with your legs stretched out. Move the flesh of each buttock out to the side with your hands, so that you are resting on the buttock bones. Keep your thighs, knees, ankles and feet together. Place your palms on the floor beside your hips, with your fingers pointing forward. Lift your chest keeping your elbows straighten.

**Step 2.** Tighten your quadriceps and pull them toward your groin. Press your thighs down on the floor, and counter that pressure by lifting your waist. Ensure that your diaphragm is free of tension. Lift your ribcage and keep your spine firm. Guard against digging your lower spine into the floor. Focus on keeping your head, neck and buttock in a straight line. Breathe normally.

**Benefits:-**

- Relives Breathlessness, chocking and throat congestion in asthmatics.
- Strengthen the muscles of Chest.
- Reduces the heartburn and flatulence.
- Lengthen the ligament of the legs.

**Caution: -** Nil

**Muscles Involved:-**

- |                       |                      |
|-----------------------|----------------------|
| 1. Vastus Intermedius | 2. Vastus Medialis   |
| 3. Vastus Lateralis   | 4. Triceps Brachii   |
| 5. Spine Erectors     | 6. Tibialis Anterior |
| 7. Biceps Femoris     | 8. Gastrocnemius     |

**VIRASANA (HERO POSE)**

Step 1



Step 2



Step 3



Step 4



Step 5

**VIRASANA (HERO POSE)**  
**(Duration - 20 to 60 Seconds)**

**Step 1.** Kneel on the floor with your knees together. Spread your feet about 1/2 meters apart, with your feet soles facing the ceiling.

**Step 2.** Lean forward and rest your palms on your shins. Lower your buttocks toward the floor. Make sure that the inner side of each calf touches the outer side of each thigh.

**Step 3.** Rest your buttocks on the floor. Place both palms on your thighs, close to the knees. Rest your weight on your thighs. Raise your waist and the sides of your torso, and press your shins firmly down on the floor.

**Step 4.** Raise your arms to shoulder-level stretch them forward, parallel to the floor. With your palms facing you, firmly interlock your fingers. Do not leave any gaps between the base of your fingers and the knuckles. Rotate your wrists and palms outward so that your palms face away from your torso. Keep your spine steady.

**Step 5.** Raise your arms from the armpits until the palms face the ceiling. Keep your neck erect, your chest expanded and your elbows straight. Make sure that your body does not lean forward. Breathe evenly.

**Note.** Step 1 to Step 3 makes an asana named **Vajrasana** which can be performed to just after food to enhance digestion.

**Benefits:-**

- Alleviates arthritis of the Elbows and fingers.
- Correct Herniated Disc.
- Relieves Calcaneal Spur.

**Caution:-**

- Do not attempt if suffering from ligament injuries of Knee.

**Muscles Involved:-**

- |                     |                            |
|---------------------|----------------------------|
| 1. Vastus Lateralis | 2. Vastus Medialis         |
| 3. Deltoid          | 4. Teres (Major and Minor) |

**BADDHAKONASANA (FIXED ANGLE POSE)**

Step 1



Step 2



Step 3



Step 4



**BADDHAKONASANA (FIXED ANGLE POSE)**  
**(Duration - 30 to 60 Seconds)**

**Step 1.** Sit in Dandasana. Bend your right knee and hold your right ankle and heel with both hands. Draw your right foot toward your groin. Keep your left leg straight and resting on the floor.

**Step 2.** Bend your left knee the same way as your right knee. Pull your left foot toward your groin, until the soles of both feet touch each other. Make sure that both heels touch the groin. Rest the outer edges of both feet on the floor.

**Step 3.** Hold your feet firmly near the toes with both hands. Pull your heels even closer to your groin. Stretch your spine upward. Widen your thighs and push your knees down toward the floor. Look straight ahead. Stay in this position for 30 to 60 Seconds. Breath evenly.

**Step 4.** Take your hands behind your back and place both palms on the floor. Keep your fingers pointing toward your buttock. Push your shoulders back. Stay in this pose for 30-60 Seconds and breath deeply.

**Benefits:-**

- Keeps the kidneys and prostate glands healthy.
- Treat urinary track disorders.
- Reduces sciatic Pain.

**Caution: -** Nil

**Muscles Involved:-**

- |                     |                    |
|---------------------|--------------------|
| 1. Adductor Muscles | 2. Gluteus Minimus |
| 3. Latissimus Dorsi | 4. Triceps Brachii |
| 5. Gracillis        |                    |

**JANU SIRASANA (HEAD ON KNEE POSE)**

Step 1



Step 2



Step 3



Step 4



Step 5

**JANU SIRSASANA (HEAD ON KNEE POSE)**  
**(Duration - 30 to 60 Seconds)**

**Step 1.** Sit in Dandasana. Bend your right knee and move it to the right so that right toes touches the inside of left thigh. Keep left leg straight.

**Step 2.** Lift your arms straight up above your head, with the palms facing each other. Stretch your torso up from the hips.

**Step 3.** Exhale and bend forward from your hips keeping the lower back flat. Stretch your arms toward your left foot and hold the toes.

**Step 4.** Now increase the stretch, Exhale and extend your arms beyond your left foot. Hold your right wrist with your left hand. Hold this pose for 15 Seconds. Breath evenly.

**Step 5.** Exhale and stretch your torso further toward the toes. Bring your forehead to your left knee, or as close to it as possible. Hold this pose for 30-60 Seconds

**Benefits:-**

- Stabilizes the blood pressure.
- Corrects the curvature of spine and round shoulders.
- Removes stiffness in the shoulders, hip, elbow, wrist and finger joints.

**Caution: -** Nil

**Muscles Involved:-**

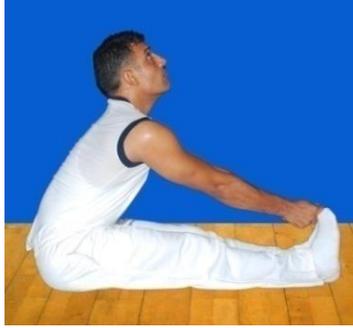
- |                     |                   |
|---------------------|-------------------|
| 1. Gastrocnemius    | 2. Gracilis       |
| 3. Latissimus Dorsi | 4. Biceps Femoris |
| 5. Semitendinosus   | 6. Erector Spinae |

**PASCHIMOTTANASANA**  
**(INTENSE BACK STRETCH)**

Step 1



Step 2



Step 3



Step 4



**PASCHIMOTTANASANA**  
**(INTENSE BACK STRETCH)**  
**(Duration - 20 to 60 Seconds)**

**Step 1.** Sit in Dandasana.

**Step 2.** Exhale and stretch your arms towards your feet. Grip the big toes of legs with left and right hands. Press your thighs and calves down on the floor.

**Step 3.** Holds the soles of your feet with the interlocked fingers of both hands. Breathe normally.

**Step 4.** Exhale and lift your torso. Bend forward from your lower back, keeping your spine concave. Stretch forward from both sides of the waist. Widen and lift your elbows. Do not allow them to rest on the floor.

**Benefits:-**

- Rest the heartbeat.
- Soothes the adrenal Gland.
- Tones the kidney, bladder and pancreas.
- Helps to treat Impotence.
- Stimulates the entire reproductive system.

**Cautions:-**

- Do not practice after an asthmatic attack.
- Personnel suffering from Diarrhea should avoid this pose.

**Muscles Involved:-**

- |                     |                       |
|---------------------|-----------------------|
| 1. Vastus Medialis  | 2. Vastus Intermedius |
| 3. External Oblique | 4. Latissimus Dorsi   |
| 5. Trapezius        | 6. Spine Erectors     |
| 7. Gastrocnemius    | 8. Achilles Tendon    |
| 9. Gluteus Maximus  |                       |

**PURVOTTANASANA**  
**(INCLINED PLANK)**

Step 1



Step 2



**PURVOTTANASANA**  
**(INCLINED PLANK)**  
**(Duration - 20 to 60 Seconds)**

**Step 1.** Sit in Dandasana. Shift your hands little backward of your hip.

**Step 2.** Exhale and push your hip upward so that elbows should straighten and body making a plank position. Push your toes outward and Look up.

**Benefits:-**

- Strengthen the back, hip and leg muscles.
- Improve blood circulation in pelvic organs.
- Alleviates arthritis from shoulders, elbow and wrists.

**Caution: -** Nil

**Muscles Involved:-**

- |    |                 |    |                 |
|----|-----------------|----|-----------------|
| 1. | Triceps Brachii | 2. | Rectus abdomini |
| 3. | Deltoid         | 4. | Biceps femoris  |

**BHARADVAJASANA (LATERAL TWIST OF THE SPINE)**

Step 1



Step 2



Step 3



**BHARADVAJASANA**  
**(LATERAL TWIST OF THE SPINE)**  
**(Duration - 20 to 60 Seconds)**

**Step 1.** Sit in Dandasana. Bend your knees and with your legs together move your shins to the left. Breathe normally.

**Step 2.** Hold your ankles and bring your shins further to the left, until both feet are beside your left hip. The front of your left ankle should rest on the arch of your right foot. Rest your buttock on the floor. Pause for a few breaths.

**Step 3.** Exhale then turn your chest and abdomen to the right so that your left shoulder moves forward to the right and your right shoulder moves back. Place your left palm on your right knee and rest your right palm on the floor.

**Benefits:-**

- Relives pain in neck, shoulder and back.
- Ease painful, stiff, sprains or fused lumbar spine.
- Reduces discomfort in the dorsal spine area.

**Cautions:-**

- Do not attempt in migraine and eye stress.
- Avoid pose if Diarrhea.

**Muscles Involved:-**

1. Internal and External Oblique
2. Latissimus Dorsi
3. Trapezius
4. Sternocleidomastoid
5. Triceps Brachii
6. Gluteus Maximus

**UPAVISTHA KONASANA**  
**(SEATED WIDE ANGLE POSE)**

Step 1



Step 2



Step 3



**UPAVISTA KONASANA**  
**(SEATED WIDE ANGLE POSE)**  
**(Duration - 20 to 120 Seconds)**

**Step 1.** Sit in Dandsana.

**Step 2.** Exhale and spread your legs as far apart as possible. Use your hands one by one to help you to push your legs even further out to the sides.

**Step 3.** Move your hands behind your buttocks and place your both palms on the floor. Press your heels and thighs down on the floor. Kneecaps should be facing upward.

**Benefits:-**

- Treat arthritis of the hips.
- Relives sciatic pain.
- Message the organs of reproductive system.

**Caution:-**

- Asthmatic patient practice for short time.

**Muscles Involved:-**

- |                     |                    |
|---------------------|--------------------|
| 1. Adductor Muscles | 2. Pectineus       |
| 3. Gracilis         | 4. Rectus Abdomini |
| 5. Latissimus Dorsi | 6. Teres Major     |
| 7. Trapezius        | 8. Deltoid         |

**USTRASANA (CAMEL POSE)**

Step 1



Step 2



Step 3



Step 4



**USTRASANA (CAMEL POSE)**  
**(Duration-20 to 30 Seconds)**

**Step 1.** Kneel on the floor with your arms by your sides. Keep your thighs, Knees and feet together. Keep your torso upright and breathe evenly.

**Step 2.** Exhale and place your palms on your buttocks. Push your thighs forward slightly and then pull them up toward your groin. Gradually bend your back, extend your ribcage and broaden your chest. Breathe evenly.

**Step 3.** Push your shoulders back and stretch your arms from your shoulders toward your feet. Inhale, throw your head back, and hold both heels with your hands. Make sure that your thighs are perpendicular to the floor. Breathe evenly.

**Step 4.** Push your feet down on the floor at the same time, press down on your soles with your palms. Your fingers should point your toes. Tighten your buttock and pull in your tailbone. Push your shoulder blade back. Take your head as far back as possible, but not to strain throat.

**Benefits:-**

- Increase the lungs capacity.
- Tones the muscles of the back and spine.
- Removes the stiffness in shoulders, back and ankles.
- Relives abdominal cramps.

**Caution:-**

- Do not attempt in severe constipation, headache, migraine and heart attack.

**Muscles Involved:-**

- |                             |                        |
|-----------------------------|------------------------|
| 1. Vastus Lateralis         | 2. Rectus Femoris      |
| 3. Gluteus Maximus          | 4. Internal Oblique    |
| 5. Rectus abdomini          | 6. Sternocleidomastoid |
| 7. Pectoralis Major & Minor | 8. Deltoid             |

**SUPTA VIRASANA**  
**(RECLINING HERO STRETCH)**

Step 1



Step 2



Step 3



Step 4



Step 5



**SUPTA VIRASANA (RECLINING HERO STRETCH)**  
**(Duration - 20 to 90 Seconds)**

**Step 1.** Sit in Vajarasana (as shown on page no. ).

**Step 2.** Exhale and lower your back gradually toward the floor. Rest your elbows one by one on the floor. Keep your palms on your soles. Breathe normally.

**Step 3.** Place the crown of your head on the floor. Now lower your shoulders and upper torso to rest your head and then your back on the floor. Stretch your arms along your sides and press your wrists against your soles.

**Step 4.** Move your elbows out to the sides and lie flat on the floor, until the spine is fully extended. Bring your head down and spread your shoulders away from your neck. Rest your shoulders blades and knees on the floor.

**Step 5.** Take your arms over head and stretch them out behind you on the floor with your palms facing the ceiling. Ensure both shoulders blade should remain on the floor. Allow your back to lower down on the floor. Breathe normally.

**Benefits:-**

- Helps to reduce cardiac disorders.
- Relives pain in Back muscles.
- Soothes acidity and stomach ulcers.
- Relives the symptoms of asthma.

**Caution:-**

- Do not attempt in spinal disc disorders.

**Muscles Involved:-**

- |                    |                      |
|--------------------|----------------------|
| 1. Rectus Femoris  | 2. Vastus Lateralis  |
| 3. Vastus Medialis | 4. Pectorialis Major |
| 5. Teres Major     | 6. Gluteus Maximus   |

**SARVANGASANA (SHOULDER STAND)**

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6

**SARVANGASANA**  
**(SHOULDER STAND)**  
**(Duration-20 to 120 Seconds)**

**Step 1.** Lie down in Supine position, keeping your hands near to your outer thighs. Toes pull outward.

**Step 2.** Exhale and bend your knees.

**Step 3.** Without moving the upper part of your body, exhale and raise your hips and buttock off the floor. Bring your knees over the chest.

**Step 4.** Place your both the palms on your hips and keep your elbows pressed firmly down on the floor. Lift your torso until your buttocks are perpendicular to the floor. Bring your knees toward your head.

**Step 5.** Now slide your hands down to the middle of your back, so that your palms cover your kidneys. Point your thumb toward the front of your body and your fingers toward the spine. Exhale and raise your torso hips and knees until your chest touches your chin. Breathe evenly.

**Step 6.** Raise your feet toward the ceiling. Only the back of your neck shoulders and upper arms should rest on the floor. Make sure that body is perpendicular to the floor, from the shoulders to the knees. Breathe evenly.

**Benefits:-**

- Soothes the nerves, Improve functioning of Thyroid and Parathyroid.
- Alleviates asthma, Bronchitis, Helps to treat colds and sinus blockage.
- Alleviates urinary Disorders.

**Caution:**

- High blood pressure, patient practice just after Halasana for 03 minutes at least.

**Muscles Involved:-**

- |                     |                      |
|---------------------|----------------------|
| 1. Gastrocnemius    | 2. Tibialis anterior |
| 3. Rectus Femoris   | 4. Biceps Femoris    |
| 5. Latissimus Dorsi | 6. Trapezius         |
| 7. Rectus Abdomen   |                      |

**HALASANA (THE PLOUGH POSE)**

Step 1



Step 2



Step 3



Step 4



**HALASANA**  
**(THE PLOUGH POSE)**  
**(Duration-20 to 120 Seconds)**

**Step 1.** Lie down in Supine position, keeping your hands near to your outer thighs. Toes pull outward. Body should be relaxed.

**Step 2.** Exhale and bend your knees.

**Step 3.** Without moving the upper part of your body, exhale and raise your hips and buttock off the floor. Bring your knees over the chest. Support your hips with both the hands keeping your elbows pressed firmly down on the floor. Lift your torso until your buttocks are perpendicular to the floor. Bring your knees toward your head.

**Step 4.** Now take your feet over your head so that toes touching the floor and point outward. Leave the support of hands from back and clasp your fingers and take your hands on the floor against the back. Breathe evenly

**Benefits:-**

- Relives fatigue and boosts energy level.
- Control Hypertension.
- Rejuvenates the abdominal organs and improves digestion.

**Caution:**

- Do not attempt in Cervical Spondylolysis.

**Muscles Involved:-**

- |                     |                               |
|---------------------|-------------------------------|
| 1. Gastrocnemius    | 2. Semitendinosus             |
| 3. Gluteus Maximus  | 4. Latissimus Dorsi           |
| 5. External Oblique | 6. Spine Erectors             |
| 7. Deltoid          | 8. Triceps and Biceps Brachii |

**ARDH SETHU BANDHASANA**  
**(HALF BRIDGE)**

Step 1



Step 2



Step 3



Step 4



Step 5



**ARDH SETHU BANDHASANA**  
**(HALF BRIDGE)**  
**(Duration-20 to 120 Seconds)**

**Step 1.** Lie down in Supine position, keeping your hands near to your outer thighs. Toes pull outward .Body should be relaxed.

**Step 2.** Exhale and bend your knees keeping both feet apart at least 1 ft.

**Step 3.** Now hold left heel with left hand and right heel with right hand.

**Step 4.** Lift your buttock by pressing it toward the ceiling. Tighten your back and thighs. Lift your sternum. Look at your naval point. breathe evenly. Keep both the feet on the ground.

**Step 5.** Keeping your buttock and back steady, shift your hands on your back so that your fingers should point your spinal cord and thumb around your waist. Push your waist more upward keeping feet on the ground. Breathe evenly.

**Benefits:-**

- Open the blocked arteries of heart.
- Tones the spine.
- Burns the fat from hip, back and leg muscles.
- Works on abdominal and pelvic organs.

**Caution:-**

- High blood pressure should not attempt.

**Muscles Involved:-**

- |                       |                                |
|-----------------------|--------------------------------|
| 1. Latissimus Dorsi   | 2. Gluteus Maximus and Minimus |
| 3. Biceps Femoris     | 4. Vastus Lateralis            |
| 5. Vastus Intermedius | 6. Deltoid                     |
| 7. Rectus abdominus   |                                |

**MATSAYASANA (FISH POSE)**

Step 1



Step 2



Step 3



Step 4



**MATSAYASANA (FISH POSE)**  
**(Duration-20 to 120 Seconds)**

**Step 1.** Lie down in Supine position, keeping your hands near to your outer thighs. Toes pull outward.

**Step 2.** Place both the hands under your buttock muscles. Straighten your hands (Palm facing downward).

**Step 3.** Lift your upper body up to 30 degree angle. Take body weight on your both the elbows.

**Step 4.** Expand your ribcage and drop your head back. Try to touch crown of your head on the ground. Hands should be well closed to the body. Look at the floor. Keep your legs pressed on the floor.

**Benefits:-**

- Enhance flexibility of rib cage by expanding them resulting expansion of lungs to consume more oxygen.
- Burns fat on neck and lower back.

**Caution:-**

- Do not practice in Cervical Spondylolysis.
- Do not practice more time in ligament injuries in elbows and wrists.

**Muscles Involved:-**

- |                        |                     |
|------------------------|---------------------|
| 1. Sternocleidomastoid | 2. Rectus abdominus |
| 3. trapezius           | 6. Biceps Femoris   |

**BHUJANGASANA (THE COBRA POSE)**

Step 1



Step 2



Step 3



**BHUJANGASANA (THE COBRA POSE)**  
**(Duration-20 to 60 Seconds)**

**Step 1.** Lie down in prone lying position, keeping your hands near to your Thighs. Toes pull outward.

**Step 2.** Place both the hands neat your chest. Right hand to right side and left hand to the left side. Look Forward.

**Step 3.** Lift your neck of the floor, look at the ceiling. Now take your head more backward by bending your back to backward but keeping naval point on the floor. Keep your hands well closed to the body.

**Benefits:-**

- Stimulates the nerves.
- Reduces the stiffness in back and arthritis in shoulder joints.
- Stretches the thoracic area.

**Cautions: -**

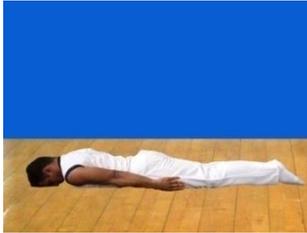
- Cervical Spondalylis patient should avoid neck movement while performing this asana.
- Do not put more strain on your back muscles.

**Muscles Involved:-**

- |                      |                     |
|----------------------|---------------------|
| 1. Trapezius         | 2. Latissimus Dorsi |
| 3. Pectorialis Major | 4. Triceps Brachii  |
| 5. Gluteus Maximus   | 6. Rectus Abdomini  |

**SHALABHASANA (THE LOCTUS POSE)**

Step 1



Step 2



Step 3



**SHALABHASANA (THE LOCTUS POSE)**  
**(Duration-10 to 60 Seconds)**

**Step 1.** Lie down in prone lying position, keeping your hands near to your Thighs. Toes pull outward.

**Step 2.** Place both the hands under your groin, palm facing downward. Arms should be straight (As shown in figure).

**Step 3.** Now turn your body towards the floor and place your chin on the floor and look forward. Now press your both palms on the ground and lift both the legs of the ground. Keep both the knees straight, toes pulled outward. Do not move head. Lift your legs as high as possible.

**Benefits:-**

- Strengthen the neck, hand and back muscles.
- Tones the entire reproductive System and kidneys.
- Stretches the spinal cord.

**Cautions:-**

- Do not practice in Cervical Spondylitis and in any neck injury.
- Do not attempt in severe constipation and migraine.

**Muscles Involved:-**

- |                                |                     |
|--------------------------------|---------------------|
| 1. Biceps Femoris              | 2. Semitendinosus   |
| 3. Gluteus Maximus and Minimus | 4. Latissimus Dorsi |
| 5. Trapezius                   | 6. Spine Erectors   |
| 7. Deltoid                     | 8. Triceps brachii  |
| 9. Serratus anterior           |                     |

**DHANURASANA (THE BOW POSE)**

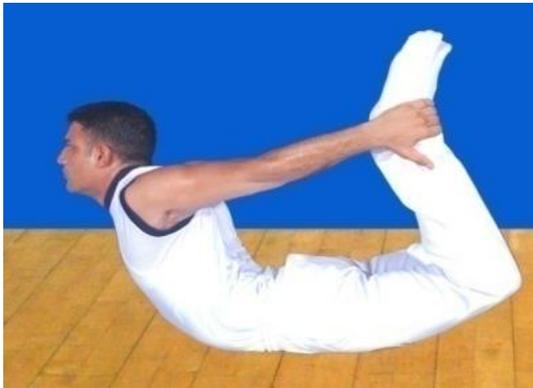
Step 1



Step 2



Step 3



**DHANURASANA (THE BOW POSE)**  
**(Duration-20 to 60 Seconds)**

**Step 1.** Lie down in prone lying position, keeping your hands near to your Thighs. Toes pull outward.

**Step 2.** Bend your both knee toward your buttock. Now hold left leg ankle with left hand and right leg ankle with right hand.

**Step 3.** Exhale, raise your chest and pull your both ankles by pressing your thighs in upward direction, keeping maximum distance between clavicles muscles and hamstring muscles. Try to touch crown of head to soles of your feet.

**Benefits:-**

- Relieves backache and sciatica.
- Tones the abdominal muscles.
- Correct round shoulders problem.
- Enhance flexibility of spine.
- Improves the gastric fire.

**Caution:-**

- Do not lift the head in case of Cervical Spondylitis.

**Muscles Involved:-**

- |                             |                      |
|-----------------------------|----------------------|
| 1. Vastus Intermedius       | 2. Rectus Femoris    |
| 3. Biceps Femoris           | 4. Gluteus Maximus   |
| 5. Latissimus Dorsi         | 6. Pectorialis Major |
| 7. Triceps Brachii          | 8. Rectus Abdomini   |
| 9. Flexors muscles of hands |                      |

**CHAKRASANA (BRIDGE POSE)**

Step 1



Step 2



Step 3



Step 4



**CHAKRASANA (BRIDGE POSE)**  
**(Duration-10 to 30 Seconds)**

**Step 1.** Lie on your back on the floor. Bend your both the knees and pull your heels to your buttock. Apart your feet to align with your hips. Bend your elbows and bring them over your head. Place your palms on the floor on either side of your head. Fingers should be pointing towards your shoulders.

**Step 2.** Exhale, lift your torso and buttock off the floor by keeping your shoulders on the floor.

**Step 3.** Lift your chest and place your crown of your head on the floor. Shift your weight from your palms to the front of your feet and push up your torso in one single movement. Distribute your body weight on your hands and legs equally.

**Step 4.** Push your body further upward. Press both palms and soles down on the floor and lift your head off the floor. Straighten your arms and lock your elbows Now take your head back without straining your throat.

**Benefits:-**

- Reduce the cholesterol level in arteries of heart.
- Tones the spine.
- Stimulates the pituitary, pineal and thyroid glands.
- Strengthens the abdominal and pelvic organs.

**Caution:-**

- Do not attempt in migraine, diarrhea and in high blood pressure.

**Muscles Involved:-**

1. Flexors and Extensors muscles
2. Deltoid
3. Gluteus Maximus
4. Biceps and Triceps Brachii
5. Latissimus Dorsi
6. Biceps Femoris

**ARDHMATASYENDRASANA**

Step 1



Step 2



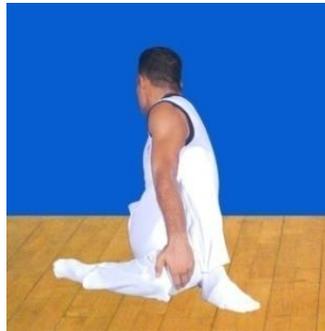
Step 3



Step 4 Side View



Step 4 (Front View)



**ARDHMATASYENDRASANA (HALF SPINAL TWIST)**  
**(Duration - 10 TO 60 Seconds)**

- Step 1.** Sit on the heels i.e. Vajarsana.
- Step 2.** Drop the hips to the floor on the left of the heels.
- Step 3.** Place the right foot flat on the floor on the outside of the left knee and raise your arms sideways.
- Step 4.** Raise the left arm up. Bring the left arm over the right side of the right knee, Reach around to catch hold of the right ankle. Look over the right shoulder. Bring the right arm to the floor behind the back. Beginner may hold the pose for at least 10 Seconds. Release the position and repeat on the other side.

**Benefits:-**

- The spinal Twist helps to keep the spine elastic. Each vertebra is rotated in both directions.
- The ligaments attached to the spine get this movement as well and so receive a rich blood supply of blood.
- Relieve the lumbago and muscular rheumatism of the back and hips.
- Relieve constipation, dyspepsia and other digestive problems. Toxins in the digestive systems are released.

**Caution:-**

- Disc problem patient should consult doctor before practicing this pose.

**Muscles Involved:-**

- |                     |                                  |
|---------------------|----------------------------------|
| 1. Latissimus Dorsi | 2. External and Internal Oblique |
| 3. Gluteus Maximus  | 4. Sternocleidomastoid           |
| 5. Splenius Capitis |                                  |

**ANULOMA AND VILOMA**

Step 1



Step 2



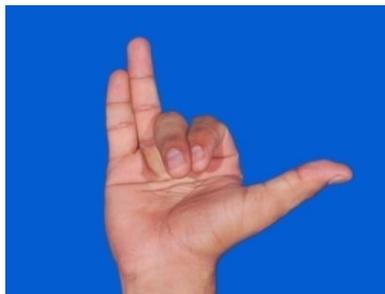
Step 3



Step 4



(Vishnu Mudra Position)



**ANULOMA AND VILOMA**  
**(Duration- 05 TO 10 Minutes)**

**Step 1.** Sit in ardhpadmasana keeping your spine erect. Right hand in Vishnu mudra and left hand in chin mudra. Keep left hand wrist joint on your left knee and right hand wrist on right knee. (Chin mudra and Vishnu mudra shown in figure)

**Step 2.** Now place right hand thumb on right nostrils and inhale through left nostrils.

**Step 3.** Close your left nostrils with right hand ring finger and hold the breath.

**Step 4.** Open your right noses trills by lifting right hand thumb and exhale full air. After exhalation of air, same time take another amount of air from right nose trills. Close your right nose trills with right hand thumb and hold breathe.

**Step 5.** Open left nose trills by lifting right hand ring finger and exhale full air. After exhalation of air, same time take another amount of air from Left nose trills. Repeat the circle.

**Benefits:-**

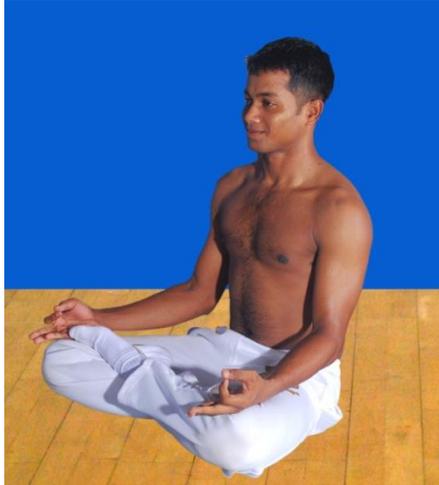
- Lower the high blood pressure.
- Tones the entire respiratory system.
- Enhance the vital energy of body.
- Enhance the lungs capacity to consume more oxygen.

**Caution:-**

- Low blood pressure patient do for short time.

**KAPALABHATI**

Step 1



Step 2



### **KAPALABHATI (Duration- 02 to 03 minutes)**

**Step 1.** Sit in a cross-legged position, with the back straight and the head erect. Take two to three deep breaths to prepare for Kapalabhati.

**Step 2.** Now take a deep breath and after the deep inhalation:-

(a) Contract the abdominal muscles quickly, causing the diaphragm to move up (that means inward) into the thoracic cavity and pushing the air out of the lungs forcefully through the nose.

(b) Relax the abdominal muscles allowing the diaphragm to descend into the abdominal cavity; passive inhalation takes place. The lungs automatically expand and inflate with air. Do not forcefully inhale.

(c) Repeat this pumping quickly. Passive inhalation and sudden expulsion of breath follow each other continuously until a round is completed.

(d) At the end of every round hold the breath for 20 second at least.

Beginners start with three rounds of 20-30 pumping each. Gradually increase to five rounds of 50-100 pumping.

#### **Benefits:-**

- Bronchial congestion and spasm are removed; consequently, asthma is relieved and virtually eliminated. Over a period of time.
- The movement of the diaphragm and abdominal contractions massage the abdominal contractions massage the stomach, liver, spleen, heart and pancreas.

#### **Caution:-**

- Do not attempt after a meal.

## **MEDITATION**

Meditation is the practice to achieve constant observation of mind. It means to concentrate the mind at one point and stop all waves of various ideas. It is a continuous flow of perception or thought like the flow of water in a river.

### **Importance of Meditation in daily life:-**

Modern life is full of various types of jobs. A common man has to handle many jobs at his social as well as professional life. To balance his all jobs as optimum one has to concentrate fully on one particular job to perform at his full. To enhance one's work performance meditation is utmost required.

### **Practice of meditation:-**

Meditation like sleep cannot be taught. It comes by itself, in its own time. But if you follow the right steps to begin with, you can speed up your progress considerably. The most essential thing is to establish meditation as a regular habit in your life, using the same place and time each day. The most auspicious times of day for meditation are at dawn and at dusk, when atmosphere is charged with spiritual energy. You should not attempt to combat the restlessness of your mind, as this will only generate more thought waves. Simply detach yourself from your thoughts and watch your mind. During meditation you experience the mind as an instrument. Just by concentrating for a short period each day, you start to see how much movement exists in the mind and how little you live in the present. From this brief encounter with a different mode of perception, you can learn to observe and thus change your way of thinking. One of the most useful tools for controlling the mind is to stop associating with your emotions, thoughts and actions. Instead of identifying with them, you simply step back and assume the role of witness, as if you were watching someone else. By observing yourself dispassionately in this way, without judgment or praise, your thoughts and emotions lose their power over you-you start to see both mind and body as instrument that you can control. In detaching from the games of the ego, you can learn to take responsibility for yourself.

**Principles to meditate:-**

The principles to meditate are as follows:-

- Set aside a special place for meditation-the atmosphere you build up will help still the mind.
- Choose a time when your mind is free of everyday concern-dawn and dusk is ideal.
- Using the same time and place each day conditions the mind to slow down more quickly.
- Sit with your back, neck and head in a straight line facing North or East.
- Instruct your mind to remain quiet for the duration of your meditation session.
- Regulate your breathing –start with five minutes deep breathing, then slow it down.
- Establish a rhythmic breathing pattern-inhaling then exhaling for about three seconds.
- At first let your mind wonder-it will only grow more restless if you force it to concentrate.
- Now bring the mind to rest on the focal point of your choice.
- Applying your chosen technique, hold your object of concentration at this focal point thought out your session.
- Meditation comes when you reach a state of pure thought, but still retain your awareness of duality.
- After long practice, duality disappears and Samadhi, the super conscious state, is attained.

**SHAVASANA (CORPSE POSE)**  
**(Duration 05-10 Minutes)**



Relaxation is a blessing. It brings peace to body and mind. Shava means a 'corpse'. In relaxation the body lies as still as a corpse and the mind are at peace.

**SHAVASANA (CORPSE POSE)**  
**(Duration 05-10 Minutes)**

**Step 1.** Lie down on the floor with face up. Legs two feet apart, hands one foot away from the body with the palms facing upward. Close the eyes.

**Step 2.** Keep the breath normal. Make it quieter. Do not let the mind wander, but keep the attention on body.

**Step 3.** Keep the eyes still and relax the face. Allow the body to sink into the ground and Stay quietly for a duration of 05 to 10 Minutes.

**Step 4.** Then slowly open the eyes. Bend the legs, turn to one side, and stay for a moment; turn to the other side. Then get up from the side.

**Caution:** Do not do shavasana if suffering from mental illness, depression or phobias. If panic occurs during shavasana keep the eyes open but remain quiet.

**Benefits:** It is important to be warm during shavasana as body metabolism slows down. Normally it is done after the asanas, to take their effect in body. It releases the stress, makes mind calm and conscious. Eases muscular and nervous tension, abstracts the senses from their objects, calms passion, quietness the mind, makes silence and concentration easy, thus contributes greatly to peace of mind.

**Chart-I**  
**Yoga Exercise for 45 Minutes Session**

<b><u>Asanas/Breathing Ex.</u></b>		<b><u>Duration</u></b>
Kapal Bhatti	-	05 minutes
Surya Namaskar	-	10 minutes
Sarvangasana	-	02 minutes
Halasana	-	02 minutes
Ardhsetubandasana	-	02 minutes
Matsaysana	-	02 minutes
Bhujangasana	-	02 minutes
Shalabhasana	-	02 minutes
Chakrasana	-	02 minutes
Ardhmatasyendrasana	-	01 minutes
Anuloma & Viloma	-	10 minutes
Shavasana	-	05 minutes

**Chart-II**  
**Yoga Exercise for 60 Minutes Session**

<b><u>Asanas/Breathing Ex.</u></b>		<b><u>Duration</u></b>
Kapal Bhatti	-	07 minutes
Surya Namaskar	-	10 minutes
Trikonasana	-	03 minutes
Virbhadrasana 2	-	03 minutes
Utthita parsvakonasana	-	02 minutes
Parsvottanasana	-	02 minutes
Adhomukha Savanasana	-	03 minutes
Uttanasana	-	02 minutes
Virbhadrasana 1	-	02 minutes
Prasarita padottanasana	-	02 minutes
Virasana	-	02 minutes
Baddhakonasana	-	02 minutes
Janu Sirsasana	-	02 minutes
Paschimottanasana	-	02 minutes
Purvottanasana	-	02 minutes
Bhujangasana	-	02 minutes
Meditation	-	05 minutes
Shavasana	-	07 minutes

