



# YOGA

**for** ADOLESCENT GIRLS

Ministry of Women and Child Development, Government of India,  
in collaboration with Ministry of AYUSH, Government of India





YOGIA

for ADOLESCENT GIRLS

## Need and purpose of this booklet

One of the most important stages of human life is adolescence. It involves physical, mental and psychological development at a fast pace. This stage requires a balance to be developed between mind and body so that the person come out as well developed to contribute to society and nation. Through this book people in adolescent can get benefits at physical level like Flexibility and endurance and at mental level like improves memory and concentration power. This book is also useful for parents and guardians of people going through adolescent in understanding how they can help their ward during this important stage of their life.

### Objectives of Yoga for adolescent

1. Enhances Flexibility
2. Good Postural Development
3. Enhances Self-image and confidence
4. Relieves daily stress
5. Maintains hormonal balance
6. Resistance against ailments like, asthma and diabetes
7. Weight Maintenance
8. Promotes mental clarity
9. Improves memory and concentration
10. Promotes rejuvenation

During this phase major changes take place in the body and mind. This is the stage of puberty so girls may face the menstrual problems like premenstrual tension, dysmenorrhea, mental irritation, headaches, body pains, fatigue, paranoia, lower self-esteem, depression, confusion, abdominal cramp, nausea and bloating sensation. Yogic counselling along with prescription of specific practices are of major help. The anxiety due to the physiological changes lead to release of stress hormone like epinephrine and Nor-epinephrine which can be counter balanced by relaxation technique-Meditation and Pranayama. Few studies showed significant changes in the problems faced by women followed by practices of Kriyas, Asana in terms of changes in body temperature, pulse rate etc.

### DIET MANAGEMENT

Well balanced nutritious diet consisting lot of soup, salad, fruits, fruit juices, which will provide all the essential nutrition to strengthen the muscles and improve vital strength of the body. Such a diet should be rich in all essential vitamin, mineral, antioxidants. It prevents constipation prepare body to fight diseases and improve the body immunity.

Following are the food items generally prescribed for growing children:

1. Vegetables: All green leafy vegetables, Ash gourd, Ridge gourd, Apple gourd, Beet root, Turnip, Carrot, Cucumber, Spinach, Tomato etc.
2. Cereals: Unpolished rice, Whole wheat and multi-grain flour.
3. Sweet: Honey, Organic natural Jaggery.



4. Sprouts: Green gram, Bengal gram, Wheat, Alfalfa, Groundnut, Fenugreek.
5. Dry fruits: Dates, Figs, Dry grapes, Cashew, Almonds, Walnut, Dry grapes (soaked overnight).
6. Fresh fruits: Ripened, Seasonal and juicy fruits like Guava, Pear, Apple, Banana, Sapota, Orange, Sweet orange.
7. Fruit juice: Apple juice, Carrot juice and Orange juice.
8. Soups: Spinach, Carrot, Tomato, Beetroot and Coriander either all mixed or can be prepared separately.
9. Others: Lemon water, Butter milk, Tender coconut water etc.
10. Increase water intake up to 3-4 liters per day.
11. Avoid excess Tea, Coffee, Sugar/candy, refined white flour.

### Guidelines - Yoga for Adolescent (Age group 8 to 16 years)

1. There should not be any competitive attitude while practicing Yoga.
2. Girls should avoid Yoga practices during menstruation or they can practice relaxing practices.
3. It is the practitioner's or sadhaka's responsibility to inform their teacher if they are suffering from any problems, before the start of Yoga session.
4. The practice sequence of asanas should be initial to advance in order, followed by Pranayama, Bandhas, Mudras, Relaxation and Meditation
5. Asanas should not be practiced in haste or by applying any sort of undue force under any circumstances.
6. Attain the final position step by step and maintain the same with closed eyes for an inward awareness within the whole body.
7. Maintenance of the final posture in asana is always beneficial as per one's capacity.
8. Yogic practice should be done on an empty stomach or light stomach.
9. It is the period of changing from childhood to adulthood, which needs practice of the posture done with more time and awareness.
10. Adolescent ages usually have a negative body image due to bodily changes because of hormonal changes and teaching with all such considerations and encouraging them is needed.
11. Physical movements from one posture to another provide strength, flexibility and health in general to the bones and muscles of the growing adolescent. Maintaining the positions for a period of time brings about internal, hormonal and cellular changes.
12. Explain what they are doing by telling teens about each practice and how the practice will be beneficial for them. Create conducive atmosphere for them so that they can share their experiences without any hesitation.

## Recommended Protocol for Adolescent Girls

S. NO.	YOGA PRACTICES	ROUNDS	DURATION
1.	<b>PRAYER</b>		02 Minutes
2.	<b>YOGIC SUKSHMA VYAYAMA: (Micro Circulation Practices)</b>		8 Minutes
	<b>Neck Movements:</b>		
	- Forward and Backward bending	3 Rounds	
	- Right and Left bending	3 Rounds	
	- Right and Left Twisting	3 Rounds	
	- Neck Rotation (Clockwise & Anti clockwise)	3 Rounds	
	<b>Shoulder Movements</b>	3 Rounds	
	- Shoulder Stretch	3 Rounds	
	- Shoulder Rotation (Forward & Backward )	3 Rounds	
	<b>Knee Movement</b>	3 Rounds	
	<b>Ankle Movement</b>	3 Rounds	
	- Ankle stretch	3 Rounds	
	- Ankle rotation	3 Rounds	
3.	<b>SURYA NAMASKAR</b>	03 Rounds	05 Minutes
4.	<b>YOGASANAS</b>		15 Minutes
	<b>STANDING POSTURES</b>		
	- Tadasana		
	- Vrikshasana		
	- Padahastasana		
	- Trikonasana		
	- Garudasana		
	<b>SITTING POSTURES</b>		
	- Padmasana		
	- Vajrasana		
	- Ushtrasana		
	- Shashankasana		
	- Ardha Matsyendrasana		
	- Gomukhasana		
	- Bhadrasana		

S. NO.	YOGA PRACTICES	ROUNDS	DURATION	
	<b>PRONE POSTURES</b>			
	- Makarasana			
	- Bhujangasana			
	- Shalabhasana			
	- Dhaurasana			
	<b>SUPINE POSTURES</b>			
	- Ardha- halasana			
	- Sethu bandhasana			
	- Sarvangasana			
	- Chakrasana			
	- Pawanamuktasana			
	- Shavasana			
<b>5.</b>	<b>KAPHALA BHATI</b>	3 rounds		03 Minutes
<b>6.</b>	<b>PRANAYAMA:</b>			06 Minutes
	- Nadi Sodhana Pranayama	5 Rounds		
	- Bhramari Pranayama	5 Rounds		
	- Sitali pranayama	5 Rounds		
<b>7.</b>	<b>DHYANA</b>		5 Minutes	
<b>8.</b>	<b>SHANTI PATHA</b>		1 Minute	
	<b>TOTAL TIME</b>		<b>45 Minutes</b>	

# Yogic Practices for Adolescent Girls

## 1. PRAYER

**OM SAHANA VAVATU SAHANA BHUNATTU  
SAHA VIRYAM KARAWAVAHAI  
TEJASVINAVADITAMASTU  
MA VIDVISHAVAHAI  
OM SHANTI SHANTI OM**

*Together may we be protected  
Together may we be nourished  
Together may we work with great energy  
May our journey together be brilliant and effective  
May there be no bad feelings between us  
Peace, peace, peace*



## 2. YOGIC SUKSHMA VYAYAMA: (Micro Circulation Practices)

### Neck Movements:

#### Forward and Backward Bending:



1. Stand with the feet comfortably apart.
2. Keep the hands straight beside the body.
3. This is **Samasthiti**.
4. Keep your arms on the waist.
5. While exhaling, move the head forward slowly and try to touch the chin to the chest.
6. While inhaling, move the head as far back as is comfortable.
7. This is one round: repeat 2 more rounds.



### RIGHT AND LEFT BENDING:



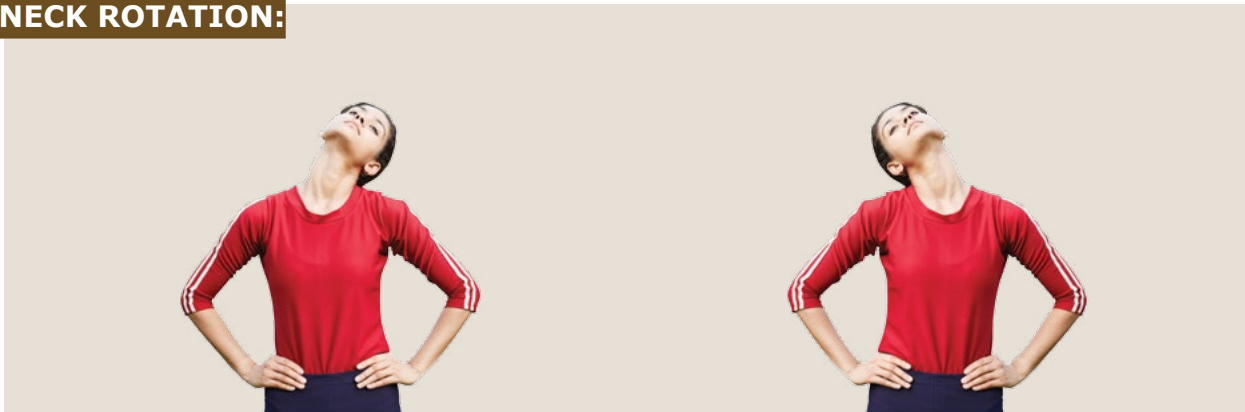
1. While exhaling, bend the head slowly to the right; bring the ear as close as possible to the shoulder without raising the shoulder.
2. While inhaling, bring the head to the normal position.
3. Similarly, while exhaling bend the head to the left side.
4. Inhale and bring the head up to normal position.
5. This is one round: repeat 2 more rounds.

### RIGHT AND LEFT TWISTING:



1. Keep the head upright.
2. While exhaling, gently turn the head to the right so that the chin is in line with the shoulder.
3. While inhaling, bring the head to the normal position.
4. Similarly, while exhaling, turn the head to the left.
5. Inhale and bring the head to the normal position.
6. This is one round: repeat 2 more rounds.

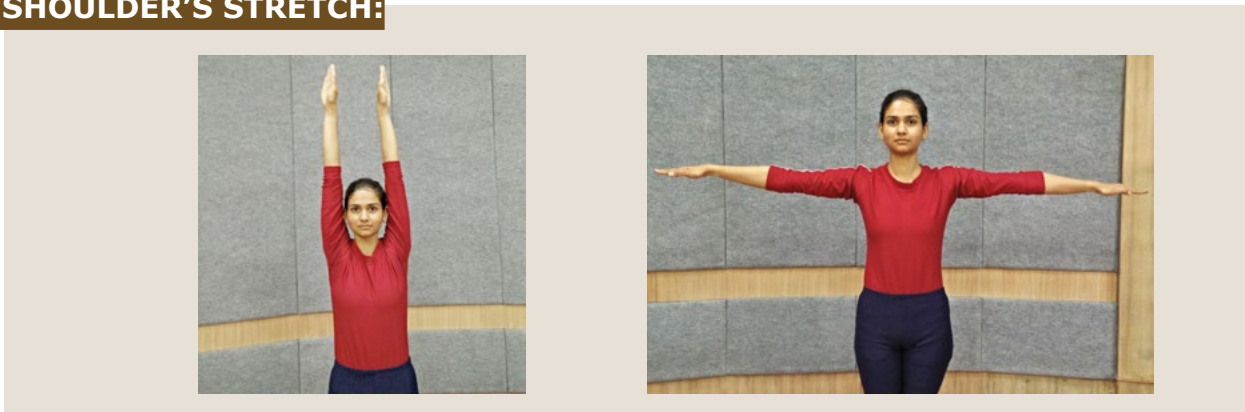
## NECK ROTATION:



1. Exhale; bend the head forward trying to touch the chin to the chest.
2. Inhale; slowly rotate the head clockwise in a circular motion, exhale while coming down
3. Do a full rotation.
4. Then rotate the head in an anti-clockwise direction.
5. Inhale; go back and exhale, come down.
6. This is one round: repeat 2 more rounds.

## SHOULDER'S MOVEMENT

### SHOULDER'S STRETCH:



1. Keep feet together and the body straight, the arms by the sides.
2. Raise both your arms sideways above your head with the palm outward. Bring them down in the same manner.
3. The arms must not touch the head when going up or the thighs when coming down.
4. Palms must be opened, with fingers together.

### SKANDHACAKRA (SHOULDER ROTATION):



1. Stand erect.
2. Place the fingers of left hand on the left shoulder and the fingers of right hand on the right shoulder.
3. Full rotation of both the elbows in a circular manner.
4. Try to touch the elbows in front of the chest on the forward movement and touch the ears while moving up.
5. Stretch the arm back in the backward movement and touch the side of the trunk while coming down.
6. This is clockwise rotation and repeat it 5 times.
7. Do the same anti-clockwise.

### KNEE MOVEMENT:

1. Stand straight with the feet few inches apart.
2. Inhale; lift your arms up at the shoulder level, palms facing downwards.
3. Exhale; bend the knees and bring down your body to the squatting position.
4. In the final position, both the arms and thighs should be parallel to the ground.
5. Inhale; and straighten the body.
6. Exhale while bringing down the hands.
7. Repeat two more times.

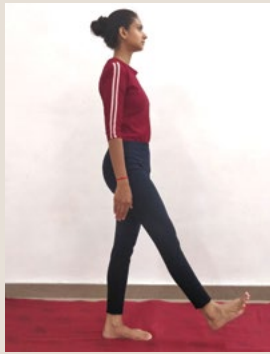


## ANKLE MOVEMENTS:

### ANKLE STRETCH:

1. Stand straight with the feet few inches apart.
2. Inhale; lift your right foot up at 9 inches off the ground.
3. Now stretch the ankle joint forward and backward.

### ANKLE ROTATION:



1. Stand straight with the feet few inches apart.
2. Inhale; lift your right foot up at 9 inches off the ground.
3. Slowly rotate the right foot clockwise from the ankle joint.
4. Repeat the rotation in an anti-clockwise direction.

### 3. Surya Namaskara (Sun Salutation)

#### The Name :-

Surya (Sun) is the source of energy to all the living being on this planet earth. Surya namaskara is a set of 7 Yogic poses performed in 12 steps in the early morning to refresh and energise the body and mind for the day activity. It is being practiced as part of Yoga sadhana (practice) over the centuries for healthy leaving.

#### Technique: -

**Starting Position:** Stand upright with feet together and arms by the side of the body; balance the body equally on both feet (Samasthiti).

#### Namaskarasana:

Inhale, bring the palms in front of chest and join them together as in **namaskara mudra** or prayer position; Exhale.



#### Hastottanasana:

Inhaling, raise both the arms up keeping the arms close to the ears; stretch the body as much as possible and bend the trunk backward without bending the knees.



#### Padahastana:

Breathing out, bend forward from the waist keeping the spine erect. Place hands on the floor by both sides of the feet. Try to touch the knees with the forehead.



### **Ashwasanchalanasana:**

Breathing in, take the right leg backward as far as possible; bring the right knee to the floor. Bend the left leg at the knee; keep the left foot at the floor between the palms making 90-degree angle; arch the spine back and look up.



### **Parvatasana:**

Breathing out, take the left leg back; lift the hip tail bone up and lower the head and chest downwards in an 'inverted V' posture. Keep the head between the arms and soles touching the ground. Breath normally



### **Sa-ashtanga-namaskarasana:**

Exhaling slowly gently bring eight limbs of the body two toes, two knees, two palms chest and forehead down to the floor. Lift the hips slightly up, arms bending while elbows pointing upwards.



### **Bhujangasana:**

Lower the hips, Inhale; Raise the head up and push the chest up. Raise the trunk up to the naval with spine arched back. Keep palms on the ground and bend backwards.



### **Parvatasana:**

Breathing out, lift the hips up; and lower the head and chest downwards in an 'inverted V' posture. Keep head between the arms and soles on the ground.



### **Ashwasanchalanasana:**

Breathing in, bend the left leg and bring it forward; and keep the left foot on the ground between the arms. Keep the right leg backward with knee touching the ground. Arch the spine back and look up.



### **Pada-hastasana:**

Breathing out, bring the right leg forward and place the right foot besides the left foot. Place both palms beside outer sides of the feet on the ground; and head touching the knees.



### **Hastottanasana :**

Breathing in, raise arms and torso. Take the arms straight above the head and bend the trunk backwards as much as possible.



### **Namaskarasana:**

Breathing out, come to the straight position. Slowly bring the arms down; and join the palms in front of the chest as in **Namaskara mudra** or prayer position.



This is the first cycle of a round. To complete the round, repeat the same 12 steps by changing in the positioning of legs in Ashwa-sanchalanasana.



#### **Benefits:**

1. *Surya Namaskara* is considered as a complete Yoga practice; since it is the combination of Yoga practices like asana, pranayama, bandha, mudra, mantra-japa, upasana and dhyana.
2. It helps to increase the flexibility, lungs capacity, strength, endurance and develop a healthy spine
3. Its regular practice improves the concentration and increase the height of the growing children

#### **Caution: -**

1. Avoid during spinal injury; practice it as per need and capacity.



## 4. YOGASANA

### Standing poses

#### 1 Tadasana (Palm Tree Pose)

##### The Name

1. Body takes the shape of a palm tree in the final position of this pose; hence the name.

##### Technique

1. **Starting Position:** Stand erect with feet two inches apart, arms by the sides of the body.
2. Interlock the fingers, turn the palms outwards, inhale; rise the arms up, stretch the body up and bring it in a straight line
3. Look in front; raise the heels; balance the body on toes and maintain the pose for few seconds with normal breathing.
4. Exhale, bring the heels and hands down. Release the interlock of the fingers and come to starting position



##### Benefits:

1. It helps to remove lethargy and make one to become more active.
2. It helps to improve concentration.

##### Caution: -

1. Those who have the complaints of reeling sensation, knee and ankle joints injuries should avoid this practice.

## 2 Vrikshasana(Tree Pose)

### The Name

'Vriksha' means 'tree'. In the final position the body takes the shape of a tree. Hence, it is named *Vrikshasana*.

### Technique

1. Stand erect with feet together, arms by the sides of the body.
2. Exhaling, bend the right leg; and place the right foot on the inside of the left thigh.
3. Balance on one foot. Inhale, take both the arms up above the head without bending elbows and join both the palms together in namaskara mudra.
4. Stay in this position for a few seconds while breathing normally.
5. Exhale; come back and bring right foot down and arms by the sides of the body.
6. Relax and then repeat the same procedure with left leg.



### Benefits:

1. It helps to improve concentration and bring neuro-muscular co-ordination.

### Caution: -

1. Avoid this asana in case of vertigo.

### 3 Pada-hastasana (Hands to Feet Pose)

#### The Name

In the final position of this asana, hands are brought down and placed beside the feet; hence the name.

#### Technique

1. Stand erect with feet together, arms by the sides of the body.
2. Inhale, slowly raise the arms over the head and stretch the body up from the waist.
3. Exhale, bend forwards from the waist without arching the back.
4. Place the palms on the ground besides the feet. Maintain this position for a few seconds.
5. Inhale, slowly come back to the standing position with arms up over the head.
6. Exhale, bring the arms down to the sides of the body.



#### Benefits:

1. It helps to make the spine flexible; improves digestion and memory.

#### Caution: -

1. In case of lower backache and spinal injuries, this practice should be avoided.

## 4 Trikonasana (Triangle Posture)

### The Name

In the final position of this asana, hands are brought down and placed beside the feet; hence the name.

### Technique

1. Stand erect with feet 2-3 feet apart and arms by the sides of the body.
2. Inhale; slowly raise both the arms sideways up to the shoulder level till they are horizontal.
3. Turn the right foot at 90 degree.
4. Exhale, slowly bend from the waist to the right side; and place the right hand behind the right foot.
5. Keep the left arm up in straight position, thus, two arms making a line at 180°. Now, turn the left palm forward.
6. Turn the head; and look up at the fingers of left hand. Maintain this position for few seconds.
7. Now inhale slowly, lift the right hand; raise the trunk; and bring the arms up to the shoulder level and keep the arms down by the side of body.
8. Repeat the asana from the left side as well.



### Benefits:

1. It helps to improve digestion, lungs capacity and brings alertness.
2. Helps to reduce stress and anxiety.

### Caution: -

1. Please avoid the practice of this asana in cases of migraine, slipped disc, and sciatica.

## 5 Garudasana (The Eagle pose)

### The Name

In the final position of this pose, the body looks like that of an eagle; hence the name

### Technique

1. Stand erect with feet together, arms by the sides of the body.
2. Rise the right leg and take it round the left leg from front of the body like creeper
3. Follow the same procedure with the arms, stretch the body; relax and maintain the pose for a few seconds
4. Repeat the same standing on left leg



### Benefits:

1. Helps in body alignment.
2. Nourishes and helps to develop nerves and bones of vertebral column.

### Caution: -

1. Children with knee, ankle and wrist injuries should avoid this.

## 6 Padmasana (The Lotus Pose)

### The Name

Padam means Lotus. The body takes the shape of lotus in the final position of this posture hence, its name is Padmasana.

### Technique

1. Sit on the floor with legs stretched out and spine erect.
2. Fold the knees, place left foot on the right thigh and right foot on the left thigh. Knees should be touching the ground.
3. Place the hands in Jnana or Chin mudra
4. Keep the neck and back straight.
5. Close the eyes and relax the whole body.



### Benefits:

1. Pamasana helps to induce mental calmness and tranquility.

### Caution: -

1. In case of severe arthritis, slip disc, knee injuries and ankle pain this asana should be avoided.

## 7 Vajrasana (The Diamond Pose)

### The Name

Vajra means diamond or thunderbolt.

### Technique

1. Sit on the floor in kneeling position and big toes joined together.
2. Position the buttocks in the space between the heels and place palms on the knees.
3. Keep the spine erect and observe your breath.



### Benefits:

1. This asana is good for digestion.

### Caution: -

1. In case of joint pain and varicose vein this should be avoided.

## 8 Bhadrasana (The Auspicious Pose)

### The Name

Bhadra means Auspicious. This asana destroys many diseases.

### Technique

1. Sit on the ground with legs stretched out.
2. Fold the legs from knees and join both soles together.
3. Hold the ankles by the hands and touch the heels to the perineum.
4. Knees should touch the ground and spine should be kept straight.



### Benefits:

1. This asana is good for lumber region and keeps it healthy.

## Ushtrasana (The Camel Pose)

### The Name

'Ushtra' means 'camel'. In this asana, the body takes shape of a camel; hence the name.

### Technique

1. Sit down in Vajrasana and stand on your knees. Keep the knees and feet 12 inches apart.
2. Inhaling, carefully bend backward without jerking.
3. Exhale, place the right palm on right heel; and left palm on left heel. Try to keep the thighs vertical to the floor with the head tilted backward.
4. Hold the posture for 10 to 20 seconds or as long as comfortable.
5. Slowly inhale, come back to vajrasana.



### Benefits:

1. This asana regulates the functioning of thyroid glands and makes the spine flexible

### Caution: -

1. In cases of vertigo and hernia this asana should be avoided.



## 9 Shashakasana

### The Name

Shashanka means 'hare in the lap' or moon'. In this body takes the shape of a hare; hence, the name.

### Technique

1. Sit in Vajrasana with opened knees.
2. Inhale, stretch the arms upward.
3. Exhale, bend forward from the waist with the arms straight.
4. In the final position chin and chest should be placed on the ground.
5. Maintain the posture for a while with normal breathing.
6. Slowly inhale, come back to initial position.



### Benefits:

1. It helps to reduce stress and anger.

### Caution: -

1. In a case of slip disc and knee pain this asana should be avoided.

## 10 ArdhaMatsyendrasana

### The Name

It is simply version of Matsyendrasana.

It is named after Yogi Matsyendranath.

In this asana, spine is twisted.

### Technique

1. Sit straight with stretching your legs in front of you.
2. Bend your left leg and try to touch your feet to your right buttock
3. Bring your right leg outside the left knee. Touch your feet to the ground. Keep your spine erect.
4. Exhale and turn your upper body to the right. Hold your right feet with left hand and wrap your right hand behind the back
5. Breathe normally and hold this posture for 20 to 30 seconds.
6. Now release this posture and repeat it on the other side.



### Benefits:

1. This is good for adrenal glands, kidney, liver and spleen.

### Caution: -

1. Must be avoided for children with severe spinal injuries.

## 11 Gomukhasana

### The Name

Gomukha consists of two words: 'go' meaning 'cow'; and 'mukha' meaning 'face'. In this asana, the knees, thighs and calves together make a form that resembles cow's face.

### Technique

1. Sit erect with legs stretched out.
2. Fold left leg by the side of right hip same as right leg by the side of left hip.
3. Take left arm over the shoulder and take right arm behind the back, down up.
4. Interlock the fingers and maintain it with normal breathing.
5. Repeat the same by changing the position of legs and hands.



### Benefits:

1. It is a good practice to improve lungs capacity.

### Caution: -

1. Avoid this asana in case of joint injuries, acute pain in shoulders and piles problem.

## 12 Makarasana

### The Name

Makarasana is a relaxing posture. 'Makara' means 'crocodile'. In this asana, the body resembles a resting crocodile, hence the name.

### Technique

1. Lie down in prone position.
2. Spread the legs apart so that heels face each other.
3. Fold the arms; and put them beneath the forehead one hand on the other.
4. Close the eyes and relax. Hold the position for 20 to 30 seconds or as long as comfortable.



### Benefits:

1. It removes mental and physical fatigue and is good for relieving asthma, cervical and sciatica pain.

## 13 Bhujangasana

### The Name

Bhujanga means cobra. The final position of this asana resembles the shape of cobra.

### Technique

1. Lie down in prone position then join the feet and place both hands under the shoulders, elbows pointed upward by the waist.
2. Inhale, raise the upper body up to the navel.
3. Hold the position for a while with normal breathing.
4. Exhale come back to the initial position and relax in makrasana.



### Benefits:

1. It stimulates the digestive, reproductive and urinary systems.

### Caution: -

1. It is strictly prohibited for the people suffering from hernia and abdominal injuries.

## 14 Shalabhasana

### The Name

Shalabhasana takes its name from 'shalabha' which means 'locust'. In the final posture, body resembles a locust or grasshopper; hence the name.

### Technique

1. Lie down in prone position with legs together and hands below the thighs.
2. Inhale, slowly lift the legs upwards as high as possible. Chin should be on the ground
3. Maintain the position for 10 to 20 seconds or as long as comfortable.
4. To come back, bring the legs down to the floor and relax in makrasana



### Benefits:

1. It strengthens muscles in the lower back and makes the spine flexible.

### Caution: -

1. This asana should be avoided in cases of cardiac complaints, hernia or ulcers in stomach.

## 15 Dhanurasana

### The Name

Dhanurasana gets its name from 'dhanur' which means 'bow'. In the final posture, body looks like a bow with the strings; hence, the name.

### Technique

1. Lie down in prone position with legs together and arms beside the body.
2. Exhale and hold the ankles with hands.
3. Inhaling, lift the thighs, head and chest as high as possible on lower abdomen. Maintain the position comfortably for 10 – 20 seconds.
4. Exhale come back to starting position and relax in makrasana



### Benefits:

1. It regulates functioning of adrenal and thyroid glands; and also of digestive and excretory systems.
2. It strengthens joints of shoulders, spine, knees and ankles; and removes stiffness of these organs.

### Caution: -

1. In case of hernia, peptic ulcers, colitis, appendicitis should not perform

## 16 Ardhalasana

### The Name

Ardha means half and 'Hala' means plough. This posture is known as ArdhaHalāsana because in its final position, the body resembles half the shape of an Indian plough.

### Technique

1. Take supine position, keep hands by the sides of thighs, palms resting on the ground.
2. Slowly raise your legs together without bending at knees and stop at 30° angle.
3. After few seconds raise your legs further up to 60° angle and maintain the position.
4. Now slowly raise the legs at 90° angle. This is the final position of the ArdhaHalāsana.
5. The body from hip to shoulder should be kept straight.
6. Maintain this position as long as comfortable.
7. Slowly lower legs at 90° angle and then on the ground without lifting the head.



### Benefits:

1. This āsana is beneficial for dyspepsia and constipation.
2. The practice of this āsana is useful in cases of diabetes, piles and throat related disorders.
3. This is very beneficial for Hypertensive patients but needs to be practiced with care.

### Caution: -

1. Avoid this practice in case of abdominal injuries, hernia etc.



## 17 Setubandhasana

### The Name

Setubandha means formation of bridge. In this posture, the body is positioned like a bridge, hence the name.

### Technique

1. Bend both the legs at the knees and bring the heels near the buttocks.
2. While holding both the ankles firmly keep the knees and feet in one straight line.
3. Inhale; slowly raise your buttocks and trunk up as much as you can to form bridge.
4. Remain in this position for 10-30 seconds, with normal breathing.
5. Exhale, slowly return to the original position and relax in Śavāsana.



#### Benefits:

1. Relieves depression and anxiety and strengthens lower back muscles.
2. Stretches abdominal organs, improves digestion and helps to relieve constipation.

### Caution: -

1. People suffering from ulcers and hernia, and women in advanced stages of pregnancy should not practice this asana.

## 18 Pavanamuktasana

### The Name

This asana gets its name from 'pavana-mukta' where 'pavana' means 'wind'; and 'mukta' means 'relieved'. As the name suggests, this asana helps in releasing trapped wind from the stomach and intestine.

### Technique

1. Lie down on the back with legs together, arms beside the body, and palms resting on the floor.
2. Inhaling, bend the legs and bring knees towards chest.
3. Encircle the knees with both arms and hold them tightly.
4. Exhaling, raise the head; touch the chin with the knees
5. Maintain the position comfortably for 10 to 20 seconds.
6. To come back, release the arms and unfold the legs and bring them to the floor.
7. Relax with legs together on the floor and hands beside the body.



### Benefits:

1. It helps in eliminating toxic gases from the stomach and intestine which improves digestion.

### Caution: -

1. In case of abdominal injuries and severe back-pain should be avoided.

## 19 Sarvangasana

### The Name

Sarvangasana consists of 'sarva' meaning 'all' or 'whole'; 'anga' meaning 'limbs of body'; and 'asana' meaning posture. It affects all parts of body; hence the name.

### Technique

1. Lie down in supine position with arms beside the body and palms resting on the floor.
2. Inhaling, slowly raise the legs without bending them at knee from 30 to 90 degree angle.
3. Hold at 90 degree angle with the support of palm on the back.
4. Place the chin against the chest region.
5. Gradually come back to normal position and relax.



#### Benefits:

1. It helps in regulating functioning of endocrine glands, specially the thyroid glands.

#### Caution: -

1. This asana should be avoided in cases of neck pain, epilepsy, high blood pressure and pain in lumbar region.

## 20 Chakrasana

### The Name

Chakrasana gets its name from the word 'chakra' which means 'wheel'. In this asana, the body takes the shape of a wheel; hence the name.

### Technique

1. Lie down in supine position.
2. Bend the legs at the knees; and bring the heel close to buttocks
3. Raise the arms; place the palms on the floor beside the head with fingers pointing towards the shoulders.
4. Inhale, raise the body on the arms and feet and make arch in the back. Now, gently, drop the head down.
5. Maintain this position with normal breathing.
6. Exhale, come back to normal position and relax.



### Benefits:

1. It removes stiffness from the body; and makes the spine flexible.

### Caution: -

1. This asana should be avoided in cases of weak wrist, high blood pressure, hernia, abdominal problems and vertigo.

## 21 Shavasana

### The Name

This is a relaxing posture. In this posture the body remains still like a corpse; hence the name.

### Technique

1. Lie down in supine position.
2. Keep the feet 2 – 3 feet apart with toes pointed outward.
3. Place the hands placed about six inches away from the body. Keep the fingers relaxed
4. Keep the head in a straight comfortable position.
5. Gently close the eyes; be aware of your breath.



### Benefits:

1. It relaxes the body and mind; and eliminates physical and mental fatigue.
2. It boosts up energy level.

### Caution: -

1. This should be avoided in cases of depression and low blood pressure.

## 22 KapalabhatiKriya

### The Name

Kapalabhati is a kriya (cleansing practice) for cleansing the frontal brain. 'Kapala' means 'skull'; and 'bhati' means 'shine'.

### Technique

1. Sit erect in any meditative posture, gently close the eyes. Inhale deeply through both the nostrils; and expand the chest.
2. Now exhale forcefully while contracting the abdominal muscles. Do not make effort to inhale. After forceful exhalation, there will be automatic, passive and spontaneous inhalation. This is one stroke of Kapalabhati.
3. Continue 30- 40 strokes rapidly in quick succession at a time or as many as possible. Then take a deep breath; and exhale slowly and completely. This is one round of Kapalabhati.



### Benefits:

1. It strengthens the respiratory system by purifying the frontal air sinuses and alleviating cough problems. It energizes the body; and removes lethargy.

### Caution: -

1. This practice should be avoided in cases of cardiac problems, giddiness, high blood pressure, vertigo, chronic bleeding in nose, epilepsy, stroke, hernia and gastric ulcers.

## 23 NadiShodhana Pranayama

### The Name

Nadi means subtle energy channel and shodhan means purification

This is also known as AnulomVilom pranayama

### Technique

1. Sit in a comfortable meditative posture, hands in jnana mudra.
2. Adopt nasagramudra of right hand and place on the nostrils, close right nostril and inhale through left nostril.
3. Then close left nostril and exhale through right; once again inhale through right nostril and slowly exhale through left. This is one round of this breathing.
4. Repeat four more rounds



### Benefits:



1. It reduces anxiety and improves concentration
2. It balances right and left hemispheres of the brain.

### Caution: -

1. In cases of cardiac problems and hypertension, this pranayama should be performed without retention of breath.

## 24 Sheetal Pranayama

### The Name

The word Shitali is originally taken from the word "Sheetal" which means cold or soothing.

### Technique

1. Sit comfortably in any meditative posture; keep your both hands on knees.
2. Now bring your tongue all the way out and fold both sides of tongue like a tube or straw.
3. Take a long, deep inhalation through the tube in the tongue which is formed by folding the both sides of tongue.
4. After Inhalation close your mouth and exhale with both nostrils.
5. Repeat four more rounds.



### Benefits:

1. It calms the mind, and it's an effective stress buster.

### Caution: -

1. In case of low B.P., asthma, cold and cough or other respiratory related problem pranayama should be avoided.



## 25 Bhramari Pranayama

### The Name

Bhramari Pranayama gets its name from 'bhramara' which means 'humming bee'. In this pranayama, buzzing sound of a humming bee is produced through the nostrils.

### Technique

1. Sit in any comfortable meditative posture and close the eyes.
2. Inhale deeply through the nose.
3. Now adopt Shanmukhi Mudra. For this, close both ears with the thumbs; eyes with index fingers; nose with middle fingers; and mouth by placing the ring fingers just above the upper lip and small finger just below the lower lip.
4. Exhaling, make deep sound of a humming bee. Concentrate on the sound. After exhalation, bring the hands back on the knees.
5. This is one round. Practice five rounds like this.



### Benefits:

1. The sound resonating in the brain creates a soothing effect on mind and nervous system.
2. It helps in relieving anxiety, anger and hyperactivity.

### Caution: -

1. In cases of ear and nose infections, this pranayama should be avoided.

## 26 Dhyana

### The Name

Dhyana is an act of contemplation. It pacifies the agitated mind; and makes it relaxed. There are several techniques of meditation but all have the common goal of attain higher level of awareness.

### Technique

1. Sit in any comfortable meditative posture. Keep the spine erect. Place the hands on thighs in jnana-mudra.
2. Gently close the eyes and slightly raise the face. Breathe normally.
3. Now focus the attention on breath while breathing normally.
4. Now, focus your attention on the space between the eye-brows. Stay in this state for five minutes or as long as possible.
5. To come back, bring your attention back to breath and then the external surroundings.



### Benefits:

1. Dhyana rejuvenates body and mind.

## SHANTI PATHA

*Om, Sarve Bhavantu Sukhinah,  
Sarve Santu Nirāmayāh  
Sarve Bhadrāni Paśyantū,  
Mā kascit Duhkha Bhāgabhavet  
Om, Sāntih Sāntih Sāntih*



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