

# Yoga

for a  
healthy body  
and mind...

by  
Carnoustie





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## YOGA FOR DETOXIFICATION

Detox is a dire necessity in today's stressful environment. As the evidence of pollution and toxins in our external environment and diet mount, it becomes even more important for us to detox and strengthen our body's natural defenses to exposures beyond our control. The right yoga routine can help us detox our body and mind as a routine and help us lead a healthier and a more fulfilling life. The poses listed in this section help remove toxins, stimulate digestion and the thyroid gland, enhance the immune system, build muscle, increase metabolism and the energy levels, restore balance to our body's systems and improve mental and emotional clarity. Most of these moves literally wring the body like a sponge, helping it in getting rid of toxins and matter which is no longer useful.







## VAJRASANA

Vajrasana is a sitting asana derived from the Sanskrit words ‘vajra’ meaning seated and ‘asana’ meaning pose.

**Instructions:** Kneel down bending your knees and stretching your lower legs backward. Make sure that the bent legs are kept as close together as possible and the big toes touch each other. Gently lower your body and rest your buttocks on your heels and your thighs on your calf muscles. Place your hands on your knees and look straight ahead breathing calmly. The head and the spine should be kept straight and erect. Sit in this pose for as long as you want. Keep the focus on the breathing pattern while in the pose. You could keep the eyes shut to improve focus and to keep the mind calm.

### **Benefits:**

- It improves digestion, reduces acidity and bloating and helps cure constipation.
- It strengthens the back and provides relief to patients suffering from lower back problems and sciatica.
- It strengthens and tones the pelvic muscles.
- It helps pregnant women in easing out their labor pains and also reduces menstrual cramps.

### **Caution:**

- This asana should be avoided by people suffering from knee or lower back injuries.
- Pregnant women should keep their knees slightly apart when they practice this asana so that they do not exert undue pressure on their abdomen.







## MANDUKASANA

The name Mandukasana is derived from the Sanskrit word 'manduk' meaning frog and 'asana' meaning posture.

**Instructions:** Sit comfortably in Vajrasana and tightly close the fists of your hands. While clenching the fists, tuck your thumb inside the fingers. Exhale and bend forward from the hip area pressing the clenched fists on the navel. Hold the pose and also hold the breath for as long as you can. Do not inhale or breathe and keep looking straight as you hold the bent pose. Inhale and come back to starting position (Vajrasana). Repeat three to four times.

### **Benefits:**

- It improves the functioning of the digestive system and the excretory system and helps in the removal of toxins.
- It regulates and increases insulin secretion and hence is very good for diabetics.
- It reduces extra fat from the waist, thighs and hips.

### **Caution:**

- This asana should be avoided by people suffering from abdominal injuries and any kind of back pain or knee injuries.







## ADHO MUKHA SVANASANA

The name comes from the Sanskrit words 'adhas' meaning 'down', 'mukha' meaning face, 'śvana' meaning dog and 'asana' meaning posture.

**Instructions:** Go on your fours into a table top position. Exhale and gently lift your hips straightening your elbows and knees and pushing the chest towards the thighs and drawing the abdomen into the rib cage till such time the body forms an inverted 'V'. Make sure your hands stay in line with your shoulders and your feet in line with your hips. The toes should point inwards. Press your hands firmly into the ground. The neck should be kept long between the stretched arms. Your ears should touch your inner side of the arms and the gaze should be fixed on the navel. Hold the pose for 30-40 seconds. Make sure that the spine remains straight and does not curve while doing or holding the pose. Breathe calmly while holding the pose. Gently go back to the table top and repeat 3-4 times.

### **Benefits:**

- It improves circulation throughout the body.
- It strengthens and tones the abdominal muscles and improves digestion and elimination.
- It massages the internal organs.
- It provides relief from anxiety and stress.

### **Caution:**

- Avoid this asana if you suffer from high blood pressure, eye ailments, carpal tunnel syndrome, shoulder and wrist injuries.







## ARDHA BHEKASANA

The name comes from the Sanskrit words 'bheka' meaning frog, 'asana' meaning posture and 'ardha' meaning half.

**Instructions:** Lie on your belly. Press your forearms against the floor and lift your head and upper torso. Bend your right knee and bring the heel toward the buttock of the same side. Clasp this foot with your right hand while supporting the raised body on your left forearm. The base of your right palm should be pressing the top of the right foot firmly into the right buttock. Turn the right elbow towards the ceiling. Be sure to keep your knee in line with your hip. Don't push your foot too hard if it hurts your knee. Keep your shoulders open and square and ensure that you do not bend towards the left arm or shoulder. Hold the posture for 30-60 seconds. Repeat on the other side. Do three to four sets.

### **Benefits:**

- It strengthens the back and the spine.
- It relieves pain in the heels due to calcaneal spurs and in knees due to gout.
- It stimulates the organs of the abdomen and improves digestion.
- It stretches and rejuvenates the thorax, groin and the knee joints.
- It strengthens joints and muscles throughout the body.

### **Caution:**

- This asana should not be practiced by persons suffering from spinal or knee injuries.







## ARDHA MATSYENDRASANA

The asana is named after the great yogi Matsyendranath. The name comes from the Sanskrit words 'ardha' meaning half, 'matsya' meaning fish, 'indra' meaning king and 'asana' meaning posture.

**Instructions:** Sit up with the legs stretched out straight in front of you, keeping the feet together and the spine erect. Bend the left leg and place the heel of the left foot beside the right knee. Place the right hand on the raised left knee and the left hand behind you. You may keep the other leg straight or bend and tucked below the left buttock. Twist the waist, shoulders and neck in this sequence to the left and look over the shoulder. Keep the spine erect. Hold this asana for as long as you can (approx. 30-60 seconds and breathe in and out gently throughout). Breathing out, gently ease out of the asana. Repeat on the other side. Do at least 4 sets.

### **Benefits:**

- It increases the elasticity of the spine, tones the spinal nerves and improves spinal strength.
- It massages the abdominal and other internal organs and improves digestion and elimination of wastes.
- It relaxes the hip joints relieving stiffness.
- It stimulates the Manipura chakra.
- It opens the chest and increases the oxygen supply to the lungs.
- It relieves symptoms of backache, fatigue, menstrual discomfort and sciatica.
- It stimulates the liver, heart, lungs, kidneys and spleen.

### **Caution:**

- This asana should not be practiced by women during pregnancy and menstruation.
- It should be avoided by people who have had heart, abdominal, spinal or vertebral surgeries and by people suffering from peptic ulcers or hernia.







## BHUJANGASANA

The name comes from the Sanskrit words 'bhujanga' meaning snake and 'asana' meaning posture.

**Instructions:** Lie flat on your stomach with the hands placed on the sides and with your feet and heels lightly touching each other. Place your hands, palm downwards under the shoulders with the elbows firmly tucked close to/into the torso while keeping the navel on the floor. Now, placing your body's weight on your palms, inhale and raise your head and trunk. Note that your arms should be bent at your elbows when the body is raised. The neck should be arched upwards and backwards, the shoulder blades should be firm and held away from the ears. Make sure you put equal pressure on both your palms. This position can be held for 15-20 counts and then lowered while exhaling to the original position. One can do a advanced raise by straightening the arm and arching the back as much as possible. Breathing out, gently bring your abdomen, chest and head back to the floor.

### **Benefits:**

- It tones the abdomen and strengthens the spine, back and shoulders.
- It improves flexibility of the upper and middle back.
- It expands the chest and lungs and gives the shoulders and abdomen a good stretch.
- It improves blood circulation and stimulates the digestive, reproductive and urinary systems.
- It reduces fatigue and stress.
- It provides relief from sciatica and asthma.

### **Caution:**

- Avoid practicing this asana if you are pregnant, have fractured ribs or wrists or have undergone any abdominal surgeries in the recent past.
- This asana should be avoided by people suffering from Carpel Tunnel Syndrome or have spinal disorders.







## BADDHA KONASANA

The name comes from the Sanskrit words 'baddha' meaning bound, 'kona' meaning angle and 'asana' meaning posture.

**Instructions:** Sit erect and stretch your legs out. Elevate your hips slightly by placing a soft blanket under your hip bones in case you feel any discomfort sitting directly on the floor. Exhale and bend your knees pulling your heels towards your pelvis. Press the soles of your feet close together, and let your knees drop to the sides. Push the outer edges of your feet firmly into the floor and wrap your hands around your feet or ankles. With the pelvis in a neutral position, gently work the outer knees towards the floor. Never force your knees down. Always ensure that the spine is erect, neck long and the shoulder blades be drawn away from the ears. This pose can be held anywhere from 1-10 minutes. To exit the pose, draw your knees towards one another, extend your legs and return to the sitting pose. Your knees should never ever be forced towards the ground.

### **Benefits:**

- It stimulates and tones the abdominal organs, ovaries, prostate gland, bladder and kidneys.
- It stretches the inner thighs, groins and knees.
- It helps relieve mild depression, anxiety and fatigue.
- It eases menstrual discomfort and sciatica.
- It provides relief from the symptoms of menopause.

### **Caution:**

- Should be avoided by persons suffering from knee injury.







## DHANURASANA

Dhanurasana is derived from the Sanskrit word 'dhanur' meaning a bow and 'asana' meaning posture.

**Instructions:** Lie flat on your stomach, keeping your feet hip-width apart and your arms beside your body. Now, gently fold your knees and hold your ankles. While inhaling raise the thighs, head and chest as high as possible balancing the weight of the body on the lower abdomen. Join the ankles. Look upward and breathe normally and hold the pose for 15-20 seconds. Exhale and release the pose.

### **Benefits:**

- It strengthens your shoulders, arms, neck, abdomen, back, thighs & hamstring muscles.
- It energizes the body
- It helps improve stomach disorders.
- It helps in reducing abdominal fat.
- It regulates the pancreas and is recommended for people with diabetes.
- It expands the thoracic region of the chest.
- It alleviates a hunchback.
- It increases the appetite.

### **Caution:**

- Should be avoided by persons suffering from high blood pressure, back pain, headache or migraine.
- It is strictly prohibited for people who have undergone abdominal surgery.
- Should be avoided by women during pregnancy and menstruation.







## MALASANA

The Sanskrit word ‘malasana’ comes from two words, ‘mala’ meaning garland and ‘asana’ meaning pose.

**Instructions:** Stand with your feet apart (2 feet) and turn your toes out slightly. Keep your gaze forward and your spine straight as you push your hips back and lower down as if into a chair, pressing the feet into the floor with your body weight evenly balanced on both feet. The goal is to bring the hips as low as you can without rounding the spine. If you can’t lower down without your heels lifting off the mat, roll up a towel or blanket and place it beneath the heels. Bring your hands to prayer position in the mid-chest area. You may push into the inner knees with your elbows, further opening your hips. Hold the pose for a few breaths and raise the body to original standing pose while inhaling.

### **Benefits:**

- It helps open and strengthen the hips, inner thighs and lengthens the spine.
- It keeps the pelvic and hip joints healthy.
- It tones the abdominal muscles and improves the function of the colon to help with elimination.
- It increases circulation and blood flow in the pelvis, which can help regulate sexual energy.
- It improves balance, concentration and focus.
- It is particularly beneficial for pregnant women as it aids in childbirth.

### **Caution:**

- Avoid the pose if you have knee injuries.
- Don’t stay in the pose if you have pain in the groins.







## MARJARIASANA & BITILASANA

Marjariasana - Bitilasana is a combination of two asanas that comprise one of the most basic yoga movements often used as a warm up routine. The name 'Marjariasana' comes from the Sanskrit word 'marjari' meaning cat and the word 'Bitilasana' is derived from the Sanskrit word 'Bitila', meaning cow and 'asana' refers to posture.

**Instructions:** Get on your hands and knees in table top position. Ensure your shoulders are directly above your wrists and your hips are over your knees. Inhale and push your tail bone up towards the ceiling, letting the spine arch inwards by keeping the belly dropped towards the floor. Keep your shoulders engaged and away from your ears and lift your chin and chest and gaze up towards the ceiling. This is the Cow Pose. In Cow, let the movement start from the tailbone. Allow your neck and head to be the very last part of the movement.

As you exhale, draw your belly to your spine and release the crown of your head toward the floor, gently releasing the back of your neck and pushing the chin to your chest. While doing this, tilt your pelvis under and around your spine and curve your back round upwards by drawing the navel firmly in towards the spine, keep your shoulders engaged and press into the mat with your hands, shins and the tops of your feet. The pose should look like a cat stretching its back. Keep the gaze downward and the head bent between the arms. This is Cat Pose. Alternate these poses. Keep your shoulder blades broad and draw your shoulders away from your ears to protect your neck during the movements. Inhale and go to Cow Pose and then exhale and return to Cat Pose. Repeat 5-20 times and then rest by sitting back on your heels with your torso upright.

### **Benefits:**

- This combination improves posture and balance.
- It provides relief from back pain and sciatica symptoms.
- It strengthens and stretches the spine and neck.
- It stretches the hips, abdomen and the upper and lower back.
- It stimulates the kidneys and adrenal glands.
- It strengthens the wrists and shoulders.
- It massages the digestive organs and improves digestion.
- It relaxes the mind.
- It improves blood circulation.

### **Caution:**

- It should be avoided in case of a neck or a spinal injury.







## JANU SIRASANA

The name comes from the Sanskrit words 'janu' meaning knee, 'shirsha' meaning head and 'asana' meaning posture.

**Instructions:** Sit up with the legs stretched out straight in front of you, keeping the feet together and the spine erect. Bend your right knee and press the sole of the right foot against the inner part of your left thigh close to the groin. Gently swing the right knee away from the left foot so that the thighs form an angle greater than 90 degrees and press it gently against the floor. Make sure that the chest and navel are in a straight line with the outstretched left leg. This will set your torso in the right position. Let your hands provide support as they rest beside the hips. Inhale deeply by pushing the belly and chest torso upwards. Then exhale and bend forward from the base of the hip keeping the torso straight. (avoid bending forward from the waist or rounding it). Reach for your ankles or toes, if you can, with your hands or stretch till you are comfortable. Hold the pose and breathe deep and slow. As you breathe, feel the breath filling the groin, the back of your left leg, and the entire area of your back. Inhale and release the pose. Repeat the asana with the right leg stretched out. Do three to four sets.

### **Benefits:**

- It revitalizes the body and aids digestion.
- It strengthens the shoulders, spine, groins and the hamstrings.
- It stimulates the liver and kidneys.
- It relieves stress, anxiety, fatigue, headache and mild depression.
- It is very good for treating high blood pressure, insomnia and sinusitis.
- It stimulates the reproductive organs and therefore, menstrual and menopausal disorders are reduced.
- During pregnancy, this asana helps to strengthen the back muscles. However, this asana should be practiced only up to the second trimester.

### **Caution:**

- Avoid this asana if you have diarrhoea, asthma or lumbar disc herniation or a serious lower back injury.







## PARIVRTTA UTKATASANA

The name comes from the Sanskrit words ‘parivrtta’ meaning to turn around or revolve, ‘utkata’ meaning intense and ‘asana’ meaning posture.

**Instructions:** Stand straight with your feet together, with your thighs and big toes touching. Inhale and raise your arms above your head. Exhale and bend your knees and bring your thighs as parallel to the ground as possible ensuring that your knees just stay slightly ahead of your toes. The torso should remain straight. This is the chair pose. Lower your arms and bring your palms together in a prayer position close to your chest. Exhaling, twist your torso to the right. Bring your left elbow to the outside of your right thigh. Move your left hip back slightly and align the knees to maintain balance. Press your upper left arm against your thigh and push your right shoulder blade upwards into your back to help the chest turn towards the right. Keep the shoulders away from the ears while twisting. Turn your gaze upwards when the twist is completed. Keep your weight on your feet and keep them pressed together firmly to maintain balance. Stay in the pose for a minute breathing calmly. Inhale and return to the center and gradually ease out of the pose and repeat on the other side. Do at least 3 sets.

### **Benefits:**

- It massages the internal organs and help to improve digestion and elimination.
- It improves the metabolism.
- It strengthens and increases the flexibility of the shoulders, spine and neck.
- It strengthens and tones the leg and calf muscles.
- It stimulates the internal organs and the heart.

### **Caution:**

- This pose should not be practiced by those suffering from low blood pressure, headaches, hip, ankle or spinal injuries.
- This asana should not be practiced by persons with sleeping disorders and pregnant women.







## PARIVRTTA JANU SIRSASANA

The name comes from the Sanskrit words ‘parivrtta’ meaning twisted, ‘janu’ meaning knee, ‘sirsa’ meaning head and ‘asana’ meaning posture.

**Instructions:** Begin by sitting on the floor with your legs wide open in front of you. Bend the left leg and tuck the foot in the angle of the groin. Keep the right leg outstretched and make sure that the knee faces the ceiling and is softly bent. As you exhale, bend sideways towards the right in such a manner that the back part of the right shoulder presses towards the inner part of the right knee. The elbow should be settled on the floor gently close to the inner side of the right knee and the hand should clasp the middle part of the sole of the right foot. Hold the right foot with both hands, the right hand from along the inside of the right knee and the left hand reaching out for the toes of the right foot from above the head. Keep the left folded leg anchored to the floor throughout. Now while holding the right foot, slowly extend and straighten the knee. As you straighten your right knee, shift your torso to face the ceiling. As you do this, lift the left hand and let it move above your head pressing it against the left ear. Keep your elbows firmly apart and stretch your torso as you do it. Hold this pose for a few seconds. Release your arms first and then gently ease out of the pose as you inhale. Repeat the same with the other leg and other side. Beginners can keep the outstretched knee slightly bent.

### **Benefits:**

- It stretches the abdominal organs, especially the colon, liver, spleen, and pancreas and aids in digestion and elimination.
- It stretches the shoulders, spine and hamstrings and strengthens the shoulders.
- It stimulates the kidneys, the liver and other important abdominal organs.
- It provides relief from mild backache.
- It relaxes the body and helps in reducing anxiety.
- It helps in the treatment of insomnia.
- It cures headache and reduces stress levels.

### **Caution:**

- Should be avoided by people with spinal and knee injuries.







## PASASANA

The name comes from the Sanskrit words 'pasa' meaning a noose or snare and 'asana' meaning a posture. In this asana, the human body creates a 'noose' when the practitioner wraps his/her arms around a squatting posture.

**Instructions:** You must do this asana on an empty stomach. Stand straight with both feet shoulder width apart. Gently get into squat position ensuring that the knees are aligned with the toes and not stretched beyond them. Get the hips as close to the heels as possible and rest your torso against your thighs. Bend your knees slightly to the left. Starting at the belly, twist to your right and extend your left arm to bring its upper part to the outside of the right knee. Support the pose by using your right hand for leverage by stretch it and sweeping it to the back. Hold your left wrist with your right hand. You could also just hook your fingers if your hands can't go all the way. The idea is to make a noose. Both the shoulders should be stretched apart and the right hand will be high and the left hand will be low. For the full pose, it's necessary to close any space between the left side of the torso and the tops of the thighs. Keep your belly soft and use the pressure of the palms to increase the twist. Stay in this pose for 30 seconds to a minute. Release the twist with an exhalation, then repeat for the same length of time to the left.

### **Benefits:**

- It helps cure mild stress in the neck, back and shoulder.
- It tones the ankles and makes them strong.
- It gives the spine, groins and thighs a good stretch.
- The chest and the shoulders open up with this asana and it helps asthmatic patients.
- It massages the internal organs and improves digestion and elimination.
- The body posture is enhanced with regular practice of this asana.

### **Caution:**

- Should be avoided by pregnant women and women during menstruation.







## PASCHIMOTTANASANA

The name comes from the Sanskrit words 'paschima' meaning back of the body and 'uttana' meaning intense stretch or extended and 'asana' meaning posture.

**Instructions:** Sit up with the legs stretched out straight in front of you, keeping the spine erect. Breathing in, raise both arms above your head and stretch/elongate your spine upwards. Breathing out, bend forward from the hip joints, chin moving toward the toes and the navel towards the knees. Keep the spine erect and do not curve it. Bring the arms forward over your head as you bend down. Place your hands on your knees or clasp the toes if possible without bending the knees. Rest your head down and breathe deeply for 20-60 seconds. Try and rest the elbows on the floor close to the knees. Hold the posture for at least 30-45 seconds or more. Repeat the asana 3-4 times.

### **Benefits:**

- It massages the internal organs and aids digestion and elimination.
- It reduces fatty deposits in the abdomen.
- It reduces anxiety, anger and irritability and provides relief from stress.
- It stretches the spine and brings flexibility.
- Its regular practice cures impotency and enhances sexual power.
- It balances the menstrual cycles.
- It is recommended especially for women after delivery.

### **Caution:**

- This asana should not be practiced by pregnant women or by those suffering from slip disc or sciatica problem. It should also be avoided by ulcer patients and people suffering from asthma.







## PAWANMUKTASANA

The name 'pawanmuktasana' is derived from Sanskrit words; 'pavana' meaning wind, 'mukta' which means to release and 'asana' meaning posture.

**Introduction:** Lie on your back with your feet together and arms beside your body. Breathe in and as you exhale, bring your right knee towards your chest and press the thigh on your abdomen with clasped hands. Keep the other leg extended and straight. Breathe in again and as you exhale, lift your head and chest off the floor and touch your chin to your right knee. Hold the posture for 30 seconds. Breathe normally if you can't hold the breath. As you exhale, come back to the ground and relax. Repeat this pose with the left leg and then with both the legs together (as in image). When performing this posture with both legs together, you may rock up and down or roll from side to side 3-5 times and then relax.

### **Benefits:**

- It strengthens the abdominal muscles and massages the intestines and internal organs of the digestive system releasing trapped gases and improving digestion.
- It strengthens the back and abdominal muscles.
- It improves the circulation of blood in the hip area.
- It eases the tension in the lower back.
- It stimulates the reproductive organs and massages the pelvic muscles. It also helps to cure menstrual disorders.
- It helps burn fat in the thighs, buttocks and abdominal area.
- It helps to stretch the back and neck.

### **Caution:**

- Persons suffering from high blood pressure, heart problems, hyperacidity, hernia, slip disc, testicle disorder, menstruation, neck and back problems should avoid this asana.
- This asana must not be practiced by pregnant and menstruating women.







## PRASARITA PADOTTANASANA

This name is derived from Sanskrit words 'prasarita' meaning stretched out, 'pada' meaning foot 'uttan' meaning intense stretch and 'asana' meaning posture.

**Instructions:** Stand straight on your mat, with your feet hip-distance apart and rest your hands on your hips. Exhale and gently soften your knees and bend forward from the hips (not the waist) keeping the knees straight and soft (beginners can bend their knees slightly). Bring your palms or finger tips to the floor slightly in front of or beside your feet. Beginners can cross their forearms and hold your elbows in case they can't touch the floor. Press the heels firmly into the floor and lift the hip toward the ceiling. Turn the top thighs slightly inward. Feel the fold and the stretch from your hip bone. If you feel it from the rounding of your lower back, you are doing something wrong. Exhale and maintaining the length of the front torso, lean the torso forward from the hip joints. As your torso approaches parallel to the floor, press your fingertips onto the floor directly below your shoulders. You can bend or extend your elbows fully. Your legs and arms then should be perpendicular to the floor and parallel to each other. Keep the head and neck elongated between the shoulders and keep the shoulders away from the ears. Hold the pose for as long as you can breathing softly.

### **Benefits:**

- It improves blood circulation and rejuvenates the liver, kidneys and spleen.
- It improves flexibility of the hip joint and strengthens the knees, spine and the hamstring and calf muscles.
- It improves posture and alignment.
- It improves the functions of the endocrine and the nervous system.
- It eases tension in the back, shoulders and neck.
- It tones and activates the muscles of the abdomen and improves digestion.
- It calms the brain and provides relief from headaches, fatigue and mild depression.

### **Caution:**

- Avoid this asana if you have a lower back or hamstring injury or if you suffer from sciatica or glaucoma.







## PURVOTTANASANA

Purvottanasana in Sanskrit means an intense stretch eastwards. East also means the front of the body and it is usually the direction of budding potential and new beginnings.

**Instructions:** Begin by sitting on the floor with your legs extended in front of you and your arms resting at your sides. Place your hands behind your hips with the tips of your fingers right behind your buttocks. Either point your fingers towards your body, which is more common or away from your body. If you point them towards your body, your shoulders will be less open, but it's a great stretch for your wrist flexors. If you have limited range of motion of the wrist, this posture may hurt and is not recommended. If you point your fingers away from your body, your shoulders will be more open and will allow a greater stretch in your chest. Choose the option that is comfortable for you. Exhale and lift your bottom off the floor, pressing your hips upward and straighten your legs one at a time keeping your buttocks soft. Support the lift by keeping your shoulders firmly pushing back. Do not collapse into your shoulders. Lengthen your spine and your arms. Keep your shoulders away from your ears. As you move into posture, you should keep the neck elongated as you fight gravity. Once you are comfortable in the pose, you can lower the head gently towards the floor keeping the chin facing the ceiling. Relax and breathe steadily. Hold the posture for at least 30 seconds. Ease out of the pose as you exhale.

### **Benefits:**

- It strengthens your triceps, wrists, back and legs.
- It stretches your shoulders, chest and ankles.
- It relieves stress.

### **Caution:**

- This asana should be avoided by people with shoulder, wrist or knee injury.







## SALAMBA SARVANGASANA

The name Salamba Sarvangasana comes from the Sanskrit words ‘salamba’ meaning supported, ‘Sarva’ meaning all and ‘anga’ meaning limb or bodypart, and ‘asana’ meaning posture. Thus ‘salamba sarvangasana’ literally translates to supported-all-limbs-pose.

**Instructions:** Start by lying flat on your back, keeping your legs together and your arms by your side. With one swift but easy movement, lift your legs, buttocks, and back, such that your elbows support your lower body and you stand high on your shoulders. Use your hands to support your back. As you settle down in the pose, make sure you move your elbows closer to each other. Straighten your spine and legs. Your body weight should lie on your shoulders and upper arms. Do not support your body on your neck or head. Firm up your legs and point your toes out. Hold the posture for about 30 to 60 seconds. Breathe deeply while you do so. If you feel any strain on your neck, release immediately. To release, lower your knees, and bring your hands to the floor. Then, lie flat and relax.

### **Benefits:**

- It helps calm the brain, cures mild depression and relieves stress.
- It stimulates the prostate and the thyroid glands and the abdominal organs.
- It increases the blood flow to the internal organs and is very good for the digestive and the respiratory system. It cures digestive ailments and respiratory ailments like asthma and bronchitis.
- This asana relieves the symptoms of menopause.
- It provides relief from chronic fatigue and insomnia.
- It improves reproductive functions and improves fertility.

### **Caution:**

- This asana should be avoided by people suffering from high blood pressure and shoulder and neck injuries.







## SALAMBA SIRASANA

The name of this asana is derived from the Sanskrit words 'salamba' meaning with support, 'sirsa', meaning head and 'asana' meaning posture.

**Instructions:** Place a soft blanket on the floor to cushion your head before you start the asana. Then, kneel down on the floor on your forearms and interlace your fingers. The forearms should be pressed firmly into the floor and the elbows spread out shoulder width apart. Place the crown of your head on the blanket in a manner that it fits against your clasped hands. Breathe in, lift your knees and tip toe towards your elbows. Lift your thighs and your sitting bones so that your body forms an inverted 'V'. Keep the torso straight and do not curve the spine. As you breathe out, lift your feet off the floor. It is important to lift both the feet together. You can keep the knees slightly bent as you push up. Slowly and without jerking, push your heels up towards the ceiling till the body is aligned in a straight line, perpendicular to the floor. Keep your tail bone tightly squeezed through the asana and balance your body on your forearms. Hold the pose for about 10 seconds initially and gradually increase it to a maximum of five minutes. Fold the legs at the knees while bringing the legs down to ease out of the pose.

### **Benefits:**

- It stimulates and regulates the pineal and pituitary glands.
- It improves blood circulation and rejuvenates all the vital internal organs.
- It revitalizes the reproductive organs and is particularly beneficial for curing infertility and menopausal symptoms.
- It calms the mind and is very useful in stress relief.
- It rejuvenates the lungs and is useful in curing asthma and sinusitis.
- It tones the digestive system and improves its functioning.

### **Caution:**

- Avoid this asana if you have a heart condition or are suffering from spinal, neck or shoulder injury.
- People with blood pressure should avoid the asana.
- This is an advanced pose and should be practiced under supervision only.







## MARICHYASANA: SEATED SPINAL TWIST

This asana is named after the famous sage, Marichi , believed to be the son of Brahma and leader of the Maruts, the storm warrior gods. ‘Marichi’ is a Sanskrit word which means light beam and ‘asana’ means posture.

**Instructions:** Sit on your mat with your legs extended in front of you. Your upper torso and lower body should be at right angles to each other. The shoulders should be relaxed, spine straight and the rib cage should be lifted up. Bend your right knee and place your right foot flat on the floor besides the left knee. Keep your left leg extended and rotated slightly inwards with the thigh pressed downwards on the floor. Extend and take a deep breath and as you exhale, twist your torso towards the right extending the right arm behind you (behind the right glute), with the palm on the floor to help maintain your balance. Your left arm should be bent with the hand pointing upwards. Place the bent left elbow in the outer crook of the bent right knee. Beginners can hold on to their outer right knee with the left hand. Do not allow the right leg to be pushed either outwards or inwards from its original position. Maintain your weight equally on both of your sitting bones. Hold the pose for at least 30 seconds. Return to the seated position and repeat the pose in the opposite direction to complete a set. Do 5 sets, gradually increasing the duration of each set.

### **Benefits:**

- It increases the flexibility and strength of the spine and the shoulder muscles.
- It massages the internal organs and glands making them function effectively.
- It opens up the breathing passages and the lungs.
- It rejuvenates the abdominal muscles and the digestive system.
- It calms the brain and relaxes the mind.
- It helps ease menstrual pain.

### **Caution:**

- Please do not do this asana if you suffer from a spinal injury or have a degenerative disc disease.







## SETU BANDHA SARVANGASANA

The term is derived from the Sanskrit words 'setu', meaning bridge, 'bandha' meaning lock, 'sarva' meaning all, 'anga' meaning limb and 'asana' meaning pose.

**Instructions:** Lie flat on your back with your arms placed on the sides palms facing downwards. Bend your knees and place your feet on the floor hip-width apart ensuring that the ankles and knees are placed in a straight line. Inhale and lift your back (lower, upper and middle) and the chest off the floor. Roll in your shoulders and make sure your chin touches your chest. Let your shoulders, feet and arms support your weight. Keep the buttocks squeezed firmly. The fingers can be interlaced and the clasped hand can be pressed firmly against the floor to help keep the torso raised. Hold the pose for 40-60 seconds. Breathe slowly and deeply as you hold the pose. Exhale and bring down the body slowly. Repeat the asana 4-5 times.

### **Benefits:**

- It massages and stimulates the digestive system and forces elimination of toxins.
- It revitalizes the thyroid and the pituitary gland.
- It reduces depression, stress and anxiety and calms the brain.
- It provides relief from menstrual pain and symptoms of menopause.
- It provides relief from high blood pressure, sinusitis, asthma, insomnia and osteoporosis.

### **Caution:**

- This asana should be avoided by people suffering from neck or spinal injuries and by pregnant women.







## SUPTA MATSYENDRASANA

The name 'supta matsyendrasana' is named after an ancient yoga master, 'matseyendra' whose name literally means "lord of the fishes" and the Sanskrit word 'sooptah' meaning reclined.

**Instructions:** Lie on your back with your arms on the sides. Inhale and draw your right knee to your chest keeping your left leg extended on the floor. Extend your right arm out along the floor at shoulder height with your palm facing down and pressed against the floor as in image. Twist your hips slightly to the right and place your left hand on the outside of your right knee. Exhaling, drop your right knee over the left side of your body using the left hand to push the bent knee gently down towards the floor on the left side. Turn your head to the right and gaze towards the fingertips of the extended right hand. Keep your shoulder blades pressed against the floor and away from your ears. Hold the pose for 10-25 breaths. Inhale and bring the knee to centre and gradually release the pose and repeat on the other side. Do 3-4 sets.

### **Benefits:**

- It massages the abdomen and improves digestion and helps to remove toxins.
- It stretches, strengthens and relaxes the spine making it more flexible.
- It helps to hydrate the spinal discs.

### **Caution:**

- Please do not do this asana if you suffer from a spinal injury or have a degenerative disc disease.







## SUPTA BADDHA KONASANA

The name Supta Baddha Konasana comes from four Sanskrit words: ‘supta’ meaning reclining, ‘baddha’ meaning bound, ‘kona’ meaning angle and ‘asana’ meaning posture.

**Instructions:** Lie flat on the ground with your arms by your side. Bend your knees and bring the heels of both feet close to the groin keeping the soles of both feet together. Your palms must lie next to your hips and pressed downwards. Exhale deeply by contracting the abdominal muscles and squeezing the tail bone upwards close to your pubic bone. Feel the stretch in your lower back and hold this position. Quickly inhale and as you exhale again, let your knees open up and give a good stretch to your inner thighs and the groin area. Do not arch your spine forcefully while breathing and keep your shoulders broad and away from the neck while doing the asana. Stay in the pose for up to a minute breathing deeply and slowly. Exhale and release the pose going back to the lying down position. Some might prefer to keep the palms facing upwards through the pose for greater relaxation.

### **Benefits:**

- It calms and rejuvenates the digestive system and provides relief from irritable bowel syndrome.
- It revitalizes the reproductive system and is useful in curing infertility and menstrual disorders and provides relief from symptoms of menopause.
- It activates the prostate gland, kidneys and bladder.
- It stretches the inner thighs, knees and the groin.
- It calms the mind and provides relief from mild depression and anxiety.
- It helps to open up the hips and flexes the hip flexors.

### **Caution:**

- Avoid this asana if you have knee, groin or hip injury and in case of lower back pain.
- Pregnant women should do this asana under supervision only and should keep their chest and head raised by placing a soft blanket.







## UPAVISTHA KONASANA

The term comes from the Sanskrit words 'upavistha' meaning seated, 'kona' meaning angle and 'asana' meaning posture.

**Instructions:** Sit erect and keep the spine straight with the legs straight in front of you. Lean your torso back slightly on your hands and slide both the legs outwards in such a manner that they spread on the sides of the pelvis (the legs should form a 90 degree angle with the pelvis as in the image). Press your hands against the floor and slide your buttocks forward, widening the legs another 10 to 20 degrees. If you feel uncomfortable, raise the buttocks slightly by placing a folded blanket under the buttocks. Let your toes point upwards. The knee caps of the outstretched legs should point straight up toward the ceiling. Now with your buttocks pressed heavily into the floor and your knee caps pointing up at the ceiling, walk your hands forward between your legs as you exhale gently. Keep your arms long. As with all forward bends, the emphasis is on moving from the hip joints and maintaining the length of the front torso. Do not bend from the waist or curve it. Always bend forward from the hip keeping the torso straight. Stay in the pose for a minute or so breathing calmly. Inhale, raise the torso and release the pose gently. Repeat 3-4 times.

### **Benefits :**

- It gives a very good stretch to the hips, legs, the abductor muscles of the groin and the hamstrings.
- It tones and detoxifies the internal organs and improves digestion.
- It soothes the mind and helps reduce stress and anxiety.
- It provides relief from sciatica and arthritis.
- It detoxifies the kidneys.
- It activates the core muscles.

### **Caution:**

- This asana should be avoided by people suffering from lower spine, groin, hip or hamstring injuries.
- This asana should be avoided by pregnant or menstruating women.







## URDHVA DHANURASANA

The name is derived from the Sanskrit words ‘urdhva’ or upward facing and ‘dhanur’ meaning bow and ‘asana’ meaning posture.

**Instructions:** Lie flat on your back on the floor with your arms placed beside you, palms facing downwards and legs hip width apart. Bend your knees and bring the soles of both feet as close to the buttocks as possible. Make sure that your feet are hip-width apart. Bring your hands behind each corresponding shoulder, palm facing downwards, fingers open and pointing towards the shoulder. Inhale and lift your body off the floor by pressing the soles of the feet and the palms firmly into the floor. The body will form a bow shape as you lift it towards the ceiling. Lift it as much as you can ensuring that your legs and knees stay in line with the hips and do not splay outwards to avoid putting pressure on the back. Let your head hang gently. Your neck should be long. Breathe calmly as you hold the pose for 30-60 seconds. Exhale and gently lower the body and go to starting position. Lie down calmly in shavasana between the postures. You can repeat the asana 2-3times.

### **Benefits:**

- It stimulates the pituitary and thyroid glands.
- It helps to expand the chest and stimulates and expands the lungs and increases oxygen supply and hence is very good for asthmatic patients.
- It massages the internal organs and improves digestion and elimination.
- It stretches and tones the legs, abdomen, buttocks, spine, shoulder blades, glutes, hamstrings, wrists and arms.
- It is known to help in stress relief and treats depression.
- It stimulates the reproductive system and helps in curing infertility.

### **Caution:**

- Avoid this asana if you are suffering from spinal or wrist injury or carpal tunnel syndrome.
- People with high blood pressure and headache and migraine problem should not perform this asana.







## URDHVA PRASARITA PADASANA

The name comes from the Sanskrit words; 'urdhva' meaning upwards, 'prasarita' meaning extended, 'pada' meaning foot and 'asana' meaning posture.

**Instructions:** Lie straight on the floor on your back with your arms along your sides or extend them outwards. Keep the legs extended and feet together. Exhale and contract your core abdominal muscles, draw the navel into the spine and press the sides of the waist into the floor and raise your legs together vertically upward without bending, making a right angle with the floor. Squeeze your tail bone down as your legs go up. Beginners can bend their knees and bring the heels close to the hips before unfolding and raising them straight up. Hold the position for 20-40 seconds and then lower the legs without bending a third way down (without jerking and without touching the floor) and again take them back to the 90 degree position. Inhale as you come down and exhale as you go up. You can repeat this action 5-10 times. Do not raise the back and the lower hip from the floor as you do this asana.

### **Benefits:**

- It strengthens the core abdominal muscles and reduces abdominal fat.
- It improves lumbar spine strength.
- It improves flexibility of the hip flexors.
- It improves digestion and elimination.
- It strengthens the Manipura chakra that improves self-discipline and will power.

### **Caution:**

- This asana should be avoided by persons with lower back injuries and sciatica.
- Pregnant and menstruating women should also avoid this asana.







## UTTANASANA

The name is derived from Sanskrit words, 'uttana' meaning an intense stretch and 'asana' meaning posture.

**Instructions:** Stand straight and rest your hands on your hips. Exhale and bend forward from the hip joints keeping the knees soft. Do not bend from the waist and keep the torso straight as you bend forward. You might have to move your hips slightly as you bend forward to avoid losing balance. Keep your sitting bones/hips pointing towards the ceiling and do not let them slouch. Let your hands rest on the ground, in front of or next to your feet. The legs should be parallel to each other maximum shoulder width apart and the toes should point forward. The chest should press against the thighs, the neck should be long and the head can dangle with the chin close to the knees and your gaze fixed between your legs. Hold the pose for as long as you can, breathing calmly. Feel the fold and the stretch from your hip bone and the hamstrings. To release the pose, inhale lift the torso up from the hip bone without curving your back contracting the core and the hip muscles and pressing the tailbone down firmly without curving or rolling the spine or the neck. Repeat the asana 3-4 times.

### **Benefits:**

- It massages and revitalizes the digestive system and improves digestion and elimination.
- It activates the liver and the kidneys.
- It stretches and strengthens the back, hips, calves and the hamstrings.
- It helps to reduce stress and provides relief from anxiety.
- It provides relief from headaches and insomnia.
- It gives relief in menopause and from menstrual problems.
- It provides relief from high blood pressure, asthma, sinusitis and osteoporosis.
- It revitalizes the reproductive system and helps cure infertility.

### **Caution:**

- Avoid this asana if you have lower back or hamstring injuries or if you suffer from sciatica or glaucoma.







## GARUDASANA

The name comes from the Sanskrit words 'garuda' meaning eagle and 'asana' meaning posture. In Hindu mythology Garuda is known as the king of birds. He transports God Vishnu and helps humanity fight against demons.

**Instructions:** Stand erect. Gently bend your right knee, and wrap your left leg around your right, such that the knees are stacked over each other. Your left foot must touch your right shin. Raise your arms to the shoulder height and wrap your right hand around your left. Ensure that your elbows are bent at 90-degree angles and are also stacked. Slowly turn the hands so that the palms face each other. Balance the body well and lower the hips gently without leaning on either side. Hold the pose for a few seconds. Breathe deeply and slowly. Focus on the third eye (between the eyebrows on the forehead) and let go of your negative emotions. Release the pose, switch the limbs and repeat.

### **Benefits:**

- It stretches and tones the hips, thighs, shoulders and upper back.
- It improves balance and strengthens the calves.
- It provides relief from sciatica and rheumatism.
- It increases the flexibility of the limbs.

### **Caution:**

- Avoid practicing this pose if you have had a recent knee, ankle or elbow injury.







## HALASANA

The name is derived from the Sanskrit words 'hala' meaning plow and 'asana' meaning posture.

**Instructions:** Lie straight on your back, feet together with your arms placed beside your body and your palms facing downwards. Inhale and lift your feet and hips and waist (in that order) off the ground using your abdominal muscles. Your legs should be at a 90-degree angle from the floor. Use your hands to support your hips and legs. Bend your legs from the hips so that they are parallel to the floor and take them beyond your head without bending the legs and press the toes into the mat. Gaze at the navel and Keep the neck long and the shoulders broad. The weight of the lifted part of the body should be borne by the shoulders without putting any pressure on the neck. The hands can continue to support the raised hips or can be outstretched and clasped together as in figure. Remain in the posture for 40-60 seconds while focussing on your breathing pattern. Exhale and gently bring down your legs, waist and torso without jerking.

### **Benefits:**

- It regulates metabolism and helps in weight loss.
- It massages the digestive organs and improves digestion and elimination.
- It removes toxins from the urinary and the digestive tract.
- It regulates the working of the thyroid and the pituitary gland.
- It is known to regulate sugar levels and hence is very good for diabetics.
- It revitalizes the reproductive system and provides relief from infertility and symptoms of menopause.
- It helps reduce stress and fatigue.

### **Caution:**

- This asana should be avoided by persons suffering from neck or spinal injury, diarrhoea or high blood pressure.
- Women should avoid the asana during their menstruation and pregnancy.







## PADANGUSTHASANA

The name is derived from the Sanskrit 'pada' meaning foot, 'angustha' meaning big toe and 'asana' meaning posture.

**Instructions:** Stand upright with your feet shoulder width apart and the arms raised up. Tighten your front thigh muscles and keeping your legs completely straight, exhale and bend forward from your hip joints keeping your torso straight. Bend your torso and head as one unit and bring the arms down and bend the elbows out to the sides. Slide and hook the fingers under the feet and grip the big toes firmly. Press your toes down firmly against your fingers and press the your forehead into your shins. Keep the torso straight and do not curve the back while getting into the pose and while in it. Hold the pose for a minute breathing calmly. Inhale and lift the body to the original position making sure your torso and head comes back to a standing position as a single unit. Repeat 3-4 times.

### **Benefits:**

- It massages the internal organs and improves the digestive system and elimination of wastes.
- It stimulates the liver and kidneys and helps in better removal of toxins.
- It helps in reducing stress and anxiety.
- It tones and strengthens the calves and hamstrings.
- It provides relief from menopause and menstrual disorders.
- It provides relief from headaches and insomnia.

### **Caution:**

- It should be avoided by people suffering from lower back injuries.



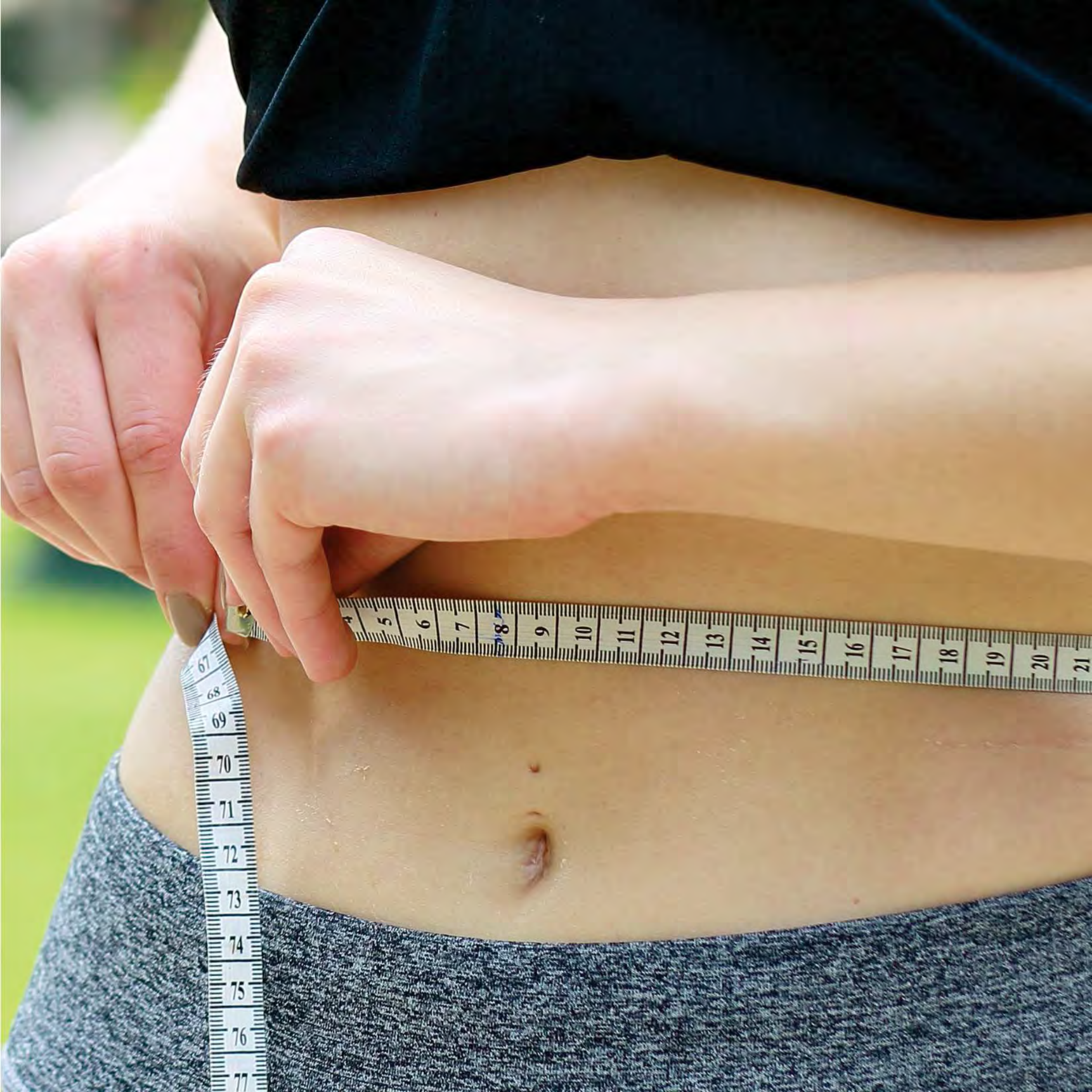




## YOGA FOR WEIGHT LOSS

The obesity issue is not about vanity alone; it is the issue of our health and our physical and emotional well-being. Billions of dollars are forked out across the world by people looking for a magical quick fix for their weight issues, yet the majority continue to struggle. Novelty fad diets and surgical procedures lead to fast - sometimes dramatic - weight loss, but only for the pounds to creep back on again because they don't address the underlying reasons why a person is overweight in the first place. "yoga is the union of body, mind and soul". Thus, it approaches the weight loss issue in a more holistic manner. If the mind is disturbed, it effects the body and vice versa. Regular practice of Yoga tends to have a positive impact on the brain function. It reduces the stress hormone- 'cortisol' levels and optimizes body functions and metabolism. Moreover, regular Yoga practice requires discipline, physical and mental strength and flexibility, all of which in turn make us more mindful of our mind and body balance, triggering a positive tone that helps us lose weight faster. Yoga transforms you from the inside out, pushing you to make positive lifestyle alterations and healthier food choices ensuing in weight loss.











## ANANTASANA

The name comes from the Sanskrit words ‘ananta ‘ meaning the infinite one, derived from the name of the thousand-headed serpent head upon which Vishnu rested at the bottom of the primordial ocean, ‘asana’ meaning posture.

**Instructions:** Lie on the floor on your right side. Stretch your right arm and leg straight out along the floor so that the heels, hips and the shoulder are in one line. Bend your right elbow and support your head in your palm. Ensure that the elbow is kept away from the body and the armpit is stretched. Exhale and raise the left leg upwards rotating it slightly so that the toes point toward the ceiling and the knee towards your torso. Raise the left arm and clasp the left big toe with your index and middle fingers. Secure the grip by wrapping the thumb around the two fingers. Breathe calmly and stay in the pose for 40-60 seconds. Then, release and wait for a few moments. Repeat this pose as you turn to your left side, and do it with your right leg for the same amount of time. Do three rounds at least.

### **Benefits:**

- It tones the abdominal muscles and improves digestion.
- It stretches and helps reduce fat around the waist, legs and the hips.
- It increase the flexibility of the spine and the leg muscles.
- It stretched and strengthens the hamstrings and the pelvic region.
- It This helps cure hypertension, arthritis, colitis, hypertension and sciatica.
- It helps relieve stress and tension.
- It helps cure disorders related to the uterus, urinary bladder, ovaries and the prostate.

### **Caution:**

- Avoid practicing this asana if you have pain in your neck or shoulders. All persons with spinal issues must do the asana under supervision.







## MALASANA

The Sanskrit word ‘malasana’ comes from two words, ‘mala’ meaning garland and ‘asana’ meaning pose.

**Instructions:** Stand with your feet apart (2 feet) and turn your toes out slightly. Keep your gaze forward and your spine straight as you push your hips back and lower down as if into a chair, pressing the feet into the floor with your body weight evenly balanced on both feet. The goal is to bring the hips as low as you can without rounding the spine. If you can’t lower down without your heels lifting off the mat, roll up a towel or blanket and place it beneath the heels. Bring your hands to prayer position in the mid-chest area. You may push into the inner knees with your elbows, further opening your hips. Hold the pose for a few breaths and raise the body to original standing pose while inhaling.

### **Benefits:**

- It helps open and strengthen the hips, inner thighs and lengthens the spine.
- It keeps the pelvic and hip joints healthy.
- It tones the abdominal muscles and improves the function of the colon to help with elimination.
- It increases circulation and blood flow in the pelvis, which can help regulate sexual energy.
- It improves balance, concentration and focus.
- It is particularly beneficial for pregnant women as it aids in childbirth.

### **Caution:**

- Avoid the pose if you have knee injuries.
- Don’t stay in the pose if you have pain in the groins.







## CRESCENT LUNGE - ANJANEYASANA

The Sanskrit word Anjaneyasana is derived from Lord Hanuman's mother's name - Anjani.

**Instructions:** Start in downward-facing dog. From there, exhale and step your right foot forward between your hands. Make sure your right knee is directly over your right ankle to protect the knee joint. Slowly lower your left knee to touch the floor, placing the top of that foot flat on the floor. Slide the left leg back until you feel a comfortable stretch in the front thigh and groin. Make sure to keep your right knee fixed in place as you do this. As you exhale, gradually take the lunge deeper by allowing the right knee to move slightly in front of the ankle.

Now, inhale and lift your torso upright while sweeping your arms out to your sides and up overhead. Your arms should be straight and perpendicular to the floor. Your head should tilt back slightly with the chin lifted. Keep your core engaged. Hold the pose for as long as you can. Exhale and bring your torso down gently and place your hands on the floor on each side of your right foot. Turn the toes of the left foot back under and exhale and steadily lift your left knee off of the floor and step back to downward-facing dog. Repeat on the other side.

### **Benefits:**

- Releases tension and strengthens your hips and the quadriceps and gluteus muscles.
- Stretches your hamstrings, quads and groin.
- Strengthens your knees.
- Relieves sciatica pain.
- Expands your chest, lungs and shoulders.
- Improves your balance, concentration and core awareness.
- Calms the mind.

### **Caution:**

- Avoid this asana if you have knee injury or have high blood pressure.







## ARDHA MATSYENDRASANA

The asana is named after the great yogi Matsyendranath. The name comes from the Sanskrit words 'ardha' meaning half, 'matsya' meaning fish, 'indra' meaning king and 'asana' meaning posture.

**Instructions:** Sit up with the legs stretched out straight in front of you, keeping the feet together and the spine erect. Bend the left leg and place the heel of the left foot beside the right knee. Place the right hand on the raised left knee and the left hand behind you. You may keep the other leg straight or bend and tucked below the left buttock. Twist the waist, shoulders and neck in this sequence to the left and look over the shoulder. Keep the spine erect. Hold this asana for as long as you can (approx. 30-60 seconds and breathe in and out gently throughout). Breathing out, gently ease out of the asana. Repeat on the other side. Do at least 4 sets.

### **Benefits :**

- It increases the elasticity of the spine, tones the spinal nerves and improves spinal strength.
- It massages the abdominal and other internal organs and improves digestion and elimination of wastes.
- It relaxes the hip joints relieving stiffness.
- It stimulates the Manipura chakra.
- It opens the chest and increases the oxygen supply to the lungs.
- It relieves symptoms of backache, fatigue, menstrual discomfort and sciatica.
- It stimulates the liver, heart, lungs, kidneys and spleen.

### **Caution:**

- This asana should not be practiced by women during pregnancy and menstruation.
- It should be avoided by people who have had heart, abdominal, spinal or vertebral surgeries and by people suffering from peptic ulcers or hernia.







## ARDHA PINCHA MAYURASANA

The name Ardha Pincha Mayurasana comes from the Sanskrit words; 'ardha' meaning half, 'pincha' meaning feathers, 'mayura' meaning peacock and 'asana' meaning posture.

**Instructions:** Begin the asana by getting on your knees and hands. Place your forearms on the ground, making sure your elbows and shoulders are in the same line. Leave your hands flat on the ground or interlace your fingers. Lift your back and hips as you tuck your toes and press them hard against the floor. Straighten your legs. Your shoulder blades must be firm and broad and kept away from the ears. Walk in towards your arms till the torso forms an inverted V with your hips held higher towards the sky. The forearm should stay on the floor throughout the lifting process and the beginners may keep their knees slightly bent. Take deep breaths and hold the Position for 30 to 60 seconds. Repeat 3-4 times.

### **Benefits:**

- It calms your mind and helps in relieving anxiety and depression.
- It stretches and tones the shoulders, calves and hamstrings.
- It tones and strengthens your arms and legs.
- It stimulates the reproductive organs and reduces the symptoms of menopause and menstrual discomfort.
- It strengthens the bones and is beneficial in Osteoporosis.
- It stimulates and tones the abdominal area and the digestive organs and also improves digestion.
- It provides relief from insomnia, asthma, sciatica and flat feet.

### **Caution:**

- It is best to avoid this asana if you have a neck, shoulder or lower back injury.







## ARDHA SALBHASANA

The name is derived from the Sanskrit words; 'ardha' meaning half, 'shalabh' which means grasshopper and 'asana' meaning posture.

**Instructions:** Lie flat on your stomach with your chin placed on the floor, legs straight with heels and the knees placed close to each other and arms stretched forward. Inhale and raise one leg and the opposite arm together. Ensure that the shoulder stays aligned with the ear and the raised leg should remain centred and not be stretched outside the centre alignment of the hips. Hold the pose for 15-30 seconds. Exhale and lower the raised leg and arm. Repeat on the other side.

### **Benefits:**

- It tones and strengthens the muscles of the arms, shoulders, abdomen and the spine.
- It reduces fat in the thighs and the hips.
- It revitalises the digestive system and regulates the functioning of the liver and the kidney.
- It calms the mind and provides relief from anxiety and mild depression.
- It stimulates the muladhara (root) chakra, which is said to represent the beginning of life and regulates vitality, stability and promotes balance.

### **Caution:**

- This asana should be avoided by people suffering from peptic ulcer, hernia or an enlarged thyroid.







## BADDHA KONASANA

The name comes from the Sanskrit words 'baddha' meaning bound, 'kona' meaning angle and 'asana' meaning posture.

**Instructions:** Sit erect and stretch your legs out. Elevate your hips slightly by placing a soft blanket under your hip bones in case you feel any discomfort sitting directly on the floor. Exhale and bend your knees pulling your heels towards your pelvis. Press the soles of your feet close together, and let your knees drop to the sides. Push the outer edges of your feet firmly into the floor and wrap your hands around your feet or ankles. With the pelvis in a neutral position, gently work the outer knees towards the floor. Never force your knees down. Always ensure that the spine is erect, neck long and the shoulder blades be drawn away from the ears. This pose can be held anywhere from 1-10 minutes. To exit the pose, draw your knees towards one another, extend your legs and return to the sitting pose. Your knees should never ever be forced towards the ground.

### **Benefits :**

- It stimulates and tones the abdominal organs, ovaries, prostate gland, bladder and kidneys.
- It stretches the inner thighs, groins and knees.
- It helps relieve mild depression, anxiety and fatigue.
- It eases menstrual discomfort and sciatica.
- It provides relief from the symptoms of menopause.

### **Caution:**

- Should be avoided by persons suffering from knee injury.







## BHARADVAJASANA

The asana dedicated to sage Bharadvaja who was one of the Saptarshis (seven greatest sages) Bharadvaja was also the father of Drona who was a master of advanced military arts and the royal guru to Kauravas, Pandavas and the Devastras, the princes who fought the epic battle of the Mahabharata.

**Instructions:** Sit on the floor with your legs stretched out in front of you. Place your arms in a resting position at your sides. Bend your knees and bring them toward your left hip, such that the weight of your body is now resting on your right buttock. You may rest the inner side of your right ankle on the inner left thigh. Inhale slowly and stretch your spine to lengthen it as much as possible. Then, exhale slowly and twist your upper trunk to the maximum extent possible towards the right. You may keep your right hand on the floor and your left hand will rest on the outer part of the thigh of your right leg. Ensure that the hip on your left side presses down the weight of the body on the floor and is not raised while twisting. Try to apply a lengthening force to your spine with each breath, and twist your body further with each exhalation. Turning your head, look out over the shoulder on your right. Remain in this pose for a minute. Exhale slowly and gently untwist your trunk to revert to come back to the centre twisted position. Repeat on the other side.

### **Benefits:**

- It gives the hips, spine, and shoulders a good stretch and strengthens the muscles.
- It tones and reduces the fat from the waist and the abdomen.
- It massages the internal organs, improves digestion and metabolism.
- It provides relief from neck pain, sciatica and lower back pain.
- It reduces stress and anxiety.
- It provides relief from carpal tunnel syndrome.

### **Caution:**

- This asana should be avoided by persons suffering from spinal and hip injuries.
- Women should avoid this asana during menstruation.
- Avoid this asana if you have low or high blood pressure.







## BHUJANGASANA

The name comes from the Sanskrit words 'bhujanga' meaning snake and 'asana' meaning posture.

**Instructions:** Lie flat on your stomach with the hands placed on the sides and with your feet and heels lightly touching each other. Place your hands, palm downwards under the shoulders with the elbows firmly tucked close to/into the torso while keeping the navel on the floor. Now, placing your body's weight on your palms, inhale and raise your head and trunk. Note that your arms should be bent at your elbows when the body is raised. The neck should be arched upwards and backwards, the shoulder blades should be firm and held away from the ears. Make sure you put equal pressure on both your palms. This position can be held for 15-20 counts and then lowered while exhaling to the original position. One can do a advanced raise by straightening the arm and arching the back as much as possible. Breathing out, gently bring your abdomen, chest and head back to the floor.

### **Benefits :**

- It tones the abdomen and strengthens the spine, back and shoulders.
- It improves flexibility of the upper and middle back.
- It expands the chest and lungs and gives the shoulders and abdomen a good stretch.
- It improves blood circulation and stimulates the digestive, reproductive and urinary systems.
- It reduces fatigue and stress.
- It provides relief from sciatica and asthma.

### **Caution:**

- Avoid practicing this asana if you are pregnant, have fractured ribs or wrists or have undergone any abdominal surgeries in the recent past.
- This asana should be avoided by people suffering from Carpel Tunnel Syndrome or have spinal disorders.







## DHANURASANA

Dhanurasana is derived from the Sanskrit word 'dhanur' meaning a bow and 'asana' meaning posture.

**Instructions:** Lie flat on your stomach, keeping your feet hip-width apart and your arms beside your body. Now, gently fold your knees and hold your ankles. While inhaling raise the thighs, head and chest as high as possible balancing the weight of the body on the lower abdomen. Join the ankles. Look upward and breathe normally and hold the pose for 15-20 seconds. Exhale and release the pose.

### **Benefits :**

- It strengthens your shoulders, arms, neck, abdomen, back, thighs & hamstring muscles.
- It energizes the body
- It helps improve stomach disorders.
- It helps in reducing abdominal fat.
- It regulates the pancreas and is recommended for people with diabetes.
- It expands the thoracic region of the chest.
- It alleviates a hunchback.
- It increases the appetite.

### **Caution:**

- Should be avoided by persons suffering from high blood pressure, back pain, headache or migraine.
- It is strictly prohibited for people who have undergone abdominal surgery.
- Should be avoided by women during pregnancy and menstruation.







## GARUDASANA

The name comes from the Sanskrit words 'garuda' meaning eagle and 'asana' meaning posture. In Hindu mythology Garuda is known as the king of birds. He transports God Vishnu and helps humanity fight against demons.

**Instructions:** Stand erect. Gently bend your right knee, and wrap your left leg around your right, such that the knees are stacked over each other. Your left foot must touch your right shin. Raise your arms to the shoulder height and wrap your right hand around your left. Ensure that your elbows are bent at 90-degree angles and are also stacked. Slowly turn the hands so that the palms face each other. Balance the body well and lower the hips gently without leaning on either side. Hold the pose for a few seconds. Breathe deeply and slowly. Focus on the third eye (between the eyebrows on the forehead) and let go of your negative emotions. Release the pose, switch the limbs and repeat.

### **Benefits :**

- It stretches and tones the hips, thighs, shoulders and upper back.
- It improves balance and strengthens the calves.
- It provides relief from sciatica and rheumatism.
- It increases the flexibility of the limbs.

### **Caution:**

- Avoid practicing this pose if you have had a recent knee, ankle or elbow injury.







## HALASANA

The name is derived from the Sanskrit words 'hala' meaning plow and 'asana' meaning posture.

**Instructions:** Lie straight on your back, feet together with your arms placed beside your body and your palms facing downwards. Inhale and lift your feet and hips and waist (in that order) off the ground using your abdominal muscles. Your legs should be at a 90-degree angle from the floor. Use your hands to support your hips and legs. Bend your legs from the hips so that they are parallel to the floor and take them beyond your head without bending the legs and press the toes into the mat. Gaze at the navel and Keep the neck long and the shoulders broad. The weight of the lifted part of the body should be borne by the shoulders without putting any pressure on the neck. The hands can continue to support the raised hips or can be outstretched and clasped together as in figure. Remain in the posture for 40-60 seconds while focussing on your breathing pattern. Exhale and gently bring down your legs, waist and torso without jerking.

### **Benefits:**

- It regulates metabolism and helps in weight loss.
- It massages the digestive organs and improves digestion and elimination.
- It removes toxins from the urinary and the digestive tract.
- It regulates the working of the thyroid and the pituitary gland.
- It is known to regulate sugar levels and hence is very good for diabetics.
- It revitalizes the reproductive system and provides relief from infertility and symptoms of menopause.
- It helps reduce stress and fatigue.

### **Caution:**

- This asana should be avoided by persons suffering from neck or spinal injury, diarrhoea or high blood pressure.
- Women should avoid the asana during their menstruation and pregnancy.







## MARICHYASANA: SEATED SPINAL TWIST

This asana is named after the famous sage, Marichi , believed to be the son of Brahma and leader of the Maruts, the storm warrior gods. ‘Marichi’ is a Sanskrit word which means light beam and ‘asana’ means posture.

**Instructions:** Sit on your mat with your legs extended in front of you. Your upper torso and lower body should be at right angles to each other. The shoulders should be relaxed, spine straight and the rib cage should be lifted up. Bend your right knee and place your right foot flat on the floor besides the left knee. Keep your left leg extended and rotated slightly inwards with the thigh pressed downwards on the floor. Extend and take a deep breath and as you exhale, twist your torso towards the right extending the right arm behind you (behind the right glute), with the palm on the floor to help maintain your balance. Your left arm should be bent with the hand pointing upwards. Place the bent left elbow in the outer crook of the bent right knee. Beginners can hold on to their outer right knee with the left hand. Do not allow the right leg to be pushed either outwards or inwards from its original position. Maintain your weight equally on both of your sitting bones. Hold the pose for at least 30 seconds. Return to the seated position and repeat the pose in the opposite direction to complete a set. Do 5 sets, gradually increasing the duration of each set.

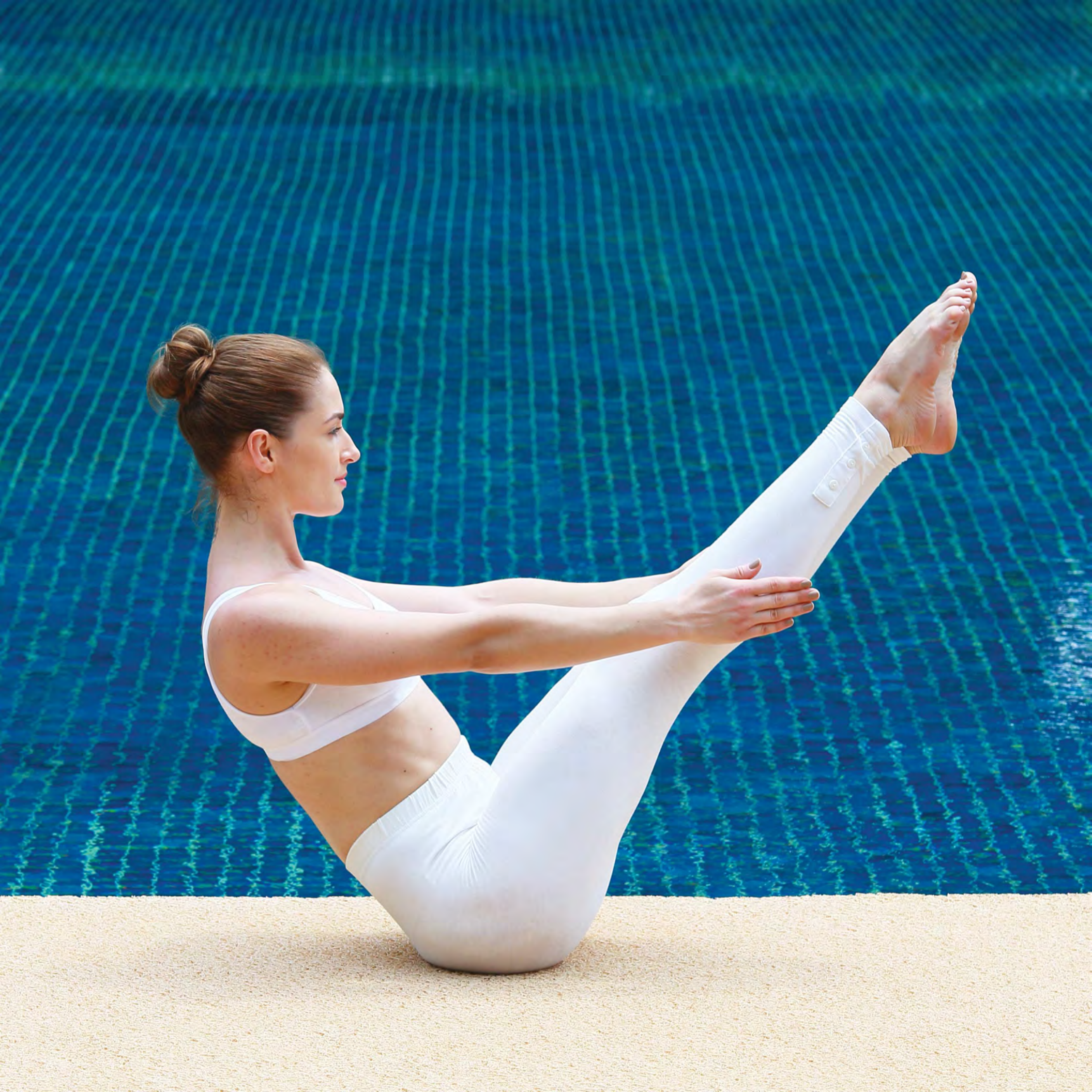
### **Benefits:**

- It increases the flexibility and strength of the spine and the shoulder muscles.
- It massages the internal organs and glands making them function effectively.
- It opens up the breathing passages and the lungs.
- It rejuvenates the abdominal muscles and the digestive system.
- It calms the brain and relaxes the mind.
- It helps ease menstrual pain.

### **Caution:**

- Please do not do this asana if you suffer from a spinal injury or have a degenerative disc disease.







## PARIPURNA NAVASANA / NAUKASANA

The name Naukasana is derived from two Sanskrit words; ‘nauka’ meaning boat and ‘asana’ meaning posture.

Lie flat on your back on the yoga mat with your arms by your side, relax and breathe normally. Inhale deeply and raise your legs and torso, both approximately 45 – 60-degree angle from the floor and keep your arms stretched towards the feet as shown in the image. Keep the legs straight and feel the tension in the area around the navel. Your eyes, fingers and toes should be in a line. Hold your breath and the posture for 10-15 seconds. You can increase the time of holding posture by practicing regularly. Exhale slowly as you get to the starting position. Repeat the asana 4-5 times.

### **Benefits:**

- It strengthens the back and abdominal muscles and reduces belly fat.
- Tones the leg and arm muscles.
- Useful for people with hernia.
- It improves circulation of blood in the abdominal area and the intestines and improves digestion.
- It regulates the function of the internal organs specially the liver, kidneys, pancreas and the prostate glands.
- It stretches the hamstrings and strengthens the spine and hip flexors.
- It stimulates the kidneys, thyroid and prostate glands.
- It helps in stress relief.

### **Caution:**

- Do not practice this yoga pose if you have low blood pressure, severe headache, migraine, or if you have suffered from some chronic diseases or spinal disorders in the recent past.
- Asthma and heart patients are advised to avoid this pose.
- Women should avoid doing this pose during pregnancy and during the first two days of the menstrual cycle.







## PADANGUSTHASANA

The name is derived from the Sanskrit 'pada' meaning foot, 'angustha' meaning big toe and 'asana' meaning posture.

**Instructions:** Stand upright with your feet shoulder width apart and the arms raised up. Tighten your front thigh muscles and keeping your legs completely straight, exhale and bend forward from your hip joints keeping your torso straight. Bend your torso and head as one unit and bring the arms down and bend the elbows out to the sides. Slide and hook the fingers under the feet and grip the big toes firmly. Press your toes down firmly against your fingers and press the your forehead into your shins. Keep the torso straight and do not curve the back while getting into the pose and while in it. Hold the pose for a minute breathing calmly. Inhale and lift the body to the original position making sure your torso and head comes back to a standing position as a single unit. Repeat 3-4 times.

### **Benefits:**

- It massages the internal organs and improves the digestive system and elimination of wastes.
- It stimulates the liver and kidneys and helps in better removal of toxins.
- It helps in reducing stress and anxiety.
- It tones and strengthens the calves and hamstrings.
- It provides relief from menopause and menstrual disorders.
- It provides relief from headaches and insomnia.

### **Caution:**

- It should be avoided by people suffering from lower back injuries.







## PARSVOTTANASANA

The name is derived from Sanskrit words; 'parsva' meaning side or flank 'uttan' meaning an intense stretch and 'asana' meaning posture.

**Instructions:** Stand straight with both your feet 3 ½ -4 feet apart. Rest your hands on your hips. Turn your left foot in 45 to 60 degrees to the right and your right foot out to the right by 90 degrees in such a way that the right heel is aligned with the left heel. Bend your right knee outward so that the right knee cap is in line with the right ankle and not ahead or behind it. Exhale and twist your torso to the right, squaring the front of your pelvis as much as possible with the front edge of your mat. Inhale and then exhale and bend the torso forward from the hip joints over the right leg keeping the torso straight. Do not bend from the waist or curve it. Stop when the torso is parallel to the floor and press your fingertips to the floor on either side of the right foot or clasp them behind your back as in image. Keep the left leg stretched straight while in the posture. You can deepen the bend and go down further in case you can without curving your back and clasp the right foot to balance. Hold this asana for 30-40 seconds. Inhale and raise the torso from the hip joint without curving the back and straightening the legs to go to starting position and repeat on the other side. Repeat 3-4 sets.

### **Benefits:**

- It tones and strengthens the waist, legs, hamstrings and hips.
- It helps in trimming the fat around the waist.
- It stimulates the digestive system and improves digestion and absorption.
- It stimulates the reproductive organs and provides relief from menstrual and menopausal symptoms.
- It calms the mind and provides relief from stress and anxiety.

### **Caution:**

- Do not do this asana if you have a knee, hip or a spinal injury or if you have high blood pressure.







## RAJAKAPOTASANA

The name comes from the Sanskrit words ‘raja’ meaning king, ‘kapota’ meaning pigeon and ‘asana’ meaning posture.

**Instructions:** Set on your fours, making sure your knees are placed right under your hips and your hands a little ahead of your shoulders. Now, gently slide your left knee forward. While you do this, place the left shin under your torso, and bring your left foot in front of your right knee. The outsides of your left shin must rest on the floor. Slide your right leg to the back gently. Lower the outsides of your left buttocks on the floor. Place your left heels in front of your right hip. You can angle your left knee towards the left, such that it is slightly outside the line of the hip. Your right leg should extend itself straight out of the hip to avoid putting undue pressure on the spine and lower back. Rotate it inwards, such that its midline is pressed against the floor. Take a deep breath, and as you exhale, bend your right leg at the knees with the right foot pointing towards the sky. Gently push your torso back and stretch as much as you can. Clasp the toes of your raised foot with both hands by raising the arms above the head and folding them at the elbows or as in image. Push the chest and the rib cage upwards while bending backwards. Stay in this position for at least a minute or for as long as you can. Gently bring the hands down and bring the right foot down and ease out of the pose. Repeat on the other side.

### **Benefits:**

- It stretches and tones most parts of the abdomen and the lower body.
- It massages the abdominal organs and improves digestion.
- It strengthens and tones the spine.
- It opens up the hip area and the chest.
- It provides relief from stress and anxiety.
- It stimulates and strengthens the urinary and reproductive systems.

### **Caution:**

- This asana should be practiced under supervision and should be avoided by beginners.
- Avoid this asana if you have a leg, hip, groin spinal injury.
- Should be avoided by pregnant and menstruating women.







## SALABHASANA

The name comes from the Sanskrit words 'shalabh' which means grasshopper and 'asana' meaning a posture.

**Instructions:** Lie on your belly with your arms on the sides palms up, forehead resting on the floor. Turn your big toes toward each other and rotate the thighs slightly inwards and make the buttocks firm. Inhale and lift your head, upper torso, arms and legs away from the floor. Use the back muscles to lift the chest up and do not put pressure on the neck. You'll be resting on your lower ribs, belly and front pelvis. Keep the buttocks and the leg muscles firm and the big toes turned toward each other. Raise your arms parallel to the floor and stretch back actively through your fingertips increasing the stretch. Push the shoulders away from the ears and towards each other and keep the upper arms engaged. List the head up gently without jutting out the chin and putting pressure on the neck. Gaze forward or slightly upward. Stay in the pose for 30- 60 seconds. Exhale and release the pose. Repeat 2-3 times.

### **Benefits:**

- It regulates metabolism and helps you lose weight.
- It helps in reducing fat from the stomach.
- It activates the kidneys, liver and the reproductive organs.
- It invigorates the entire body, stimulates the internal organs and enhances blood circulation.
- It regulates the acid-base balance in the body.
- It strengthens and tones the arms, thighs, shoulders, legs, calf muscles and hips.
- It tones and rejuvenates the spine.
- It helps reduce stress and tension.
- It helps in curing constipation, gas troubles, indigestion, dysentery, acidity and other abdominal disorders.
- It helps in the prevention of piles.

### **Caution:**

- Should be avoided in case of lower back injury.







## SALAMBA SARVANGASANA

The name Salamba Sarvangasana comes from the Sanskrit words ‘salamba’ meaning supported, ‘Sarva’ meaning all and ‘anga’ meaning limb or bodypart, and ‘asana’ meaning posture. Thus ‘salamba sarvangasana’ literally translates to supported-all-limbs-pose.

**Instructions:** Start by lying flat on your back, keeping your legs together and your arms by your side. With one swift but easy movement, lift your legs, buttocks, and back, such that your elbows support your lower body and you stand high on your shoulders. Use your hands to support your back. As you settle down in the pose, make sure you move your elbows closer to each other. Straighten your spine and legs. Your body weight should lie on your shoulders and upper arms. Do not support your body on your neck or head. Firm up your legs and point your toes out. Hold the posture for about 30 to 60 seconds. Breathe deeply while you do so. If you feel any strain on your neck, release immediately. To release, lower your knees, and bring your hands to the floor. Then, lie flat and relax.

### **Benefits :**

- It helps calm the brain, cures mild depression and relieves stress.
- It stimulates the prostate and the thyroid glands and the abdominal organs.
- It increases the blood flow to the internal organs and is very good for the digestive and the respiratory system. It cures digestive ailments and respiratory ailments like asthma and bronchitis.
- This asana relieves the symptoms of menopause.
- It provides relief from chronic fatigue and insomnia.
- It improves reproductive functions and improves fertility.

### **Caution:**

- This asana should be avoided by people suffering from high blood pressure and shoulder and neck injuries.







## TRIKONASANA

The name comes from the Sanskrit words 'trikona' meaning a triangle and 'asana' meaning posture.

**Instructions:** Stand with your feet wide apart (approximately  $3^{1/2}$  to 4 feet). Turn the right foot out at 90 degrees and the left foot in by approximately 45 degrees. Ensure that the heels stay in line with the hips and that the centre of your right heel with the centre of your arch of left foot are aligned. The weight of the body should be equally balanced on both the feet. Inhale deeply and stretch your arms sideways with the palms facing downwards at shoulder height. As you exhale bend your body downwards to the right from the hip keeping the waist straight. While bending extend your left hand straight towards the ceiling air and bring the right hand towards the floor ensuring that both the hands are opposite to each other in a straight line. Rest your right hand on your shin, ankle or the floor outside your right foot, whatever is comfortable without losing balance. Turn your head slightly upwards to gaze at the palm/thumb of the raised hand. Breathe normally and hold the position for as long as you can. As you inhale come up to the original position and repeat on the other side. Repeat the asana 4-5 times on each side.

### **Benefits:**

- Burns fat particularly in the waist area and the thighs.
- Strengthens and stretches the hips, back, arms, thighs and leg.
- Reduces blood pressure, stress and anxiety.
- Improves blood circulation and digestion and stimulates the kidney function.
- Gives flexibility to groins, hamstrings and hips.
- Improves the body balance and increases concentration.

### **Caution:**

- This asana should not be practiced by people with blood pressure problems and pregnant women.
- People suffering from spinal disorders should avoid this asana or do it under strict supervision.







## UPAVISTHA KONASANA

The term comes from the Sanskrit words 'upavistha' meaning seated, 'kona' meaning angle and 'asana' meaning posture.

**Instructions:** Sit erect and keep the spine straight with the legs straight in front of you. Lean your torso back slightly on your hands and slide both the legs outwards in such a manner that they spread on the sides of the pelvis (the legs should form a 90 degree angle with the pelvis as in the image). Press your hands against the floor and slide your buttocks forward, widening the legs another 10 to 20 degrees. If you feel uncomfortable, raise the buttocks slightly by placing a folded blanket under the buttocks. Let your toes point upwards. The knee caps of the outstretched legs should point straight up toward the ceiling. Now with your buttocks pressed heavily into the floor and your knee caps pointing up at the ceiling, walk your hands forward between your legs as you exhale gently. Keep your arms long. As with all forward bends, the emphasis is on moving from the hip joints and maintaining the length of the front torso. Do not bend from the waist or curve it. Always bend forward from the hip keeping the torso straight. Stay in the pose for a minute or so breathing calmly. Inhale, raise the torso and release the pose gently. Repeat 3-4 times.

### **Benefits :**

- It gives a very good stretch to the hips, legs, the abductor muscles of the groin and the hamstrings.
- It tones and detoxifies the internal organs and improves digestion.
- It soothes the mind and helps reduce stress and anxiety.
- It provides relief from sciatica and arthritis.
- It detoxifies the kidneys.
- It activates the core muscles.

### **Caution:**

- This asana should be avoided by people suffering from lower spine, groin, hip or hamstring injuries.
- This asana should be avoided by pregnant or menstruating women.







## UTTANASANA

The name is derived from Sanskrit words, 'uttana' meaning an intense stretch and 'asana' meaning posture.

**Instructions:** Stand straight and rest your hands on your hips. Exhale and bend forward from the hip joints keeping the knees soft. Do not bend from the waist and keep the torso straight as you bend forward. You might have to move your hips slightly as you bend forward to avoid losing balance. Keep your sitting bones/hips pointing towards the ceiling and do not let them slouch. Let your hands rest on the ground, in front of or next to your feet. The legs should be parallel to each other maximum shoulder width apart and the toes should point forward. The chest should press against the thighs, the neck should be long and the head can dangle with the chin close to the knees and your gaze fixed between your legs. Hold the pose for as long as you can, breathing calmly. Feel the fold and the stretch from your hip bone and the hamstrings. To release the pose, inhale lift the torso up from the hip bone without curving your back contracting the core and the hip muscles and pressing the tailbone down firmly without curving or rolling the spine or the neck. Repeat the asana 3-4 times.

### **Benefits:**

- It massages and revitalizes the digestive system and improves digestion and elimination.
- It activates the liver and the kidneys.
- It stretches and strengthens the back, hips, calves and the hamstrings.
- It helps to reduce stress and provides relief from anxiety.
- It provides relief from headaches and insomnia.
- It gives relief in menopause and from menstrual problems.
- It provides relief from high blood pressure, asthma, sinusitis and osteoporosis.
- It revitalizes the reproductive system and helps cure infertility.

### **Caution:**

- Avoid this asana if you have lower back or hamstring injuries or if you suffer from sciatica or glaucoma.







## PHYSICAL WARRIOR I - VIRABHADRASANA I

Virabhadrasana I Pose1 is an asana commemorating the exploits of a mythical warrior.

**Instructions:** Stand straight with your legs hip-distance apart and arms on your sides. Now, turn your right foot outwards by 90 degrees and the left by 15 degrees, making sure the heel of the right foot is perfectly aligned with the center of the left foot. Lift your arms sideways to shoulder height, stretch them out straight with palms facing downwards. Twist your body to the right completely. Exhale and bend your right knee, such that your knee and ankle form a straight line. The right upper leg should be at right angle with the lower leg. Make sure that your right knee does not go ahead of your ankle. Let the other leg stretch properly. Make a gentle effort to push your pelvis down. Hold the yoga posture with the determination of a warrior for 10 -20 seconds and repeat on the other side.

### **Benefits:**

- Strengthens and tones the arms, legs and lower back.
- Improves body balance and increases stamina.
- Extremely beneficial in case of frozen shoulders.
- Releases stress in the shoulders very effectively in a short span of time.
- Brings auspiciousness, courage, grace and peace.
- Improves focus, balance and stability.
- Encourages good circulation and respiration.
- Stretches your arms, legs, shoulders, neck, belly, groins and ankles.
- Energizes the entire body.

### **Caution:**

- Do not attempt this asana if you have knee or hip injury or if you have high blood pressure.







## VRIKSHASANA

The name is derived from comes from the Sanskrit words; ‘vriksha’ meaning tree and ‘asana’ meaning posture.

**Instructions:** Stand straight with feet placed together. Focus the gaze on a fixed point in front of the body. Bend the right leg at the knee, clasp the ankle and place the sole of the foot, with the toes pointing downward, on the inside of the left thigh close to the groin pressing into the thigh to help hold the position. Balance the body weight on the standing left leg and keep the core activated. Lengthen the spine, draw the shoulder blades towards each other to open the chest and keep the shoulders away from the ears and bring your hands in prayer position (anjali mudra) in front of your chest or above the head as in image. Hold the position for as long as you can. Release the hands and then the foot, slowly. Come back to the starting position and practice on the other side. Do 2-3 sets.

### **Benefits:**

- It tones and strengthens the leg muscles and the hips.
- It tones and strengthens the ankles, the feet and the knees.
- It strengthens the bones of the hips and legs due to the weight-bearing nature of the pose
- It helps to build self-confidence and esteem and helps build concentration and focus.
- It gives tranquillity and provides relief from anxiety and depression.
- It helps to cure rheumatic pain and also treats numbness.

### **Caution:**

- This asana should be avoided by people suffering from high or low blood pressure, migraine, insomnia and knee, ankle or hip injuries.







## VYAGHRASANA

The name is derived from the Sanskrit words 'vyaghra' meaning tiger and 'asana' meaning posture.

**Instructions:** Go on your fours into table top position with the palms aligned with the shoulders and the knees aligned with the hips. Inhale, arch the back and push the belly downward, lifting the head and opening the chest. Lift the right leg off of the floor and bring it towards the back of the head. Remain in the pose for a few seconds. Exhale, dropping the chin downward, arch the back downwards tucking the pelvic bone under and bring the knee of the right leg towards the nose. Hold the pose for a few seconds before returning the right leg to the starting position. Repeat the same series with the other leg. Do at least 5-7 sets.

### **Benefits:**

- It tones and strengthens the muscles of the back and hips.
- It stretches and tones the abdominal muscles and helps reduce abdominal and waist fat.
- Used after the child delivery for toning up the vaginal passage.
- It revitalises the reproductive system and is very useful for ladies post their delivery.
- It massages the internal organs and improves digestion and elimination.
- It strengthens the neck, shoulders and back.
- It reduces excess weight in the hips and thighs.

### **Caution:**

- This asana should be avoided by persons suffering from chronic neck and spine conditions, wrist injury, slipped discs or sciatica.







## NATARAJASANA

The name comes from the Sanskrit words ‘nata’ meaning dancer and ‘raja’ meaning king and ‘asana’ meaning posture. Nataraja is one of the names given to the Hindu God Shiva in his form as the cosmic dancer.

**Instructions:** Stand straight on your yoga mat and with your arms by your sides and feet shoulder width apart. While inhaling lift your right leg backward and upward as much as you can without pushing too hard. Hold your right ankle or your toes with the right hand. Extend your left arm straight out in front. Keep your torso upright . Hold this posture for 20 – 30 seconds and keep breathing normally. Now slowly come back to starting position. You can clasp the raised toe with both the hands in case you are very flexible. Repeat this with the other leg. Do three to four sets.

### **Benefits:**

- It strengthens the chest, ankles, hips and legs.
- It boosts the metabolism and helps in weight loss.
- It gives the groin, abdominal organs and thighs a good stretch.
- It improves concentration and calms the mind.
- It improves digestion.
- It opens and stretches the hip flexors.

### **Caution:**

- Avoid this asana if you have low blood pressure, spinal or hip injury.







## PARIGHASANA

The name Parighasana is derived from two Sanskrit words, 'parigha' meaning gate, and 'asana' meaning posture.

**Instructions:** Kneel on the mat with your toes curled under. Stretch your right leg out on the right side. Pressing the foot firmly into the floor. Rotate the hip outwards so that the kneecap of the outstretched leg faces the sky. Keep your left knee directly below your left hip. As you inhale, bring your arms out to your sides, parallel to the floor with palms facing downwards. Bend to the right over the plane of the right leg and lay your right hand down on the shin, ankle or the floor outside the right leg. Contract the right side of the torso and stretch the left. With an inhalation, sweep the left arm upward towards the ceiling beyond the left ear. Ensure that the extended leg remains in the same line as the kneeling knee. Exhale and slide the stretched out leg back. Relax and repeat the asana on the other side.

### **Benefits:**

- It gives the hamstrings, calves, and adductor muscles a good stretch.
- It helps stretch the intercostal muscles between your ribs. These muscles assist in breathing.
- It opens the chest and the shoulders and stimulates the lungs.
- It calms the nerves and also cleans the circulatory system.
- It also provides nourishment to the abdominal organs improving digestion.

### **Caution:**

- Avoid this asana if you have a knee injury or neck and spinal ailments.







## UTKATASANA

The name comes from the Sanskrit words 'utkata' meaning wild/frightening/intense and 'asana' meaning posture.

**Instructions:** Stand erect with your feet slightly apart. Inhale and raise your arms straight up towards the ceiling. Keep the arms parallel, palms facing inward. Exhale and bend your knees to get the thighs into a chair like position by bringing the thighs parallel to the ground. The knees should be pressed close to each other and should project slightly ahead of the toes. Lean your torso forward over your hips such that the torso forms a 90 degree angle with the upper region of the thighs. Contract the ribs and keep the core engaged when you bend forward. Keep your thighs parallel to each other and push down on your pelvis towards your heels. Keep the spine straight and elongated and press the shoulder blades to open the chest. Stay in this position for 30-60 seconds breathing calmly. Inhale and straighten your knees and lift the body as the arms comes down. The movements in this asana should be smooth and not jerky.

### **Benefits:**

- It tones and strengthens the legs, the thighs and the hips and gives you shapely legs.
- It tones and strengthens the spine and reduces back fat.
- It reduces abdominal fat and strengthens the core.
- It increases lung capacity and invigorates and energizes the entire body.
- It strengthens and tones the knees and the hip joints.

### **Caution:**

- This pose should be avoided by persons suffering from knee, hip or ankle injury or pain in the lower back.
- It should be avoided by persons suffering from arthritis, headaches or insomnia.
- It should be avoided by menstruating and pregnant women.







## UTTHITA HASTA PADANGUSTHASANA

The name is derived from the Sanskrit words ‘utthita’ meaning stretched, ‘hasta’ meaning hand, ‘padangushtha’ meaning big toe and ‘asana’ meaning posture.

**Instructions:** Stand straight with your feet slightly apart. Raise your left leg and bring your left knee toward your belly. Reach out to clasp outer side of the left foot from the inner side of the thigh. Inhale and extend the left leg forward. Straighten the knee as much as possible. Find balance and swing the extended leg to the side holding the toe with the extended left arm or keep it straight ahead as in image. Breathe steadily and keep balance. Hold the pose for 30-60 seconds keeping the core engaged. Then swing the leg back to the centre before bringing it down and releasing the pose. Repeat on the other side. Do 2-3 sets.

### **Benefits:**

- It tones and strengthens the legs, hips and ankles.
- It strengthens the core and removes fat around the waist.
- It stretches the hamstrings.
- It improves body balance and improves concentration.
- It calms the mind and helps in improving focus.

### **Caution:**

- This asana should be avoided by people suffering from lower back, knee or ankle injury.







## CHATURANGADANDASANA

The name comes from the Sanskrit words ‘chatur’ meaning four, ‘anga’ meaning limb, ‘danda’ meaning staff (referring to the spine) and ‘asana’ meaning posture.

**Instructions:** Begin in plank pose keeping your elbows directly over your wrists and in line with the shoulders. Slowly lower your body to hover a few inches above the floor. Keep your back flat and straight. Lift through your chest, keeping your shoulders in line with your elbows. Do not let your chest drop or sag toward the floor. Simultaneously push back through the heels to engage the quadriceps and bring the lower body to life and reach your sternum forward, creating a straight taut line of energy from the crown of your head through your feet. Fully engage your abdominal and leg muscles. Keep your body as straight as a plank of wood, neither letting your center sag nor sticking your buttocks up in the air. Do not let the elbows spread outside. Keep them pushed against the ribcage, pointed toward your heels. Your upper and lower arms should be perpendicular, bent 90 degrees at the elbows. Do not let your shoulders drop lower than the height of your elbows. Hold for 10-30 seconds, and then lower your body all the way to the mat and rest.

### **Benefits:**

- It tones and strengthens the arms, wrists, lower back and the abdominal muscles.
- It tones and strengthens the muscles in your back, shoulders and arms.
- It stretches and tones the core muscles.

### **Caution:**

- Should be avoided if you have carpal tunnel syndrome or a shoulder, elbow or wrist injury.
- Pregnant and menstruating women should do the half plank only.







## VASISTHASANA

The name is derived from Sanskrit words; ‘vasistha’ meaning wealthy and ‘asana’ meaning pose.

**Instructions:** Get into the Dandasana as described and shown on the previous page. Gently shift the body towards the outside edge of your left foot, and stack your right foot on top of the left. Now swing your right hand onto your right hip, turn your torso to the right as you do and support the weight of your body on the outer left foot and left hand. The right palm should press firmly into the floor and the arm should be kept a little in front of the shoulder and not exactly below it. Do not bend the arm. As you inhale, slowly raise your left arm upwards and point the fingertips towards the ceiling. Gently turn your neck to gaze at the tip of the fingertips or look straight ahead as in image. Hold the pose for as long as you can breathing calmly. Keep the core and the leg muscles engaged while you do the asana and also ensure that the shoulders stay away from the ears to avoid putting pressure on the neck. Exhale and lower the left arm and get back to Dandasana and take few breaths before repeating on the other side.

### **Benefits :**

- It tones and strengthens the arms, wrists and legs.
- It tones and strengthens the abdomen and reduces the waist and abdominal fat.
- It improves body balance and improves focus and concentration.

### **Caution:**

- This asana should be avoided by people suffering from a wrist, shoulder or elbow injury.













## YOGA FOR STRESS RELIEF

Stress is an inexorable fallout of today's fast paced life style and has become an integral part of our lives. We cannot wish it away. Acknowledging its presence and then finding ways and means to control and ultimately eradicate it, would be a more practical approach. Chronic stress can take a heavy toll on our health and well-being and hence cannot be ignored. Yoga with its 5,000-year-old legacy seeks to balance and integrate all the visible and invisible layers of our life so that our body, mind, soul, intellect and spirit flow in harmony. Yoga means union; the union of body, mind and soul. When this union is achieved, our outer and inner world are in harmony and there is greater emotional stability and clarity of mind. It renews our mind and spirit and our every action is more thoughtful, calm and relaxed. The deep breathing techniques used in various yoga postures help in invoking the restorative functions of the body and reduce muscular and mental tension. It is now medically proven that Yoga practice reduces the levels of 'cortisol' - the stress hormone and help in combating stress and anxiety.







## ADHO MUKHA SVANASANA

The name comes from the Sanskrit words 'adhas' meaning 'down', 'mukha' meaning face, 'śvana' meaning dog and 'asana' meaning posture.

**Instructions:** Go on your fours into a table top position. Exhale and gently lift your hips straightening your elbows and knees and pushing the chest towards the thighs and drawing the abdomen into the rib cage till such time the body forms an inverted 'V'. Make sure your hands stay in line with your shoulders and your feet in line with your hips. The toes should point inwards. Press your hands firmly into the ground. The neck should be kept long between the stretched arms. Your ears should touch your inner side of the arms and the gaze should be fixed on the navel. Hold the pose for 30-40 seconds. Make sure that the spine remains straight and does not curve while doing or holding the pose. Breathe calmly while holding the pose. Gently go back to the table top and repeat 3-4 times.

### **Benefits:**

- It improves circulation throughout the body.
- It strengthens and tones the abdominal muscles and improves digestion and elimination.
- It massages the internal organs.
- It provides relief from anxiety and stress.

### **Caution:**

- Avoid this asana if you suffer from high blood pressure, eye ailments, carpal tunnel syndrome, shoulder and wrist injuries.







## ANANDA BALASANA

The name Ananda Balasana is derived from the Sanskrit words ‘ananda’ meaning happiness, ‘bala’ meaning child and ‘asana’ meaning posture.

**Instructions:** Lie flat on your back. Inhale and lift your legs up, bringing both your knees above the chest close to the armpits. The ankles should be vertically stacked above the knees. Grasp your toes by stretching out your arms from the inner side of the legs. Gently nudge your hips apart and widen your legs to deepen the stretch along the inner thighs. Ensure that you press the torso, tailbone, sacrum, neck, head and shoulders down on the floor. Breathe calmly, consciously observing the inhalation and exhalation as you hold the pose. Stay in the pose for a minute. Exhale and release your arms and legs and bring them down without a jerk.

### **Benefits:**

- It gives a good stretch to the groin, inner thighs and the hamstrings.
- It opens the hip and releases the tension in the spine.
- It gently massages the digestive system.
- It provides relief from anxiety and stress.

### **Caution:**

- Should be avoided by persons suffering from a neck or knee injury.
- Should be avoided by women during pregnancy and menstruation.
- Should be avoided by persons with high blood pressure.







## ANJALI MUDRA

The name is derived from the Sanskrit words; ‘anjali’ meaning divine offering/a gesture of reverence or salutation and ‘mudra’ meaning seal or sign.

**Instructions:** Sit cross legged keeping the spine straight and the shoulders broad. Fold your hands in a traditional greeting posture pressing the palms together finger to finger and rest the thumbs close to the sternum. The fingers should be pointing upwards as in image. Raise your elbows to stay aligned with the wrists and bow your head slightly in reverence. Stay in this posture for as long as you want focusing on your breathing pattern.

### **Benefits :**

- It is known to balance the right and the left hemispheres of the brain restoring peace and calm.
- It reduces stress and anxiety.
- It is a very good pose for meditation.

### **Caution:**

- Persons with knee injuries can avoid the sitting posture and can perform this mudra while standing straight.







## BHUJANGASANA

The name comes from the Sanskrit words 'bhujanga' meaning snake and 'asana' meaning posture.

**Instructions:** Lie flat on your stomach with the hands placed on the sides and with your feet and heels lightly touching each other. Place your hands, palm downwards under the shoulders with the elbows firmly tucked close to/into the torso while keeping the navel on the floor. Now, placing your body's weight on your palms, inhale and raise your head and trunk. Note that your arms should be bent at your elbows when the body is raised. The neck should be arched upwards and backwards, the shoulder blades should be firm and held away from the ears. Make sure you put equal pressure on both your palms. This position can be held for 15-20 counts and then lowered while exhaling to the original position. One can do a advanced raise by straightening the arm and arching the back as much as possible. Breathing out, gently bring your abdomen, chest and head back to the floor.

### **Benefits:**

- It tones the abdomen and strengthens the spine, back and shoulders.
- It improves flexibility of the upper and middle back.
- It expands the chest and lungs and gives the shoulders and abdomen a good stretch.
- It improves blood circulation and stimulates the digestive, reproductive and urinary systems.
- It reduces fatigue and stress.
- It provides relief from sciatica and asthma.

### **Caution:**

- Avoid practicing this asana if you are pregnant, have fractured ribs or wrists or have undergone any abdominal surgeries in the recent past.
- This asana should be avoided by people suffering from Carpel Tunnel Syndrome or have spinal disorders.







## ARDHA PINCHA MAYURASANA

The name Ardha Pincha Mayurasana comes from the Sanskrit words; 'ardha' meaning half, 'pincha' meaning feathers, 'mayura' meaning peacock and 'asana' meaning posture.

**Instructions:** Begin the asana by getting on your knees and hands. Place your forearms on the ground, making sure your elbows and shoulders are in the same line. Leave your hands flat on the ground or interlace your fingers. Lift your back and hips as you tuck your toes and press them hard against the floor. Straighten your legs. Your shoulder blades must be firm and broad and kept away from the ears. Walk in towards your arms till the torso forms an inverted V with your hips held higher towards the sky. The forearm should stay on the floor throughout the lifting process and the beginners may keep their knees slightly bent. Take deep breaths and hold the Position for 30 to 60 seconds. Repeat 3-4 times.

### **Benefits:**

- It calms your mind and helps in relieving anxiety and depression.
- It stretches and tones the shoulders, calves and hamstrings.
- It tones and strengthens your arms and legs.
- It stimulates the reproductive organs and reduces the symptoms of menopause and menstrual discomfort.
- It strengthens the bones and is beneficial in Osteoporosis.
- It stimulates and tones the abdominal area and the digestive organs and also improves digestion.
- It provides relief from insomnia, asthma, sciatica and flat feet.

### **Caution:**

- It is best to avoid this asana if you have a neck, shoulder or lower back injury.







## JANU SIRASANA

The name comes from the Sanskrit words 'janu' meaning knee, 'shirsha' meaning head and 'asana' meaning posture.

**Instructions:** Sit up with the legs stretched out straight in front of you, keeping the feet together and the spine erect. Bend your right knee and press the sole of the right foot against the inner part of your left thigh close to the groin. Gently swing the right knee away from the left foot so that the thighs form an angle greater than 90 degrees and press it gently against the floor. Make sure that the chest and navel are in a straight line with the outstretched left leg. This will set your torso in the right position. Let your hands provide support as they rest beside the hips. Inhale deeply by pushing the belly and chest torso upwards. Then exhale and bend forward from the base of the hip keeping the torso straight. (avoid bending forward from the waist or rounding it). Reach for your ankles or toes, if you can, with your hands or stretch till you are comfortable. Hold the pose and breathe deep and slow. As you breathe, feel the breath filling the groin, the back of your left leg, and the entire area of your back. Inhale and release the pose. Repeat the asana with the right leg stretched out. Do three to four sets.

### **Benefits:**

- It revitalizes the body and aids digestion.
- It strengthens the shoulders, spine, groins and the hamstrings.
- It stimulates the liver and kidneys.
- It relieves stress, anxiety, fatigue, headache and mild depression.
- It is very good for treating high blood pressure, insomnia and sinusitis.
- It stimulates the reproductive organs and therefore, menstrual and menopausal disorders are reduced.
- During pregnancy, this asana helps to strengthen the back muscles. However, this asana should be practiced only up to the second trimester.

### **Caution:**

- Avoid this asana if you have diarrhoea, asthma or lumbar disc herniation or a serious lower back injury.







## MARJARIASANA & BITILASANA

Marjariasana - Bitilasana is a combination of two asanas that comprise one of the most basic yoga movements often used as a warm up routine. The name 'Marjariasana' comes from the Sanskrit word 'marjari' meaning cat and the word 'Bitilasana' is derived from the Sanskrit word 'Bitila', meaning cow and 'asana' refers to posture.

**Instructions:** Get on your hands and knees in table top position. Ensure your shoulders are directly above your wrists and your hips are over your knees. Inhale and push your tail bone up towards the ceiling, letting the spine arch inwards by keeping the belly dropped towards the floor. Keep your shoulders engaged and away from your ears and lift your chin and chest and gaze up towards the ceiling. This is the Cow Pose. In Cow, let the movement start from the tailbone. Allow your neck and head to be the very last part of the movement.

As you exhale, draw your belly to your spine and release the crown of your head toward the floor, gently releasing the back of your neck and pushing the chin to your chest. While doing this, tilt your pelvis under and around your spine and curve your back round upwards by drawing the navel firmly in towards the spine, keep your shoulders engaged and press into the mat with your hands, shins and the tops of your feet. The pose should look like a cat stretching its back. Keep the gaze downward and the head bent between the arms. This is Cat Pose. Alternate these poses. Keep your shoulder blades broad and draw your shoulders away from your ears to protect your neck during the movements. Inhale and go to Cow Pose and then exhale and return to Cat Pose. Repeat 5-20 times and then rest by sitting back on your heels with your torso upright.

### **Benefits:**

- This combination improves posture and balance.
- It provides relief from back pain and sciatica symptoms.
- It strengthens and stretches the spine and neck.
- It stretches the hips, abdomen and the upper and lower back.
- It stimulates the kidneys and adrenal glands.
- It strengthens the wrists and shoulders.
- It massages the digestive organs and improves digestion.
- It relaxes the mind.
- It improves blood circulation.

### **Caution:**

- It should be avoided in case of a neck or a spinal injury.







## MATSYASANA

The name is derived from the Sanskrit words 'matsya' meaning fish and 'asana' meaning posture.

**Instructions:** Lie flat on your back in a comfortable posture with the legs outstretched and the arms by your side. Place the hands underneath the hips, palms facing down. Bring the elbows closer toward the waist and each other. Cross your legs such that your feet cross each other close to the groin area with your thighs and knees pressed against the floor or keep them straight as in image. Inhale deeply and lift your chest and head up from in between the shoulder blades and then keeping the chest elevated lower the head backward and allow the crown to touch the floor gently. Make sure the weight of the body while lifting is borne by the shoulders and the elbows and no pressure is put on the neck and the head. You can bring the hands forward from below the hips to clasp the feet (if the legs are crossed) or else leave them under the hips as per your comfort level. Hold the position for as long as you can breathing calmly. Now lift the head up and gently lower the chest and the head back to the lying position and untangle your legs without a jerk. Repeat the asana 2-3 times.

### **Benefits:**

- It tones and stimulates the pituitary, parathyroid and pineal glands.
- It gives the throat and the digestive organs a good massage and aids in digestion and elimination.
- It tones and strengthens the spine, chest and the shoulder region.
- It expands the chest and gives relief from respiratory disorders.
- It strengthens the muscles of the upper back, the shoulders and neck.
- It calms the mind and provides relief from anxiety and stress.
- It is a good treatment for menstrual disorders.

### **Caution:**

- It should be avoided by people suffering from lower back and neck injuries.







## PADANGUSTHASANA

The name is derived from the Sanskrit 'pada' meaning foot, 'angustha' meaning big toe and 'asana' meaning posture.

**Instructions:** Stand upright with your feet shoulder width apart and the arms raised up. Tighten your front thigh muscles and keeping your legs completely straight, exhale and bend forward from your hip joints keeping your torso straight. Bend your torso and head as one unit and bring the arms down and bend the elbows out to the sides. Slide and hook the fingers under the feet and grip the big toes firmly. Press your toes down firmly against your fingers and press the your forehead into your shins. Keep the torso straight and do not curve the back while getting into the pose and while in it. Hold the pose for a minute breathing calmly. Inhale and lift the body to the original position making sure your torso and head comes back to a standing position as a single unit. Repeat 3-4 times.

### **Benefits:**

- It massages the internal organs and improves the digestive system and elimination of wastes.
- It stimulates the liver and kidneys and helps in better removal of toxins.
- It helps in reducing stress and anxiety.
- It tones and strengthens the calves and hamstrings.
- It provides relief from menopause and menstrual disorders.
- It provides relief from headaches and insomnia.

### **Caution:**

- It should be avoided by people suffering from lower back injuries.







## PADMASANA

The name Padmasana is derived from the words ‘padma’ meaning lotus and ‘asana’ meaning posture.

**Instructions:** Sit on the floor or on a mat with legs stretched out in front of you while keeping the spine erect. Bend the right knee and bring the right foot to rest on the left thigh with the sole of the feet facing upward and the heel placed close to the abdomen. Do the same with the left leg and foot. With both the legs crossed and feet placed on opposite thighs, place your hands on the knees in mudra position. Keep the head straight and spine erect. Stay in the posture calmly focussing on the breathing pattern as you inhale and exhale deeply. Stay in the posture for as long as you can.

### **Benefits:**

- It calms the mind and reduces stress and anxiety.
- It improves digestion.
- It reduces muscular tension and brings blood pressure under control.

### **Caution:**

- This asana should be avoided by those suffering from a knee or ankle injury.







## PASCHIMOTTANASANA

The name comes from the Sanskrit words ‘paschima’ meaning back of the body and ‘uttana’ meaning intense stretch or extended and ‘asana’ meaning posture.

**Instructions:** Sit up with the legs stretched out straight in front of you, keeping the spine erect. Breathing in, raise both arms above your head and stretch/elongate your spine upwards. Breathing out, bend forward from the hip joints, chin moving toward the toes and the navel towards the knees. Keep the spine erect and do not curve it. Bring the arms forward over your head as you bend down. Place your hands on your knees or clasp the toes if possible without bending the knees. Rest your head down and breathe deeply for 20-60 seconds. Try and rest the elbows on the floor close to the knees. Hold the posture for at least 30-45 seconds or more. Repeat the asana 3-4 times.

### **Benefits:**

- It massages the internal organs and aids digestion and elimination.
- It reduces fatty deposits in the abdomen.
- It reduces anxiety, anger and irritability and provides relief from stress.
- It stretches the spine and brings flexibility.
- Its regular practice cures impotency and enhances sexual power.
- It balances the menstrual cycles.
- It is recommended especially for women after delivery.

### **Caution:**

- This asana should not be practiced by pregnant women or by those suffering from slip disc or sciatica problem. It should also be avoided by ulcer patients and people suffering from asthma.







## SALAMBA SARVANGASANA

The name Salamba Sarvangasana comes from the Sanskrit words ‘salamba’ meaning supported, ‘Sarva’ meaning all and ‘anga’ meaning limb or bodypart, and ‘asana’ meaning posture. Thus ‘salamba sarvangasana’ literally translates to supported-all-limbs-pose.

**Instructions:** Start by lying flat on your back, keeping your legs together and your arms by your side. With one swift but easy movement, lift your legs, buttocks, and back, such that your elbows support your lower body and you stand high on your shoulders. Use your hands to support your back. As you settle down in the pose, make sure you move your elbows closer to each other. Straighten your spine and legs. Your body weight should lie on your shoulders and upper arms. Do not support your body on your neck or head. Firm up your legs and point your toes out. Hold the posture for about 30 to 60 seconds. Breathe deeply while you do so. If you feel any strain on your neck, release immediately. To release, lower your knees, and bring your hands to the floor. Then, lie flat and relax.

### **Benefits:**

- It helps calm the brain, cures mild depression and relieves stress.
- It stimulates the prostate and the thyroid glands and the abdominal organs.
- It increases the blood flow to the internal organs and is very good for the digestive and the respiratory system. It cures digestive ailments and respiratory ailments like asthma and bronchitis.
- This asana relieves the symptoms of menopause.
- It provides relief from chronic fatigue and insomnia.
- It improves reproductive functions and improves fertility.

### **Caution:**

- This asana should be avoided by people suffering from high blood pressure and shoulder and neck injuries.







## SALAMBA SIRASANA

The name of this asana is derived from the Sanskrit words ‘salamba’ meaning with support, ‘sirsa’, meaning head and ‘asana’ meaning posture.

**Instructions:** Place a soft blanket on the floor to cushion your head before you start the asana. Then, kneel down on the floor on your forearms and interlace your fingers. The forearms should be pressed firmly into the floor and the elbows spread out shoulder width apart. Place the crown of your head on the blanket in a manner that it fits against your clasped hands. Breathe in, lift your knees and tip toe towards your elbows. Lift your thighs and your sitting bones so that your body forms an inverted ‘V’. Keep the torso straight and do not curve the spine. As you breathe out, lift your feet off the floor. It is important to lift both the feet together. You can keep the knees slightly bent as you push up. Slowly and without jerking, push your heels up towards the ceiling till the body is aligned in a straight line, perpendicular to the floor. Keep your tail bone tightly squeezed through the asana and balance your body on your forearms. Hold the pose for about 10 seconds initially and gradually increase it to a maximum of five minutes. Fold the legs at the knees while bringing the legs down to ease out of the pose.

### **Benefits:**

- It stimulates and regulates the pineal and pituitary glands.
- It improves blood circulation and rejuvenates all the vital internal organs.
- It revitalizes the reproductive organs and is particularly beneficial for curing infertility and menopausal symptoms.
- It calms the mind and is very useful in stress relief.
- It rejuvenates the lungs and is useful in curing asthma and sinusitis.
- It tones the digestive system and improves its functioning.

### **Caution:**

- Avoid this asana if you have a heart condition or are suffering from spinal, neck or shoulder injury.
- People with blood pressure should avoid the asana.
- This is an advanced pose and should be practiced under supervision only.







## SETU BANDHA SARVANGASANA

The term is derived from the Sanskrit words 'setu', meaning bridge, 'bandha' meaning lock, 'sarva' meaning all, 'anga' meaning limb and 'asana' meaning pose.

**Instructions:** Lie flat on your back with your arms placed on the sides palms facing downwards. Bend your knees and place your feet on the floor hip-width apart ensuring that the ankles and knees are placed in a straight line. Inhale and lift your back (lower, upper and middle) and the chest off the floor. Roll in your shoulders and make sure your chin touches your chest. Let your shoulders, feet and arms support your weight. Keep the buttocks squeezed firmly. The fingers can be interlaced and the clasped hand can be pressed firmly against the floor to help keep the torso raised. Hold the pose for 40-60 seconds. Breathe slowly and deeply as you hold the pose. Exhale and bring down the body slowly. Repeat the asana 4-5 times.

### **Benefits:**

- It massages and stimulates the digestive system and forces elimination of toxins.
- It revitalizes the thyroid and the pituitary gland.
- It reduces depression, stress and anxiety and calms the brain.
- It provides relief from menstrual pain and symptoms of menopause.
- It provides relief from high blood pressure, sinusitis, asthma, insomnia and osteoporosis.

### **Caution:**

- This asana should be avoided by people suffering from neck or spinal injuries and by pregnant women.







## SUKHASANA

The name Sukhasana comes from the Sanskrit word 'sukham' which means easy/joyful and 'asana' meaning posture.

**Instructions:** Sit on the floor with legs stretched out. Fold the left leg and tuck the left foot into the right thigh and then fold the right leg and tuck the right foot into the left thigh. Cross the legs right across the groin. Keep the hands on your knees or in chin mudra (as in image) if you are using the posture for meditating. Sit erect keeping the spine straight and elongated. Focus on your breathing pattern. You may alternate the crossing of the legs on alternate days when practicing yoga regularly. Stay in the asana for at least 2-3 minutes.

**Benefits:**

- It is a very good pose for performing breathing exercises and for meditation.

**Caution:**

- It should be avoided by people suffering from knee or leg injuries.







## SUPTA BADDHA KONASANA

The name Supta Baddha Konasana comes from four Sanskrit words: ‘supta’ meaning reclining, ‘baddha’ meaning bound, ‘kona’ meaning angle and ‘asana’ meaning posture.

**Instructions:** Lie flat on the ground with your arms by your side. Bend your knees and bring the heels of both feet close to the groin keeping the soles of both feet together. Your palms must lie next to your hips and pressed downwards. Exhale deeply by contracting the abdominal muscles and squeezing the tail bone upwards close to your pubic bone. Feel the stretch in your lower back and hold this position. Quickly inhale and as you exhale again, let your knees open up and give a good stretch to your inner thighs and the groin area. Do not arch your spine forcefully while breathing and keep your shoulders broad and away from the neck while doing the asana. Stay in the pose for up to a minute breathing deeply and slowly. Exhale and release the pose going back to the lying down position. Some might prefer to keep the palms facing upwards through the pose for greater relaxation.

### **Benefits:**

- It calms and rejuvenates the digestive system and provides relief from irritable bowel syndrome.
- It revitalizes the reproductive system and is useful in curing infertility and menstrual disorders and provides relief from symptoms of menopause.
- It activates the prostate gland, kidneys and bladder.
- It stretches the inner thighs, knees and the groin.
- It calms the mind and provides relief from mild depression and anxiety.
- It helps to open up the hips and flexes the hip flexors.

### **Caution:**

- Avoid this asana if you have knee, groin or hip injury and in case of lower back pain.
- Pregnant women should do this asana under supervision only and should keep their chest and head raised by placing a soft blanket.







## URDHVA PRASARITA PADASANA

The name comes from the Sanskrit words; 'urdhva' meaning upwards, 'prasarita' meaning extended, 'pada' meaning foot and 'asana' meaning posture.

**Instructions:** Lie straight on the floor on your back with your arms along your sides or extend them outwards. Keep the legs extended and feet together. Exhale and contract your core abdominal muscles, draw the navel into the spine and press the sides of the waist into the floor and raise your legs together vertically upward without bending, making a right angle with the floor. Squeeze your tail bone down as your legs go up. Beginners can bend their knees and bring the heels close to the hips before unfolding and raising them straight up. Hold the position for 20-40 seconds and then lower the legs without bending a third way down (without jerking and without touching the floor) and again take them back to the 90 degree position. Inhale as you come down and exhale as you go up. You can repeat this action 5-10 times. Do not raise the back and the lower hip from the floor as you do this asana.

### **Benefits:**

- It strengthens the core abdominal muscles and reduces abdominal fat.
- It improves lumbar spine strength.
- It improves flexibility of the hip flexors.
- It improves digestion and elimination.
- It strengthens the Manipura chakra that improves self-discipline and will power.

### **Caution:**

- This asana should be avoided by persons with lower back injuries and sciatica.
- Pregnant and menstruating women should also avoid this asana.







## UTTANA SHISHOSANA

The name comes from Sanskrit words ‘uttana’ which means an intense stretch, ‘shisho’ refers to a little puppy and ‘asana’ means a posture.

**Instructions:** Get on your fours into the tabletop position, with your wrists directly placed under the shoulders and your knees directly aligned below the hips. On an exhalation, keeping your palms firmly pressed against the floor, walk your hands away from the body in a straight line and begin to lower your chest towards the floor or ground till such time the forehead touches the mat. Spread your fingers and press palms firmly into the mat and make sure that the shoulders are broad, arms are lowered and the sitting bones point towards the ceiling. Do not spread the bent legs beyond the hips to avoid straining the back and neck. Hold the pose for as long as you can breathing calmly. Release the pose by walking your hands back to tabletop position.

### **Benefits:**

- It gives a good stretch to the shoulders and spine.
- It calms the mind and provides relief from chronic stress and anxiety.
- It makes the spine flexible.
- It provides relief from insomnia.

### **Caution:**

- This asana should be avoided by people suffering from knee or lower back injuries.







## UTTANASANA

The name is derived from Sanskrit words, ‘uttana’ meaning an intense stretch and ‘asana’ meaning posture.

**Instructions:** Stand straight and rest your hands on your hips. Exhale and bend forward from the hip joints keeping the knees soft. Do not bend from the waist and keep the torso straight as you bend forward. You might have to move your hips slightly as you bend forward to avoid losing balance. Keep your sitting bones/hips pointing towards the ceiling and do not let them slouch. Let your hands rest on the ground, in front of or next to your feet. The legs should be parallel to each other maximum shoulder width apart and the toes should point forward. The chest should press against the thighs, the neck should be long and the head can dangle with the chin close to the knees and your gaze fixed between your legs. Hold the pose for as long as you can, breathing calmly. Feel the fold and the stretch from your hip bone and the hamstrings. To release the pose, inhale lift the torso up from the hip bone without curving your back contracting the core and the hip muscles and pressing the tailbone down firmly without curving or rolling the spine or the neck. Repeat the asana 3-4 times.

### **Benefits:**

- It massages and revitalizes the digestive system and improves digestion and elimination.
- It activates the liver and the kidneys.
- It stretches and strengthens the back, hips, calves and the hamstrings.
- It helps to reduce stress and provides relief from anxiety.
- It provides relief from headaches and insomnia.
- It gives relief in menopause and from menstrual problems.
- It provides relief from high blood pressure, asthma, sinusitis and osteoporosis.
- It revitalizes the reproductive system and helps cure infertility.

### **Caution:**

- Avoid this asana if you have lower back or hamstring injuries or if you suffer from sciatica or glaucoma.







## VRIKSHASANA

The name is derived from the Sanskrit words; 'vriksha' meaning tree and 'asana' meaning posture.

**Instructions:** Stand straight with feet placed together. Focus the gaze on a fixed point in front of the body. Bend the right leg at the knee, clasp the ankle and place the sole of the foot with the toes pointing downward, on the inside of the left thigh close to the groin. Press the sole of the foot firmly into the thigh to help hold the position. Balance the body weight on the standing left leg and keep the core activated. Lengthen the spine, draw the shoulder blades towards each other to open the chest and keep the shoulders away from the ears and bring your hands in prayer position (anjali mudra) in front of your chest or above the head as in image. Hold the position for as long as you can. Release the hands and then the foot slowly. Come back to the starting position and practice on the other side. Do 2-3 sets.

### **Benefits:**

- It tones and strengthens the leg muscles and the hips.
- It tones and strengthens the ankles, the feet and the knees.
- It strengthens the bones of the hips and legs due to the weight-bearing nature of the pose.
- It helps to build self-confidence and esteem and helps build concentration and focus.
- It gives tranquillity and provides relief from anxiety and depression.
- It helps to cure rheumatic pain and also treats numbness.

### **Caution:**

- This asana should be avoided by people suffering from high or low blood pressure, migraine, insomnia and knee, ankle or hip injuries.







## BALASANA

This asana gets its name from the Sanskrit words ‘bala’ that means child and ‘asana’ which means posture. This asana resembles the foetal position.

**Instructions:** Kneel down on the floor and ensure that your big toes touch each other as you sit on your heels. Once you are comfortable, spread your knees hip-width apart. Inhale deeply and while exhaling bend your torso forward laying it comfortably between your thighs as you exhale. Stretch the tailbone away from the back of the pelvis as you lift the base of your head slightly away from the back of the neck. Stretch your arms forward and place them in front of you, such that they are in line with your knees. You can extend your arms in front with palms facing up to intensify the stretch or extend your arms behind next to your hips (as in the image). Sink the front of your shoulder to the floor. You must feel the weight of the front shoulders pulling the blades widely across your back. Hold this position for as long as you want focusing on your breathing pattern.

### **Benefits:**

- It calms the mind and helps in reducing stress and anxiety.
- It helps release tension in the chest, back and shoulders.
- It helps to massage and flex the internal organs in the body.
- This asana helps to stretch and lengthen the spine and stimulates digestion and elimination.
- It promotes blood circulation throughout the body.
- It stretches and tones the tendons, muscles and ligaments in the knee area.
- It increases blood circulation to the head and provides relief from headaches and migraines.

### **Caution:**

- Avoid this asana if you are suffering from diarrhoea, knee injuries or high blood pressure.







## SAVASANA

The Sanskrit name Savasana is derived from the Sanskrit words ‘sava’ meaning corpse and ‘asana’ meaning posture.

**Instructions:** Lie flat on your back with your legs parted at shoulder width. Spread your arms out slightly at a comfortable distance on your sides keeping your palms facing up. Close your eyes gently and focus on your breathing pattern. Breathe deeply and slowly through the nostrils. Once comfortable in the pose, start focussing on relaxing from your toes to your head in a sequence. Don’t move up till the lower parts are completely relaxed. With each inhalation and exhalation, imagine your muscles becoming stress free and relaxed. Imagine all stress and tension dissolving and being thrown out with each exhalation. Once the body is fully relaxed, stay in the posture for at least 3-5 minutes.

### **Benefits:**

- It relaxes the body and calms the mind.
- It provides relief from stress, fatigue and depression.
- It improves concentration.
- It is very helpful in curing insomnia.
- It is excellent for stimulating blood circulation.
- It is very beneficial for people suffering from hypertension, neurological disorders, asthma, irritable bowel syndrome and diabetes.

### **Caution :**

- None. Anybody can do this asana easily.













## YOGA FOR SPINE CARE

A healthy spine is of paramount importance to live a healthy life. It governs all body movement, supports the head and protects the central nervous system housed within the spine which in turn controls the function of every single cell, tissue and organ in the body. In fact, the spine is like the trunk of a tree supporting the entire body structure. It is vital to preserve and maintain this trunk. Yoga has been proven to be very effective in the prevention and management of spinal and musculoskeletal disorders. Yoga helps tone, strengthen and build deep core muscles in the back and the abdomen which are vital components of the muscular network of the spine. They are essential for maintaining an upright posture and enabling trouble-free and easy movement. Another key component of spinal health is flexibility where Yoga works wonders. Yoga's gentle deliberate movements and postures promote blood circulation and flow to facilitate the healing and strengthening of the spine and stalling its age related degeneration. Yoga also helps by improving posture, postural awareness and improving alignment and may even reduce/slow degenerative disc disease in the spine, a condition thought to be the precursor of numerous back pain conditions.







## ARDHA MATSYENDRASANA

The asana is named after the great yogi Matsyendranath. The name comes from the Sanskrit words 'ardha' meaning half, 'matsya' meaning fish, 'indra' meaning king and 'asana' meaning posture.

**Instructions:** Sit up with the legs stretched out straight in front of you, keeping the feet together and the spine erect. Bend the left leg and place the heel of the left foot beside the right knee. Place the right hand on the raised left knee and the left hand behind you. You may keep the other leg straight or bend and tucked below the left buttock. Twist the waist, shoulders and neck in this sequence to the left and look over the shoulder. Keep the spine erect. Hold this asana for as long as you can (approx. 30-60 seconds and breathe in and out gently throughout). Breathing out, gently ease out of the asana. Repeat on the other side. Do at least 4 sets.

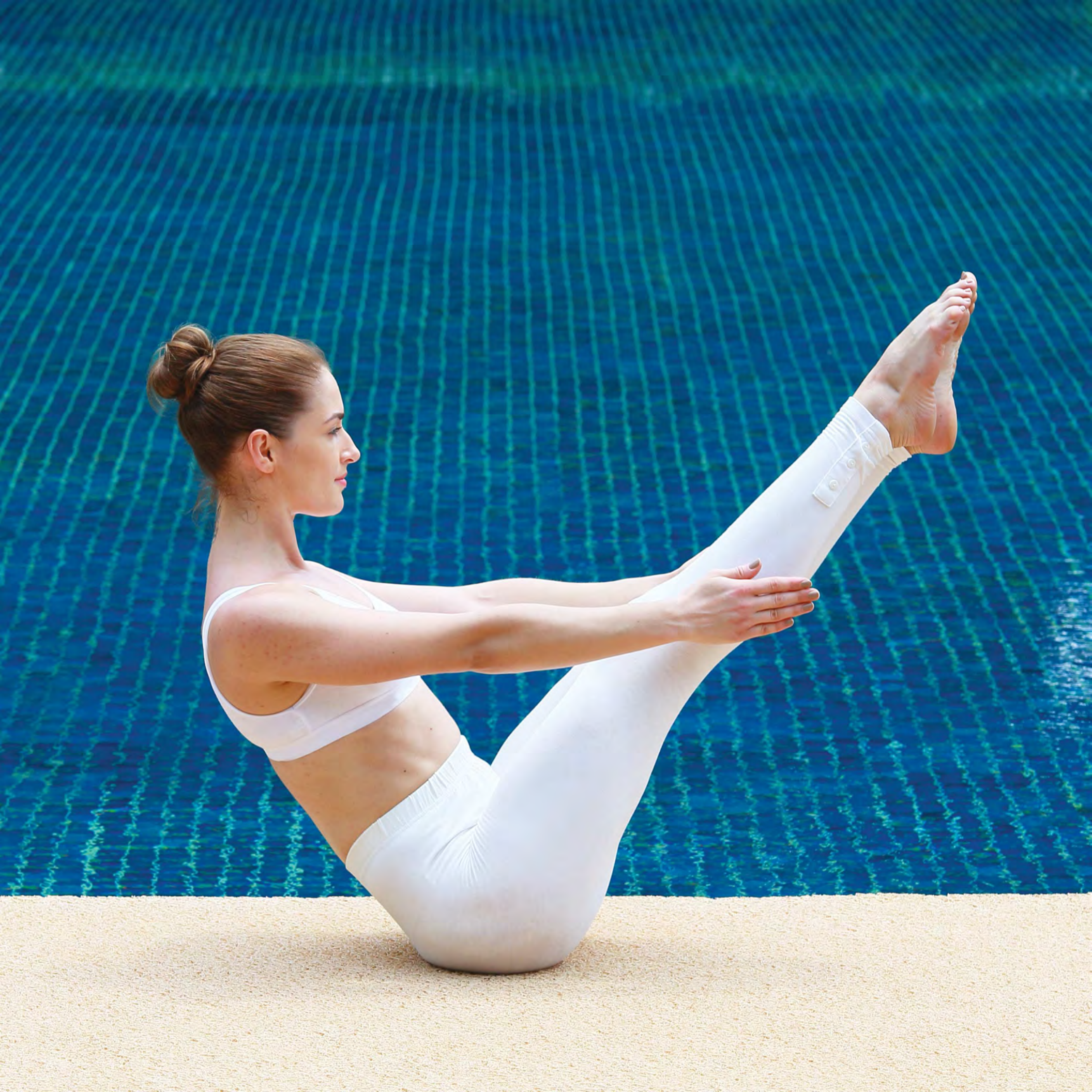
### **Benefits :**

- It increases the elasticity of the spine, tones the spinal nerves and improves spinal strength.
- It massages the abdominal and other internal organs and improves digestion and elimination of wastes.
- It relaxes the hip joints relieving stiffness.
- It stimulates the Manipura chakra.
- It opens the chest and increases the oxygen supply to the lungs.
- It relieves symptoms of backache, fatigue, menstrual discomfort and sciatica.
- It stimulates the liver, heart, lungs, kidneys and spleen.

### **Caution:**

- This asana should not be practiced by women during pregnancy and menstruation.
- It should be avoided by people who have had heart, abdominal, spinal or vertebral surgeries and by people suffering from peptic ulcers or hernia.







## PARIPURNA NAVASANA / NAUKASANA

The name Naukasana is derived from two Sanskrit words; ‘nauka’ meaning boat and ‘asana’ meaning posture.

Lie flat on your back on the yoga mat with your arms by your side, relax and breathe normally. Inhale deeply and raise your legs and torso, both approximately 45 – 60-degree angle from the floor and keep your arms stretched towards the feet as shown in the image. Keep the legs straight and feel the tension in the area around the navel. Your eyes, fingers and toes should be in a line. Hold your breath and the posture for 10-15 seconds. You can increase the time of holding posture by practicing regularly. Exhale slowly as you get to the starting position. Repeat the asana 4-5 times.

### **Benefits:**

- It strengthens the back and abdominal muscles and reduces belly fat.
- Tones the leg and arm muscles.
- Useful for people with hernia.
- It improves circulation of blood in the abdominal area and the intestines and improves digestion.
- It regulates the function of the internal organs specially the liver, kidneys, pancreas and the prostate glands.
- It stretches the hamstrings and strengthens the spine and hip flexors.
- It stimulates the kidneys, thyroid and prostate glands.
- It helps in stress relief.

### **Caution:**

- Do not practice this yoga pose if you have low blood pressure, severe headache, migraine, or if you have suffered from some chronic diseases or spinal disorders in the recent past.
- Asthma and heart patients are advised to avoid this pose.
- Women should avoid doing this pose during pregnancy and during the first two days of the menstrual cycle.







## ARDHA SALBHASANA

The name is derived from the Sanskrit words; 'ardha' meaning half, 'shalabh' which means grasshopper and 'asana' meaning posture.

**Instructions:** Lie flat on your stomach with your chin placed on the floor, legs straight with heels and the knees placed close to each other and arms stretched forward. Inhale and raise one leg and the opposite arm together. Ensure that the shoulder stays aligned with the ear and the raised leg should remain centred and not be stretched outside the centre alignment of the hips. Hold the pose for 15-30 seconds. Exhale and lower the raised leg and arm. Repeat on the other side.

### **Benefits:**

- It tones and strengthens the muscles of the arms, shoulders, abdomen and the spine.
- It reduces fat in the thighs and the hips.
- It revitalises the digestive system and regulates the functioning of the liver and the kidney.
- It calms the mind and provides relief from anxiety and mild depression.
- It stimulates the muladhara (root) chakra, which is said to represent the beginning of life and regulates vitality, stability and promotes balance.

### **Caution:**

- This asana should be avoided by people suffering from peptic ulcer, hernia or an enlarged thyroid.







## ANANDA BALASANA

The name Ananda Balasana is derived from the Sanskrit words ‘ananda’ meaning happiness, ‘bala’ meaning child and ‘asana’ meaning posture.

**Instructions:** Lie flat on your back. Inhale and lift your legs up, bringing both your knees above the chest close to the armpits. The ankles should be vertically stacked above the knees. Grasp your toes by stretching out your arms from the inner side of the legs. Gently nudge your hips apart and widen your legs to deepen the stretch along the inner thighs. Ensure that you press the torso, tailbone, sacrum, neck, head and shoulders down on the floor. Breathe calmly, consciously observing the inhalation and exhalation as you hold the pose. Stay in the pose for a minute. Exhale and release your arms and legs and bring them down without a jerk.

### **Benefits :**

- It gives a good stretch to the groin, inner thighs and the hamstrings.
- It opens the hip and releases the tension in the spine.
- It gently massages the digestive system.
- It provides relief from anxiety and stress.

### **Caution:**

- Should be avoided by persons suffering from a neck or knee injury.
- Should be avoided by women during pregnancy and menstruation.
- Should be avoided by persons with high blood pressure.







## BHUJANGASANA

The name comes from the Sanskrit words 'bhujanga' meaning snake and 'asana' meaning posture.

**Instructions:** Lie flat on your stomach with the hands placed on the sides and with your feet and heels lightly touching each other. Place your hands, palm downwards under the shoulders with the elbows firmly tucked close to/into the torso while keeping the navel on the floor. Now, placing your body's weight on your palms, inhale and raise your head and trunk. Note that your arms should be bent at your elbows when the body is raised. The neck should be arched upwards and backwards, the shoulder blades should be firm and held away from the ears. Make sure you put equal pressure on both your palms. This position can be held for 15-20 counts and then lowered while exhaling to the original position. One can do a advanced raise by straightening the arm and arching the back as much as possible. Breathing out, gently bring your abdomen, chest and head back to the floor.

### **Benefits :**

- It tones the abdomen and strengthens the spine, back and shoulders.
- It improves flexibility of the upper and middle back.
- It expands the chest and lungs and gives the shoulders and abdomen a good stretch.
- It improves blood circulation and stimulates the digestive, reproductive and urinary systems.
- It reduces fatigue and stress.
- It provides relief from sciatica and asthma.

### **Caution:**

- Avoid practicing this asana if you are pregnant, have fractured ribs or wrists or have undergone any abdominal surgeries in the recent past.
- This asana should be avoided by people suffering from Carpel Tunnel Syndrome or have spinal disorders.







## DHANURASANA

Dhanurasana is derived from the Sanskrit word 'dhanur' meaning a bow and 'asana' meaning posture.

**Instructions:** Lie flat on your stomach, keeping your feet hip-width apart and your arms beside your body. Now, gently fold your knees and hold your ankles. While inhaling raise the thighs, head and chest as high as possible balancing the weight of the body on the lower abdomen. Join the ankles. Look upward and breathe normally and hold the pose for 15-20 seconds. Exhale and release the pose.

### **Benefits :**

- It strengthens your shoulders, arms, neck, abdomen, back, thighs & hamstring muscles.
- It energizes the body
- It helps improve stomach disorders.
- It helps in reducing abdominal fat.
- It regulates the pancreas and is recommended for people with diabetes.
- It expands the thoracic region of the chest.
- It alleviates a hunchback.
- It increases the appetite.

### **Caution:**

- Should be avoided by persons suffering from high blood pressure, back pain, headache or migraine.
- It is strictly prohibited for people who have undergone abdominal surgery.
- Should be avoided by women during pregnancy and menstruation.







## GOMUKHASANA

The name Gomukhasana is derived from the sanskrit words 'go' meaning cow, 'mukha' meaning face and 'asana' meaning posture.

**Instructions:** Sit on the floor with your legs extended and held closely together. Bend your knee and slide your left foot under your right knee and place it outside your right hip. Then cross your right leg over the left, piling the right knee on top of the left, and bring your right foot to lie outside the left hip. Sit keeping the weight evenly distributed between the sitting/hip bones. Keep the spine erect and the shoulders expanded and away from the ears. Inhale and stretch your right arm straight out to the right while keeping it parallel to the floor. While exhaling sweep your arm behind your torso and tuck your forearm in the hollow of your lower back, with your right elbow against the right side of your torso and the fingers facing the neck. Glide the hand up gradually as far as you can towards the neck till the forearm is settled on the spine with your palm facing outwards and the back of the hand resting between the shoulder blades. Keep the right elbow tucked into the right side of your torso. Now inhale and extend your left arm forward and then turning your palm up stretch your arm straight up toward the ceiling with your palm turned back. Exhale and bend your elbow and stretch downwards as much as you can to clasp the right hand placed between the shoulder blades. Hook the fingers of the right and the left hand if you are comfortable. Keep your left elbow pointed towards the ceiling and the right elbow pointed towards the floor. The spine should be kept erect. And the left raised arm should be kept close beside the left side of your head. Hold the pose breathing calmly for a minute. Unclasp your fingers and release the hands to move out of the asana. Uncross your legs and repeat on the other side. Rest in a simple cross legged position for a few minutes once the asana is done on both sides. Beginners can use a scarf in case they find clasping of hands difficult to begin with.

### **Benefits:**

- It tones and strengthens the muscles in the back.
- It stretches and strengthens the muscles of the ankles, hips and thighs, shoulders, triceps, inner armpits and chest.
- It provides relief from sciatica.
- It stimulates the kidneys and is very good for diabetics.
- It calms the mind and reduces stress and anxiety.

### **Caution:**

- This asana should be avoided by persons suffering from shoulder, knee or back pain and injuries.







## MAKARASANA

The name comes from the Sanskrit words, 'makar' meaning crocodile and 'asana' meaning posture.

**Instructions:** Lie down on the floor on your stomach. Bring your arms forward, fold them to cup your chin with both the hands resting the elbows on the ground for support. Keep the elbows shoulder distance apart. Keep the shoulders square and away from the ears and the neck straight and look ahead. The legs should be kept stretched along the floor with the toes pointing outwards. The legs should not be more than shoulder width apart. Hold the pose breathing calmly. Stay in the asana for a few minutes. Lower your hands first to ease out of the pose gently.

### **Benefits:**

- It relaxes the muscles of the shoulders and the spine.
- It provides relief in slip disc, spondylitis and sciatica.
- It prevent any form of backache.
- It expands the lungs and helps in respiratory disorders.
- It stretches and tones the muscles of the abdomen, chest and the neck region.
- It calms the mind and provides relief from stress and anxiety.

### **Caution:**

- This asana should be avoided by persons suffering from neck and lower back injuries.







## MARJARIASANA & BITILASANA

Marjariasana - Bitilasana is a combination of two asanas that comprise one of the most basic yoga movements often used as a warm up routine. The name 'Marjariasana' comes from the Sanskrit word 'marjari' meaning cat and the word 'Bitilasana' is derived from the Sanskrit word 'Bitila', meaning cow and 'asana' refers to posture.

**Instructions:** Get on your hands and knees in table top position. Ensure your shoulders are directly above your wrists and your hips are over your knees. Inhale and push your tail bone up towards the ceiling, letting the spine arch inwards by keeping the belly dropped towards the floor. Keep your shoulders engaged and away from your ears and lift your chin and chest and gaze up towards the ceiling. This is the Cow Pose. In Cow, let the movement start from the tailbone. Allow your neck and head to be the very last part of the movement.

As you exhale, draw your belly to your spine and release the crown of your head toward the floor, gently releasing the back of your neck and pushing the chin to your chest. While doing this, tilt your pelvis under and around your spine and curve your back round upwards by drawing the navel firmly in towards the spine, keep your shoulders engaged and press into the mat with your hands, shins and the tops of your feet. The pose should look like a cat stretching its back. Keep the gaze downward and the head bent between the arms. This is Cat Pose. Alternate these poses. Keep your shoulder blades broad and draw your shoulders away from your ears to protect your neck during the movements. Inhale and go to Cow Pose and then exhale and return to Cat Pose. Repeat 5-20 times and then rest by sitting back on your heels with your torso upright.

### **Benefits:**

- This combination improves posture and balance.
- It provides relief from back pain and sciatica symptoms.
- It strengthens and stretches the spine and neck.
- It stretches the hips, abdomen and the upper and lower back.
- It stimulates the kidneys and adrenal glands.
- It strengthens the wrists and shoulders.
- It massages the digestive organs and improves digestion.
- It relaxes the mind.
- It improves blood circulation.

### **Caution:**

- It should be avoided in case of a neck or a spinal injury.







## MATSYASANA

The name is derived from the Sanskrit words 'matsya' meaning fish and 'asana' meaning posture.

**Instructions:** Lie flat on your back in a comfortable posture with the legs outstretched and the arms by your side. Place the hands underneath the hips, palms facing down. Bring the elbows closer toward the waist and each other. Cross your legs such that your feet cross each other close to the groin area with your thighs and knees pressed against the floor or keep them straight as in image. Inhale deeply and lift your chest and head up from in between the shoulder blades and then keeping the chest elevated lower the head backward and allow the crown to touch the floor gently. Make sure the weight of the body while lifting is borne by the shoulders and the elbows and no pressure is put on the neck and the head. You can bring the hands forward from below the hips to clasp the feet (if the legs are crossed) or else leave them under the hips as per your comfort level. Hold the position for as long as you can breathing calmly. Now lift the head up and gently lower the chest and the head back to the lying position and untangle your legs without a jerk. Repeat the asana 2-3 times.

### **Benefits:**

- It tones and stimulates the pituitary, parathyroid and pineal glands.
- It gives the throat and the digestive organs a good massage and aids in digestion and elimination.
- It tones and strengthens the spine, chest and the shoulder region.
- It expands the chest and gives relief from respiratory disorders.
- It strengthens the muscles of the upper back, the shoulders and neck.
- It calms the mind and provides relief from anxiety and stress.
- It is a good treatment for menstrual disorders.

### **Caution:**

- It should be avoided by people suffering from lower back and neck injuries.







## SALAMBA SARVANGASANA

The name Salamba Sarvangasana comes from the Sanskrit words ‘salamba’ meaning supported, ‘Sarva’ meaning all and ‘anga’ meaning limb or bodypart, and ‘asana’ meaning posture. Thus ‘salamba sarvangasana’ literally translates to supported-all-limbs-pose.

**Instructions:** Start by lying flat on your back, keeping your legs together and your arms by your side. With one swift but easy movement, lift your legs, buttocks, and back, such that your elbows support your lower body and you stand high on your shoulders. Use your hands to support your back. As you settle down in the pose, make sure you move your elbows closer to each other. Straighten your spine and legs. Your body weight should lie on your shoulders and upper arms. Do not support your body on your neck or head. Firm up your legs and point your toes out. Hold the posture for about 30 to 60 seconds. Breathe deeply while you do so. If you feel any strain on your neck, release immediately. To release, lower your knees, and bring your hands to the floor. Then, lie flat and relax.

### **Benefits :**

- It helps calm the brain, cures mild depression and relieves stress.
- It stimulates the prostate and the thyroid glands and the abdominal organs.
- It increases the blood flow to the internal organs and is very good for the digestive and the respiratory system. It cures digestive ailments and respiratory ailments like asthma and bronchitis.
- This asana relieves the symptoms of menopause.
- It provides relief from chronic fatigue and insomnia.
- It improves reproductive functions and improves fertility.

### **Caution:**

- This asana should be avoided by people suffering from high blood pressure and shoulder and neck injuries.







## SETU BANDHA SARVANGASANA

The term is derived from the Sanskrit words 'setu', meaning bridge, 'bandha' meaning lock, 'sarva' meaning all, 'anga' meaning limb and 'asana' meaning pose.

**Instructions:** Lie flat on your back with your arms placed on the sides palms facing downwards. Bend your knees and place your feet on the floor hip-width apart ensuring that the ankles and knees are placed in a straight line. Inhale and lift your back (lower, upper and middle) and the chest off the floor. Roll in your shoulders and make sure your chin touches your chest. Let your shoulders, feet and arms support your weight. Keep the buttocks squeezed firmly. The fingers can be interlaced and the clasped hand can be pressed firmly against the floor to help keep the torso raised. Hold the pose for 40-60 seconds. Breathe slowly and deeply as you hold the pose. Exhale and bring down the body slowly. Repeat the asana 4-5 times.

### **Benefits:**

- It massages and stimulates the digestive system and forces elimination of toxins.
- It revitalizes the thyroid and the pituitary gland.
- It reduces depression, stress and anxiety and calms the brain.
- It provides relief from menstrual pain and symptoms of menopause.
- It provides relief from high blood pressure, sinusitis, asthma, insomnia and osteoporosis.

### **Caution:**

- This asana should be avoided by people suffering from neck or spinal injuries and by pregnant women.







## SALABHASANA

The name comes from the Sanskrit words 'shalabh' which means grasshopper and 'asana' meaning a posture.

**Instructions:** Lie on your belly with your arms on the sides palms up, forehead resting on the floor. Turn your big toes toward each other and rotate the thighs slightly inwards and make the buttocks firm. Inhale and lift your head, upper torso, arms and legs away from the floor. Use the back muscles to lift the chest up and do not put pressure on the neck. You'll be resting on your lower ribs, belly and front pelvis. Keep the buttocks and the leg muscles firm and the big toes turned toward each other. Raise your arms parallel to the floor and stretch back actively through your fingertips increasing the stretch. Push the shoulders away from the ears and towards each other and keep the upper arms engaged. Lift the head up gently without jutting out the chin and putting pressure on the neck. Gaze forward or slightly upward. Stay in the pose for 30- 60 seconds. Exhale and release the pose. Repeat 2-3 times.

### **Benefits:**

- It regulates metabolism and helps you lose weight.
- It helps in reducing fat from the stomach.
- It activates the kidneys, liver and the reproductive organs.
- It invigorates the entire body, stimulates the internal organs and enhances blood circulation.
- It regulates the acid-base balance in the body.
- It strengthens and tones the arms, thighs, shoulders, legs, calf muscles and hips.
- It tones and rejuvenates the spine.
- It helps reduce stress and tension.
- It helps in curing constipation, gas troubles, indigestion, dysentery, acidity and other abdominal disorders.
- It helps in the prevention of piles.

### **Caution:**

- Should be avoided in case of lower back injury.







## SUPTA MATSYENDRASANA

The name 'supta matsyendrasana' is named after an ancient yoga master, 'matseyendra' whose name literally means "lord of the fishes" and the Sanskrit word 'sooptah' meaning reclined.

**Instructions:** Lie on your back with your arms on the sides. Inhale and draw your right knee to your chest keeping your left leg extended on the floor. Extend your right arm out along the floor at shoulder height with your palm facing down and pressed against the floor as in image. Twist your hips slightly to the right and place your left hand on the outside of your right knee. Exhaling, drop your right knee over the left side of your body using the left hand to push the bent knee gently down towards the floor on the left side. Turn your head to the right and gaze towards the fingertips of the extended right hand. Keep your shoulder blades pressed against the floor and away from your ears. Hold the pose for 10-25 breaths. Inhale and bring the knee to centre and gradually release the pose and repeat on the other side. Do 3-4 sets.

### **Benefits:**

- It massages the abdomen and improves digestion and helps to remove toxins.
- It stretches, strengthens and relaxes the spine making it more flexible.
- It helps to hydrate the spinal discs.

### **Caution:**

- Please do not do this asana if you suffer from a spinal injury or have a degenerative disc disease.







## USTRASANA

The name is derived from the Sanskrit words ‘ustra’ meaning camel and ‘asana’ meaning pose.

**Instructions:** Get into a kneeling position on the mat keeping the spine straight and elongated and place your hands on your hips. The knees should be parallel and hip distance apart. Keep the knees and shoulders perfectly aligned and the soles of the feet should face the ceiling. Inhale, and push your tailbone in towards the pubis till you feel the tug/pull below the navel. Gently arch your back backwards pushing your hips forward and gently slide your palms to clasp the soles of the feet. Straighten your arms, pushing the arched body upwards while keeping the spine elongated. Allow the head to fall back gently and gaze towards the ceiling. Do not strain the neck and keep the shoulders wide and away from the neck. Breathe calmly and hold the position for 30 to 60 seconds. Release the pose gently without straining the back.

### **Benefits:**

- It massages the internal organs and improves digestion and elimination.
- It strengthens the spine and the shoulders.
- It gives relief from lower back ache.
- It relieves menstrual discomfort.

### **Caution:**

- Persons with back or neck injury should avoid this asana.
- This asana should be avoided by persons suffering from high or low blood pressure, insomnia and migraine.













## **SURYA NAMASKAR: THE COMMON BENEFACTOR**

Yoga with its proud legacy of thousands of years has been passed down generations by the yoga gurus and rishis who lived close to nature. The Vedic seers were naturalists who lived and propagated simple living in harmony with our environment comprising of five elements: the earth, water, air, fire and space. They believed that amongst these five elements, the fire element alone could not be polluted and hence was respected as the purest and reigned supreme and was believed to cleanse everything it touched. The Sun symbolised the fire and was revered as the giver of light and life. The practice of Surya Namaskar was devised as a daily ritual to pay reverence to the Sun - source of all forms of life on the planet. This ritual had benevolent health and spiritual benefits and soon became a valued part of the Hatha Yoga repertoire. Surya Namaskara nurtures discipline of mind, body and emotions. The regular practice of this technique enhances the solar plexus that they considered to be the core of every individual's personality, identity and ego and the regulator of all our emotions. The practice increases one's creativity and intuitive capacities and is very effective in managing stress, detoxification and weight loss.







### **Step 1: Pranamasana (Prayer Pose)**

Stand at the edge of your mat keeping your feet together and balancing your weight equally on both the feet. Inhale deeply expanding the chest and lift both arms up from the sides and as you exhale, bring your palms together in front of the chest in a prayer position.

### **Step 2: Hastottanasana (Raised Arms Pose)**

Inhale and lift the arms up and back, keeping the biceps close to the ears and the hands clasped together in the prayer position. You should feel a stretch in the whole body up from the heels to the tips of the fingers. You may push the pelvis forward and deepen and extend the stretch vertically.

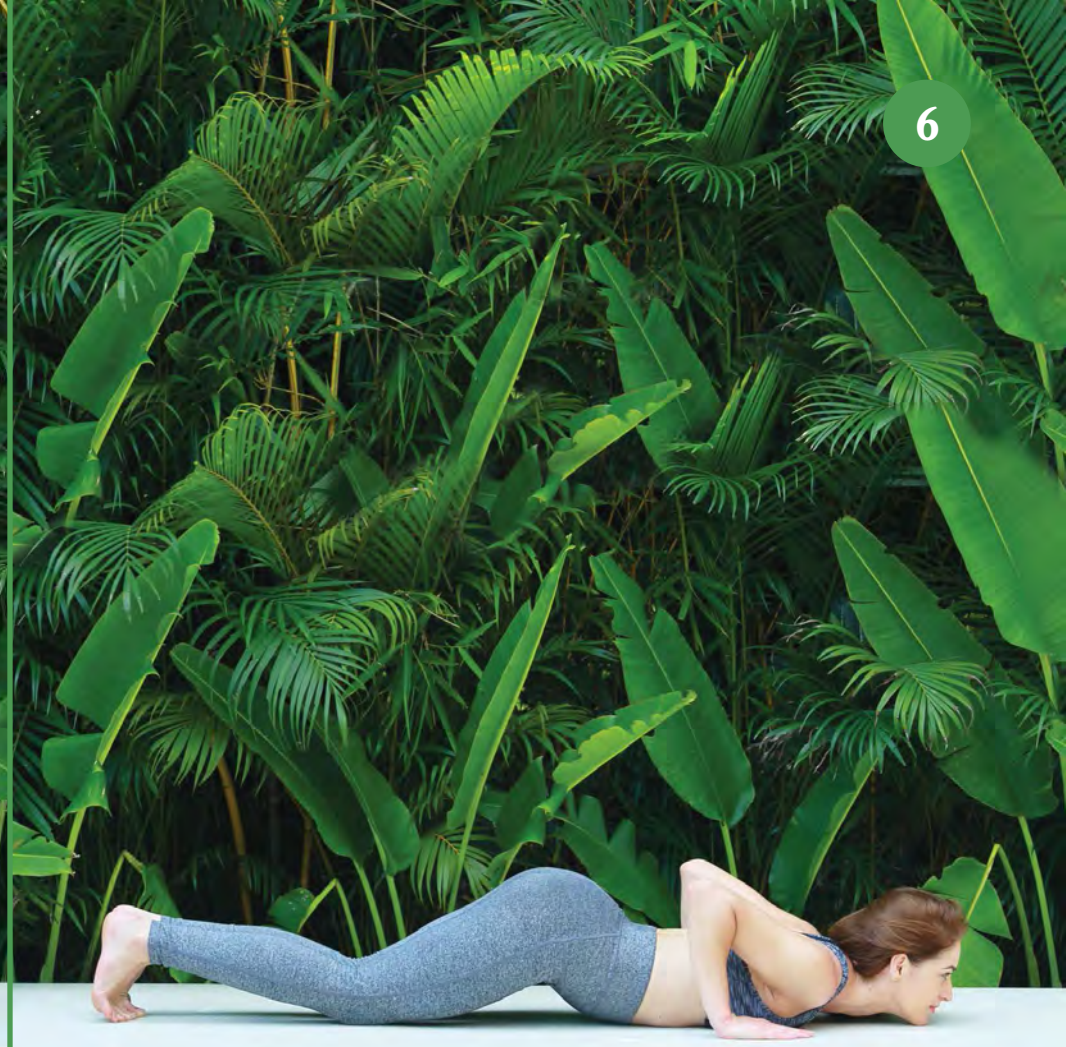
### **Step 3: Hasta Padasana (Hand to Foot Pose)**

While exhaling deeply bring the arms down from the sides and bend forward from waist, keeping the spine straight. Do not curve the back while bending forward. Bring the hands down to the floor, beside the feet. Keep the knees straight or slightly bent. Hold this position for a few seconds.

### **Step 4: Ashwa Sanchalanasana (Equestrian Pose)**

Breathing in push your right leg back as far back as possible. Bring the left knee forward and place the left foot exactly between the palms for a deeper stretch. Look straight ahead.







### **Step 5: Dandasana (Stick Pose)**

As you breathe in, take the left leg back and bring the whole body in a straight line. Balance this taut straight body on the toes and the arms placed perpendicular to the floor

### **Step 6: Ashtanga Namaskara (Salute With Eight Parts)**

Gently bring your knees down to the floor and exhale. Take your hips back and slide forward, such that your chin and chest rest on the floor. Raise your buttocks slightly. You will notice that the hands, feet, knees, chest and chin touch the floor. This becomes a total of eight body parts as the name suggests.

### **Step 7: Bhujangasana (The Cobra Pose)**

Now slide your body forward. Raise your chest up in the Cobra Pose. Your elbows must be bent or can be straightened. The shoulders should be broad and kept away from the ears. Look upwards while doing this step.

### **Step 8: Parvatasana (The Mountain Pose)**

Exhale and lift up your hips and tailbone. Your chest must face downwards to form an inverted 'V'. The hands and feet should be pressed firmly against the floor.







### **Step 9: Ashwa Sanchalanasana (Equestrian Pose)**

Breathing in, push your right leg back, as far back as possible. Bring the left knee forward and place the left foot exactly between the palms for a deeper stretch. Look straight ahead.

### **Step 10: Hasta Padasana (Hand to Foot Pose)**

While exhaling deeply bring the arms down from the sides and bend forward from waist, keeping the spine straight. Do not curve the back while bending forward. Bring the hands down to the floor, beside the feet or as in image. Keeps the knees straight or slightly bent. Hold this position for a few seconds.

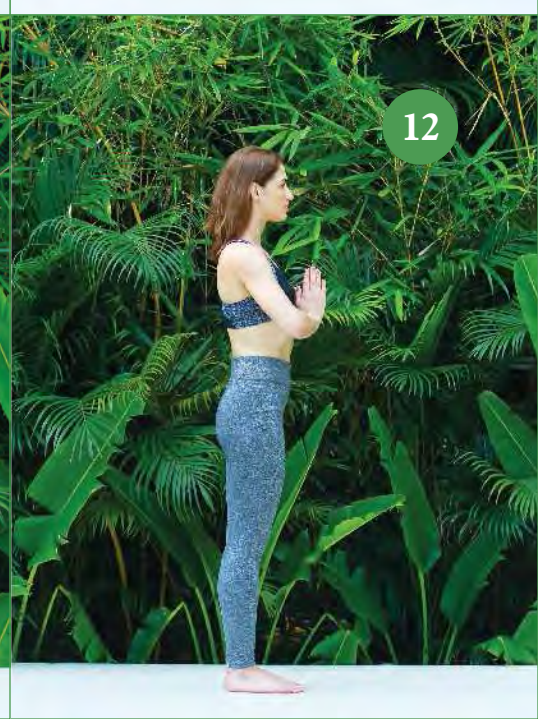
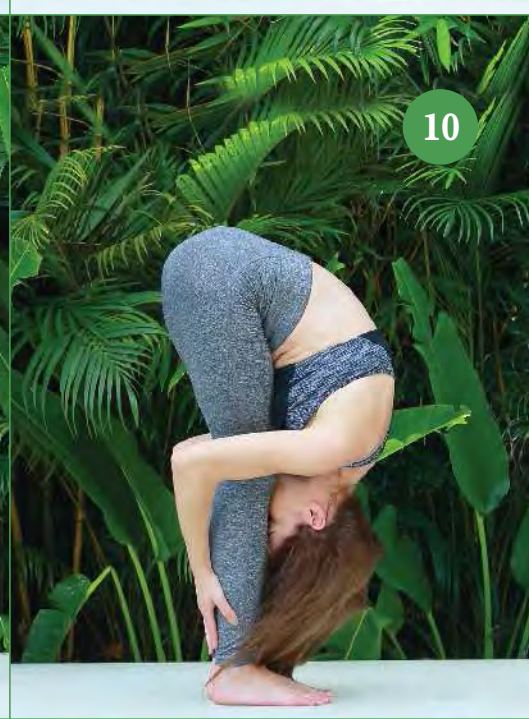
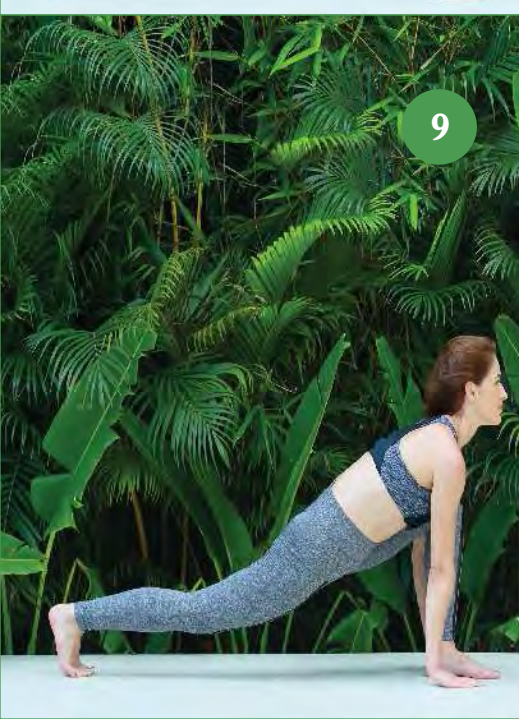
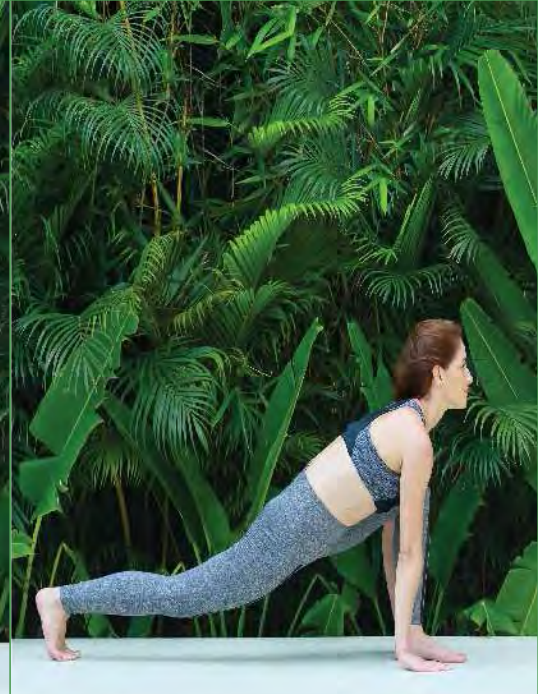
### **Step 11: Hastottanasana (Raised Arms Pose)**

Inhale and lifts the arms up and back, keeping the biceps close to the ears and the hands clasped together in the prayer position. You should feel a stretch in the whole body up from the heels to the tips of the fingers. You may push the pelvis forward and deepen and extend the stretch vertically.

### **Step 12: Pranamasana (Prayer Pose)**

Stand at the edge of your mat keeping your feet together and balancing your weight equally on both the feet. Inhale deeply expanding the chest and lift both arms, up from the sides and as you exhale, bring your palms together in front of the chest in a prayer position.







## BENEFITS

- It detoxifies and purifies the blood and improves blood circulation throughout the body.
- It massages the internal organs particularly the digestive and excretory system.
- It helps balance the three constitutions - Vata, Pitta and Kapha doshas improving overall health.
- It is a full body cardiovascular workout that aids weight loss and loss of unwanted flab.
- It helps in the reduction of belly fat.
- It stimulates the reproductive organs and promotes a regular menstrual cycle in women.
- It increases blood circulation bringing back the glow on the face, prevents the onset of wrinkles and hair loss.
- It increase the strength, flexibility and the lubrication of all joints.
- It tones and strengthens the spine and makes it more flexible.
- It tones and strengthens the muscles of the abdomen, pelvis and spine.
- It regulates and improves the breathing pattern and lung capacity.
- It calms the mind and provides relief from stress and anxiety.
- It stabilizes and stimulates the activity of the endocrine and thyroid glands
- It calms the mind and provides relief in insomnia.

### **Caution:**

- This asana should be avoided by people suffering from spinal, knee, wrist and shoulder injuries.
- It should be avoided by persons suffering from high blood pressure and heart ailments
- It should be avoided by women during the menstrual cycle.









## **PRANAYAMA... THE TIME HONORED ART OF BREATHING**

Developed over 5,000 years ago, Pranayama (Sanskrit for vital energy) is an integral aspect of yogic practice. Pranayama are a series of specific yogic breathing techniques and exercises which help us detoxify, burn fat and increase metabolism. The breathing regimen clears out the stale residual air in the lungs and saturates the cells with oxygen and prana/life force energy. Exhalation releases large amounts of carbon dioxide and toxins thereby purifying the body. With the basic act of bringing in more oxygen, vitamins and minerals are more easily absorbed, white blood cells multiply and the lymphatic system is enhanced. Pranayama removes toxins from the bloodstream which revitalizes the organs and clarifies the intellect, calms emotions, oxygenates the blood, builds internal body heat and strengthens the nervous system.







## BHASTRIKA –THE YOGA BREATH OF FIRE

The word ‘bhastrika pranayama’ is derived from the Sanskrit word ‘bhastrika’, which basically means breathing like a roar or bellows. ‘Pranayama’ is regulated breathing. The ancient yogis called this breathing exercise as “the yoga breath of fire”.

**Instructions:** Take a deep breath in and breathe out forcefully through the nose. Do not strain. Move the abdomen outward during inhalation and push it in with the navel pushed into the spine when you breathe out. The movement should be slightly exaggerated and done with light force. It should not cause stress. One must imagine all the toxins and negativity being thrown out with each breath exhaled. Do not raise the shoulders. There should be no jerk to the body. Do this type of deep breathing at least 20 times.

### **Benefits:**

- It purifies the blood and improves the flow of oxygen into the body.
- It rejuvenates the lungs.
- It tones the internal organs.
- It speeds up metabolism and helps in balancing the doshas.
- It warms the body up for other pranayamas.
- It helps in calming the mind and provides relief from anxiety and depression.
- It improves the digestive system.

### **Caution:**

- It should be stopped immediately in case of dizziness, excessive perspiration or a vomiting sensation.
- It should not be stressful or uncomfortable to practice.
- It should be avoided by persons suffering from excessive body heat, high blood pressure, hypertension, heart ailments, ulcers, acidity, epilepsy, headache, hernia and vertigo.
- It should be avoided by pregnant and menstruating women.
- It should be done on an empty stomach.







## KAPALBHATI PRANAYAMA

Kapalbhati is derived from two Sanskrit words - 'Kapal' which means forehead and 'bhati' which means shining. Pranayama means regulated breathing practice. Kapal Bhati literally translates to 'the shining forehead'. Practitioners are known to glow with good health and also sharpen their intellect with this regular practice.

**Instructions:** Sit comfortably in Padmasana and close your eyes and keep the spine straight. Place your hands on the knees, palms open to the sky. Now take a deep breath through both the nostrils until your lungs are full with air. Now exhale through both nostrils forcefully pulling your stomach in and pushing the navel into the spine. Continue to push your breath out pushing the abdomen in each time. Don't worry about the inhalation. The moment you relax your abdominal muscles, inhalation will happen naturally. Keep your focus on breathing out forcefully without straining your facial muscles or the neck. The constant exhaling will produce a soft hissing sound. Try to imagine that all your toxins and negativity is being thrown out with each exhalation. Continue to do it nonstop for 2-3 minutes to begin with and 5-10 once you are more trained.

### **Benefits:**

- It boosts metabolism and aids in weight reduction.
- It helps in reducing belly fat.
- It clears the energy channels.
- It improves blood circulation and revitalizes the internal organs.
- It improves the digestion and absorption of food.
- It calms the mind and provides relief in chronic stress and anxiety.
- It energizes the brain and improves the nervous system.
- It brings glow to the face.

### **Caution:**

- Should be avoided by pregnant and menstruating women.
- Should be avoided by persons suffering from high blood pressure, spine injury, hernia, ulcers, epilepsy, hypertension or heart ailments.
- Should be avoided by persons who have pacemakers or stents.







## ANULOM VILOM - ALTERNATE NOSTRIL BREATHING

Anuloma is derived from the word ‘anu’ which implies as with and ‘loma’ means hair implying with the grain or natural. ‘Viloma’ means the opposite, which in this context means against the grain.

**Instructions:** Mold the right hand into pranav mudra by bending the index and the middle finger into the palm. Bring the right hand in the Pranav mudra to the nose and close the right nostril by applying gentle pressure with the thumb and slowly inhale from the left nostril. Hold breath for a second and then exhale slowly from the right nostril while closing /blocking the left nostril with the ring finger or the little finger. Keeping the left nostril closed with the ring or small finger and inhale from the right nostril. Hold breath for a second or two and then block the right with the thumb to release breath from the left. This completes one round. Do as many rounds as you can. Minimum 20 rounds are advised. Always start by inhaling through the left nostril and finish by exhaling through the left nostril. The left nostril relates to the calming energy in our body and hence calms the mind and helps in stress relief.

### **Benefits :**

- It purifies the body and helps in releasing toxins and improves the flow of oxygen into the body.
- It reduces stress levels and provides relief in anxiety and depression.
- It helps to improve concentration and improves brain function.
- It increases vitality and improves the functioning of all the internal organs.
- It is known to clear all pranic/energy blockages.

### **Caution:**

- None. This pranayama can be practiced by all.







## SHEETALI PRANAYAMA

Sheetali Pranayama also known as Cooling Breath is derived from the Sanskrit word 'Sheetali' which means cold.

**Instructions:** Sit comfortably in Vajrasana (cross legged position). Open the mouth and extend the tongue all the way out of the mouth and roll it from the sides to form a tube. Inhale through the tube. Hold the breath and lower the chin to the chest in Jalandhara Bandha . Continue to hold the breath for 6 to 8 seconds. When ready to exhale, lift the chin up, close the right nostril with the right thumb. Using Ujjayi breath, exhale slowly through the left nostril with slight force. This completes one round. Do at least 10 rounds.

### **Benefits:**

- It cools the body and the nervous system.
- It controls and reduces stress, anger and anxiety.
- It cures insomnia.
- It reduces and controls Acidity.
- It prevents premature greying of hair and hair fall.
- It makes prana or energy to flow more freely through the body.
- It regulates the endocrine system.
- It aids in blood purification.
- It strengthens the teeth and the gums.

### **Caution:**

- It should be avoided by persons suffering from common cold, asthma, flu or low blood pressure.
- Should be avoided in cold areas.
- Should be avoided by people with sensitive teeth.







A vibrant tropical landscape featuring a variety of palm trees, including tall coconut palms and smaller fan palms. A light-colored, winding path leads through a well-maintained green lawn. In the background, several buildings with traditional thatched roofs are nestled among the trees. The scene is bright and sunny, with a clear blue sky. In the foreground, there are lush green plants with small white flowers.

## ABOUT CARNOUSTIE AYURVEDA & WELLNESS RESORT

Kerala, popularly referred to as 'God's own country' is the original home of Ayurveda and Yoga traditions. Here Ayurveda and Yoga have traditionally cohabited because of their symbiotic relationship in the treatment of both physical and mental disorders. Set on the shores of the mesmerising Arabian sea, just 20 kms away from the world famous backwaters of Alappuzha in Kerala, the luxurious Carnoustie Ayurveda and Wellness Resort provides you the best of 'God's own country' and is meticulously designed to be a perfect restful and rejuvenating escape. Their team of Ayurveda and Yoga specialists have very ingeniously woven the best practices of both these wonderful healing traditions to prepare unique treatment regimens for each of its esteemed guests.













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