

# YOGA

PROTOCOL



*for* 40+  
**WOMEN**

## Health and Yoga

Health is the perfect equilibrium of body, mind and intellect. As per the principles of Yoga, the healthy person enjoys lightness of body, slowness of breathing, calmness of mind, control over emotions, action in relaxation and blissful awareness. This is in consonance with the WHO definition of health as. "a state of complete physical, mental, social well-being and not merely absence of disease or infirmity".

As an ancient Indian science of wellness that encompasses the mind and body, Yoga can help in ensuring human well-being in a holistic manner. According to Maharishi Patanjali, Yoga is the process of sublimation of mental transformation covering the stages of Yamas (moral doctrines), Niyamas (disciplines), Asanas (postures), Pranayama (regulated breathing), Pratyahara (introspection wherein the mind moves away from external sensory perceptions), Dharana (concentration), Dhyana (meditation) and, finally, Samadhi (absorption). The attainment of such a sublime contemplative absorptive state results in a blissful state of harmony mind and body. Thus, Yoga is the science that brings about equilibrium and harmony while seeking to remove the discord between mind and body.

Yoga offers a time-tested and systematic regimen of postures, in a heightened state of relaxation, for correcting aberrations in the mind and body functions, leading to physical revitalization, deep relaxation of body and mental calmness. Essentially, the mind-body duality is sought to be harmonized through a psychosomatic route, necessitating, in a manner of speaking, removal of "mind-forged manacles" that act as stumbling blocks to health and wellness. Obliteration of stress through relaxation, thus, becomes a vital primer for efficacy of Yoga.

### Combating debilitating effect of menopause

Among a surfeit of health-related issues for which Yoga has proved to be beneficial is that of menopause, which gives rise to a number of physical and mental manifestations that affect the

health and well-being of women as part of the aging process. Given its holistic approach, Yoga can significantly play a vital role in addressing and alleviating issues related to both the physical and psychological manifestations of menopause, from the perimenopausal (before menopause) stage to that of actual onset of menopause and its aftermath.

Menopause marks a major transitional phase in the life of a woman as she ages. The countdown to menopause starts with premenopause which is asymptomatic and without any discernible changes in the body even though it may be attended by hormonal changes. It is only the subsequent perimenopausal stage that is marked by physical manifestations such as irregular periods, hot flushes, sleep disturbances or mood swings, slowing down of production of estrogen and progesterone. The perimenopausal stage is a precursor to menopause, which is characterized by, in addition to the symptoms associated with premenopause, complete stoppage of estrogen and progesterone production and permanent ceasing of the menstrual cycle on account of natural depletion of ovarian oocytes. Typically, menopause is established retrospectively after the woman has had no periods for 12 consecutive months.

Incidentally, the average age of menopause in India is 46.2 years as compared to 51 years in the West. Apart from the loss of fertility, the age of menopause serves as a key biomarker for an increased risk of different midlife diseases and afflictions. Many of these diseases can be prevented through lifestyle modification and through Yoga intervention.

As a self-corrective technique that is also therapeutic in nature, Yoga helps in management of pre-menopausal syndrome while playing a prophylactic role in preventing stress-related problems, associated with modern lifestyles, that women are susceptible to, post-menopause. Thus, by addressing the mental and physical concomitants of phases before, during and post menopause, Yoga can restore a sense of

equilibrium and physical well-being vital for the woman to face life with confidence and equanimity in her midlife and later years. Significantly, Yoga offers a minimally invasive treatment regimen that is easy to deliver to menopausal women in group format. It is effective in reducing anger, anxiety and depression in older women while enhancing their sense of well-being and promoting efficiency in day-to-day life. Further, Yoga is claimed to be effective for improving psychological symptoms and for toning the autonomic nervous system, particularly the sympathetic nervous system. Indeed, various research studies have demonstrated the superiority of Yoga over physical activity alone in the management of menopausal symptoms, stress and neuroticism. As it happens, Yoga intervention has shown proven improvement in attention, concentration and memory among perimenopausal women besides eliciting significant reduction in total menopausal symptoms – psychological, somatic, vasomotor and urogenital. According to the inference drawn from these studies, Yoga happens to be both safe and effective in reducing menopausal symptoms.

### Modular treatment protocols

As menopause is associated with a prefix and suffix phase that takes in its ambit a vast population of women in the age group of '40+', it becomes necessary to sub-divide this population into narrower segments so as to put in place treatment protocols appropriate for these separate segments. The treatment protocol, thus, needs to address the prefix phase relating to pre-menopause and pre-menopause, the actual onset of menopause, followed by the suffix phase of the menopause aftermath. Appropriately, three Yoga modules, with a number of overlapping features and some divergent ones, have been planned for women belonging to the three age groups of 40-50 years, 50-60 years and 60 years above. The three modules of the Yoga protocol for Women in the age group of 40+' are summarised below. The modules have, as such, been designed so as to be age, mental outlook and requirement appropriate for the different age groups.



## Yoga for 40<sup>+</sup> Women (Age group 40-50 years)

S.NO.	YOGA PRACTICES	ROUNDS	DURATION
1.	PRAYER		2 Minutes
2.	KRIYAS		10 Minutes
	- Kunjal		
	- Sutra Neti/ Jala Neti		
	- Kapalbhathi		
	- Trataka		
3.	YOGIC SUKSHMA VYAYAMA: (Micro Circulation Practices)		8 Minutes
	Neck Movements:		
	- Forward and Backward bending	03 Rounds	
	- Right and Left bending	03 Rounds	
	- Right and Left Twisting	03 Rounds	
	- Neck Rotation (Clockwise & anti clockwise)	03 Rounds	
	Shoulder Movements	03 Rounds	
	- Shoulder Stretch	03 Rounds	
	- Shoulder Rotation (Forward & Backward)	03 Rounds	
	Trunk Twisting	03 Rounds	
	Ankle movement	03 Rounds	
	- Ankle stretch	03 Rounds	
	- Ankle rotation	03 Rounds	
4.	SURYA NAMASKAR	03 Rounds	5 Minutes
5.	YOGASANAS		10 Minutes
	STANDING POSTURES		
	- Tadasana		
	- Hasttotanasana		
	- Ardha Katicakrasana		
	- Padahastanasana		
	SITTING POSTURES		
	- Bhadrasana		
	- Paschimottanasana		
	- Vajrasana		
	- Ustrasana		
	- Shashakasana		
	- Vakrasana		
	PRONE POSTURES		
	- Bhujangasana		
	- Shalabhasana		
	- Makrasana		
	SUPINE POSTURES		
	- Uttithadweepadasana (Uttanapadasana)		
	- Ardha-halasanana		
	- Sethubandhasana		
	- Saral Matsyasana		
	- Pawanmuktasana		
	- Shavasana		
6.	BANDHA AND MUDRA		4 Minutes
	- Mula Bhandh	05 Rounds	
	- Ashwani Mudra	05 Rounds	
7.	PRANAYAMA		6 Minutes
	- Nadi Sodhana Pranayama	05 Rounds	
	- Ujjai pranayama	05 Rounds	
	- Bhramari Pranayama	05 Rounds	
8.	YOGA NIDRA/DEEP RELAXATION TECHNIQUE		8 Minutes
9.	DHYANA		5 Minutes
10.	SHANTI PATHA		2 Minutes
	TOTAL TIME		60 Minutes

## Yoga for 50<sup>+</sup> Women (Age group 50-65 years)

S.NO.	YOGA PRACTICES	ROUNDS	DURATION
1.	PRAYER		2 Minutes
2.	KRIYAS		10 Minutes
	- Kunjal		
	- Jala Neti		
	- Kapalbhathi (30 Strokes) 3 times		
3.	YOGIC SUKSHMA VYAYAMA: (Micro Circulation Practices)		8 Minutes
	Neck Movements:		
	- Forward and Backward bending	03 Rounds	
	- Right and Left bending	03 Rounds	
	- Right and Left Twisting	03 Rounds	
	Shoulder Movements	03 Rounds	
	- Shoulder Stretch	03 Rounds	
	- Shoulder Rotation (Forward & Backward)	03 Rounds	
	Trunk Twisting	03 Rounds	
	Ankle movement	03 Rounds	
	- Ankle stretch	03 Rounds	
	- Ankle rotation	03 Rounds	
4.	YOGASANAS		10 Minutes
	STANDING POSTURES		
	- Tadasana		
	- Hasttotanasana		
	- Ardha Katicakrasana		
	- Padahastanasana		
	SITTING POSTURES		
	- Dandasana		
	- Bhadrasana		
	- Ardha-Ustrasana		
	- Shashakasana		
	- Vakrasana		
	PRONE POSTURES		
	- Bhujangasana		
	- ArdhaShalabhasana		
	- Makrasana		
	SUPINE POSTURES		
	- Uttitha Ekapadasana		
	- Ardha-halasanana		
	- Ekpada Pawanmuktasana		
	- Saral Matsyasana		
	- Shavasana		
5.	BANDHA AND MUDRA		5 Minutes
	- Mula Bhandh	05 Rounds	
	- Ashwani Mudra	05 Rounds	
6.	PRANAYAMA		8 Minutes
	- Sectional Breathing		
	- Nadi Sodhana Pranayama	05 Rounds	
	- Bhramari Pranayama	05 Rounds	
7.	YOGA NIDRA/DEEP RELAXATION TECHNIQUE		10 Minutes
8.	DHYANA		5 Minutes
9.	SHANTI PATHA		2 Minutes
	TOTAL TIME		60 Minutes

## Yoga for 65+ Women and above in Geriatric Care

S.NO.	YOGA PRACTICES	ROUNDS	DURATION
1.	PRAYER		2 Minutes
2.	KRIYAS		8 Minutes
	- Jala Neti		
	- Kapalbhata (30 Strokes) 3 times		
	- Trataka		5 Minutes
3.	YOGIC SUKSHMA VYAYAMA: (Micro Circulation Practices)		
	Neck Movements:		
	- Forward and Backward bending	03 Rounds	
	- Right and Left Twisting	03 Rounds	
	Shoulder Movements	03 Rounds	
	- Shoulder Stretch	03 Rounds	
	- Shoulder Rotation (Forward & Backward)	03 Rounds	
	Trunk Twisting	03 Rounds	
	Ankle movement (In Sitting Position)	03 Rounds	
	- Ankle stretch	03 Rounds	
	- Ankle rotation	03 Rounds	
4.	YOGASANAS		10 Minutes
	STANDING POSTURES		
	- Tadasana		
	- Hasthotanasana		
	- Ardha Katicakrasana		
	- Padahastanasana		
	SITTING POSTURES		
	- Dandasana		
	- Saral Yogamudrasana		
	- Bhadrasana		
	- Marjariasana		
	- Vakrasana		
	PRONE POSTURES		
	- Saral Bhujangasana		
	- Ardha Shalabhasana (Ekapada)		
	- Makrasana		
	SUPINE POSTURES		
	- Uttitha Ekapadasana		
	- Ardha-halasanana		
	- Ekpada Pawanmuktasana		
	- Shavasana		
5.	BANDHA AND MUDRA		3 Minutes
	- Mula Bhandh	05 Rounds	
6.	PRANAYAMA		12 Minutes
	- Sectional Breathing	05 Rounds	
	- Nadi Sodhana Pranayama	05 Rounds	
	- Bhramari Pranayama	05 Rounds	
7.	YOGA NIDRA/DEEP RELAXATION TECHNIQUE		12 Minutes
8.	DHYANA		6 Minutes
9.	SHANTI PATHA		2 Minutes
	TOTAL TIME		60 Minutes

Please note that the techniques included in these modules should be learnt under the supervision of a qualified Yoga expert as they may be contraindicated in case of certain health problems. Individuals with known ailments, physical challenges or disease conditions are also advised to consult their respective doctors before taking up the Yoga training.

## Pre-requisites for Yoga practice

- Practice in fresh air, in quiet and clean surroundings, preferably during sunrise & sunset
- Practice on an empty stomach, 2 hours before meals, after emptying bowels & bladder.
- Practice on a firm mat in loose and comfortable clothes; always breathe in and out through the nose, unless specified otherwise.
- While there are no age restrictions for practice of Yoga, the application of the techniques will vary according to the abilities of the practitioner.
- Those with disabilities, or having severe, acute or chronic medical conditions should practice Yoga in consultation with a Yoga expert to obviate the possibility of damage through a wrong posture.

## 1. PRAYER



This practice seeks to draw the wavering mind inward and help steady it. The prayer facilitates positive thinking of "total surrender", and thereby eliminates ego consciousness. This is very important in the stress reduction process, even as it also prepares one to practice Yoga properly. The session starts with prayer in the Namaskara mudra

असतोमासद्गमय ।  
तमसोमाज्योतिर्गमय ।  
मृत्योर्माअमृतंगमय ।  
शान्तिःशान्तिःशान्तिः ॥

Om AsatoMaa Sad-Gamaya |  
TamasoMaaJyotir-Gamaya |  
Mrtyor-MaaAmrtamGamaya |  
Om Shaantih Shaantih Shaantih ||

From ignorance lead me to truth; From darkness, lead me to light; From death, lead me to immortality; Om peace, peace, peace.

Feel the resonance of the prayer and prepare the mind for further practice.

## 2. YOGIC KRIYAS

- The Hatha Yoga highlights six cleansing processes which are also called Shatkriyas or Shatkarmas. The six Shatkarmas are Neti, cleansing of the nasal passages, Dhauti, cleansing of the alimentary canal, Nauli, strengthening of the abdominal organs, Basti, cleansing of the large intestine, Kapalabhati, cleansing of the frontal area of the brain and Trataka, intense gazing on a point for developing concentration and cleansing the mind. A variety of practices come under these categories. The following Kriya is beneficial for menopausal women.

### i. KUNJAL KRIYA

- Adopt a squatting posture, drink at least six glasses of warm water, one after the other, as quickly as possible, until the stomach cannot hold any more. It is most important to drink fast and not just sip the water. When the stomach is full, the urge to vomit will occur automatically.
- Lean forward, keeping the trunk as horizontal as possible. Open the mouth and place the middle and index fingers of the right hand as far back on the tongue as possible.
- Gently rub and press the back of the tongue. This should induce the water to gush out from the stomach.
- The more the practitioner relaxes in the practice, the easier it gets.
- During the regurgitation of water, the fingers may be removed from the mouth, although this is not necessary.



- When the flow of water ceases, again place the fingers in the mouth and repeat the process. Continue in this way until the stomach is empty.

#### Benefits

- These techniques tone and stimulate all the abdominal organs by inducing strong muscular contractions in the stomach walls.
- Removes excess mucus and helps in improving respiratory functions. These techniques help release pent-up emotions and emotional blocks or feeling of heaviness in the heart caused by inner and external conflicts and pressures.

#### Precautions

- Those suffering from hernia, high blood pressure, raised intracranial pressure, heart disease, stroke, acute peptic ulcer or diabetics with eye problems should avoid the practice.

#### ii. JALA NETI

- Fill the Neti pot with the warm saline water.
- Stand with legs apart so that the body weight is evenly distributed between the feet. Lean forward and tilt the head to one side.
- Breathe through the mouth. Gently insert the nozzle into the uppermost part of one of the nostrils. There should be no force involved.
- Keep the body relaxed. Let the water flow in through one nostril and out through the other nostril.
- After finishing half of the water put down the pot and clear the nose. Repeat with other nostril. Clear the nose.
- Close the right nostril with the right thumb and breathe in and out through the left nostril 10 times in quick succession, as in Kapalabhati Pranayama.
- Repeat with the other nostril.



#### Benefits

- This exercise is excellent for cases of chronic headache, insomnia and drowsiness.
- The diseases peculiar to the nose as also coughs are effectively cured.
- Improves eye sight.
- It is beneficial in treatment of diseases of the ear, impaired hearing and discharge through the ear.

#### Precautions

- Those who suffer from chronic bleeding in the nose should not perform Jalaneti without the advice of a competent teacher. People prone to or having ear infections should not practice neti.

#### iii. SUTRANETI

- Assume any comfortable standing, sitting or squatting position. Let the whole body relax.
- Tilt the head slightly back. Gently and slowly insert the narrow end of the catheter or waxed end of the thread in to the nostril that is flowing more freely.
- As the thread is inserted, twist it so that it enters the nostril easily. Always keeps the thread's tip pointing downward towards the base of the nose so as to pass through the root of the nose into the upper part of the back of the throat. Never push the catheter straight up as the nasal cavity is narrow at the roof and widest at the base.
- When the thread reaches the desired point at the back of the throat, insert the index finger and thumb, or the middle and index fingers, into the mouth.
- Pull the catheter or thread gently and slowly out through the mouth, leaving a few inches of thread hanging out of the nostril.
- This action may cause retching at first, but it will become easier with practice.
- Hold each end of the sutra or catheter with the fingers. Very slowly and gently pull it backward and forward, no more than 15 times on the first attempt.





- Remove it slowly through the nose and repeat the process with the other nostril.

#### Benefits

- Removes dirt, bacteria and trapped mucus
- Desensitises the nasal tissues, which may alleviate allergies
- Reduces sinusitis, headaches and migraines
- Prevents infection and inflammation

#### Precautions

- Because of its advanced nature, sutra neti should only be performed under the guidance of an experienced teacher. It may induce feelings of giddiness and nausea.

iv. **KAPALABHATI KRIYA** (1 minute practice @ 60 breaths per minute followed by the rest of 1 minute)

- Sit in Sukhasana.
- Adopt Chin Mudra by touching index finger with the thumb, palms facing upwards and the hands resting on the thighs.
- Now exhale forcefully while contracting the abdominal muscles does not make effort to inhale. After forceful exhalation, there will be automatic, passive and spontaneous inhalation. This is one stroke of Kapalabhati.
- 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

- Kapalabhati purifies the frontal air sinuses and helps overcome cough disorders.
- It is useful in treating cold, rhinitis, sinusitis, asthma and bronchial infections.
- It rejuvenates the whole body, and keeps the face glowing and vibrant.

- It strengthens the nervous system and tones up the digestive organs.

#### Precautions

- 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.

#### v. TRATAKA



- Sit in any meditative pose (Sukhasana or Padmasana) in a dark room with head, neck and back erect. Close the eyes.
- Open the eyes and gaze at the flame (Jyoti) of a burning candle or a lighted earthen lamp with both eyes wide open till they get tired or tears come outside; now close the eyes and relax.
- Repeat this exercise 3 to 4 times till one is able to fix the gaze for 10 or 15 minutes without blinking. If the object is found surrounded by many minor lights, the gaze must not be deflected from the central spot. The practice is considered successful when nothing except the light at which eyes are fixed is seen.
- Close the eyes. Keep the closed eyes fixed at the image/impression of the flame in front of the eyes. Complete mastery will come only when it is felt that the glow of the light illuminates its own being.
- This kriya should be practised under the guidance of a qualified Yoga teacher.
- Finish with palming.

#### Benefits

- The eyes become clear and bright.
- It is useful in the treatment of diseases of the eyes.
- It removes drowsiness.
- It develops spiritual powers and helps mental faculties to develop.
- It improves memory and concentration.

### 3. SUKSHMA VYAYAMA:

Joint movement and light exercise of the body parts result in lightness of the body while facilitating proper movement and functioning of the joints and muscles.

#### (A) GRIVA SANCHALANA (NECK MOVEMENT)

##### Stage 1: Forward and Backward Bending

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



##### Stage 2: Right and Left bending



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

##### Stage 3: Right and Left Twisting



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

##### Stage 4: Neck Rotation



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

##### Precautions

Move the head as far as possible. Do not overstrain. Keep the shoulders relaxed and steady. Feel the stretch around the neck with loosening up of the joints and muscles of the neck. This can also be practiced while sitting on a chair. People suffering from neck pain should practice the movement gently, especially when taking the head back and do so to the extent it is

comfortable. Elderly people and those suffering from cervical spondylitis or high blood pressure should avoid these practices.

## (B) SKANDA SANCHALANA (SHOULDER MOVEMENT)

### Stage 1: Shoulder Stretch



- Feet together the body straight, the arms by the sides.
- Raise your both arms sideways above your head with the palm outward. Bring it down in the same manner.
- The arms must not touch the head when going up or the thighs when coming down.
- Palms must be opened, with fingers together.

### Stage 2: Shoulder Rotation



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

## Benefits

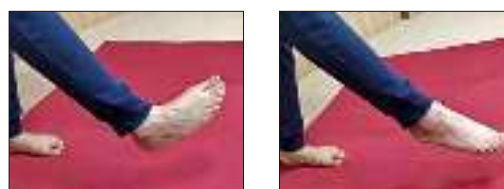
Practice of this kriya makes the bones, muscles and nerves of the shoulder region healthy. These practices are particularly helpful in cervical spondylosis and frozen shoulder. healthy. These practices are particularly helpful in cervical spondylosis and frozen shoulder.

## (C) KATI SANCHALANA (TRUNK TWISTING)



- Keep the legs about 2-3 feet apart.
- Rise both the arms up to chest level with palms facing each other and keep them parallel.
- While exhaling, twist the body towards the left side so that the right palm touches the left shoulder, and come back with inhalation.
- While exhaling, twist the body towards the right side so that the left palm touches the right shoulder, come back with inhalation.
- This is one round: repeat two more times.
- Relax in Samasthiti

## (D) PADA SANCHALANA (LEG MOVEMENT)



### Ankle Movement

- Stand erect with feet together, body straight, with arms by the sides.
- Bring the right leg upwards and forwards and, at the same time, move the ankle up and down
- This comprises one round. Perform 10 rounds.
- Repeat the same process with the left leg.
- Release and relax
- In the next step, again raise the right leg upward and forward and rotate the ankle in

clockwise direction five times and repeat the same in the anti-clockwise direction.

- Repeat the process with the left leg.
- Release and relax

#### 4. SURYANAMASKAR

The practice of Suryanamaskar can give a patient the complete exercise regimen. One round of Sun salutation consists of the following 12 postures:

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

1. Bring the palms in front of chest and join them together as in namaskara or prayer position. (**Namaskarasana**).
2. Inhaling, lift both the arms up; keep the arms close to the ears; and stretch the body as much as possible; and bend backwards. (**Hastottanasana**).
3. 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. (**Padahastana**).
4. 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 and look up. (**Ashwasanchalana**).

5. Breathing out, take the left leg back; lift the hips up; and lower the head and chest downwards in an 'inverted V' posture. Keep head between the arms and soles touching the ground. (**Parvatasana**).
6. Gently, bring the knees, chest and chin down to the floor. Lift the hips slightly up, arms bending while elbows pointing upwards. Chin, hands, chest, knees and toes should be touching the ground. (**Ashtanga-namaskara**).
7. Breathing in, lower the hips and push the chest up. Raise the trunk upto the naval with spine arched. Keeping palms on the ground raise the head and bend it backwards. (**Bhujangasana**).
8. 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. (**Parvatasana**).
9. Breathing in, bend the left leg and bring it forward; and keep the left foot on the ground between the arms. Take the right leg backwards with knee touching the ground. Arch the spine and look up. (**Ashwasanchalana**).
10. Breathing out, bring the right leg forward and place the right foot besides the left foot. Place both hands beside outer sides of the feet on the ground; and head near the knees. (**Pada-hastasana**).



11. Breathing in, raise arms and torso. Take the arms straight above the head and bend the trunk backwards as much as possible. (*Hastottanasana*).
12. Breathing out, come to the straight position. Slowly bring the arms down; and join the palms in front of the chest as in namaskara or prayer position. (*Namaskarasana*).

Slowly bring the hands down beside the body. 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.

## 5. YOGASANA

Yogasanas are physical postures, not just physical exercises, they have to be performed in a very systematic way in a state of complete awareness. These are to be maintained till the final posture with ease and effortlessness. The maintenance of the final posture for a long duration, in a state of deep relaxation, can be achieved by continuous effort prayatnashaitilya leading to a state of "Anantasamapatti". Maharshi Patanjali defines asana as स्थिरसुखमासनम् "Sthirsukhamasanam" meaning "Asana is posture that is steady and comfortable". There are as many Asanas as the number of living beings. Although Patanjali does not specifically name any Asana, he gives the attributes of Asana as firmness and stability, leading to a non-dual state. Patanjali mentions asanas only as a pre-requisite to other advanced practices of Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. Subsequent texts such as Hatha Yoga Pradipika mention the names of specific asanas. The practice of Asanas results in physical revitalization, deep relaxation of body and mental calmness. In effect, it helps in strengthening and cleansing the body and purging the impurities of the mind. Asanas also strengthen and purify each and every organ of the body.

## 1. TADASANA

- Stand with feet 2 inches apart. Interlock the fingers, and turn the wrist outwards. Now inhale, raise the arms up
- Bring them in line with the shoulders.
- Raise the heels off the floor and balance on the toes. Stay in this position for 10-15 seconds.
- Exhale, bring the heels down.
- Release the interlock of the fingers and bring the arms down parallel to the trunk, and come back to standing posture.



### Benefits

- This asana brings stability in the body, helps to clear up congestion of the spinal nerves, and corrects faulty posture.
- Through the practice of this asana, the body becomes well-proportioned. It tones the muscles, improves blood circulation and also helps in combating stress.

### Precautions

- Avoid lifting the toes in case of acute cardiac problems, varicose veins and vertigo.

## 2. ARDHAKATI CHAKRASANA

- Stand erect, keep the legs slightly apart, with hands placed beside the body.
- Slowly raise the right hand vertically above the head while breathing in. Stretch the hand further with full inhalation
- Now slowly bend the body towards left side, while exhaling.
- Maintain normal breathing in the final posture. Maintain the final posture for about 30 seconds
- While inhaling, come up, and with exhalation, slowly bring the right hand down
- Repeat the same on the other side.



### Benefits

- This will help to stretch the muscles and nerves of the lower back and waist gently.
- It stretches the body sideward and reduces fat at the waist.

## 3.HASTOTTANASANA

### Technique

- Stand on the ground with feet together.
- Inhale and raise arms over the head. Interlock the fingers.
- While exhaling, bend to left side from the waist.
- Maintain the position with normal breathing and while inhale come back to the centre.
- Repeat the same practice from the right side.



### Benefits

- It strengthens the back, neck and spinal joints.
- It improves curvature of the spine.
- It relieves constipation.

## 4.PADHASTATASANA

### Technique

- Stand straight with feet 2 inches apart.
- Inhale slowly and raise the arms up.
- Stretch up the body from the waist.
- Exhale and bend forward until the trunk is parallel to the ground.
- Exhale, and bend forward until the entire palm rests on the ground.
- Maintain this final posture for 10-30 seconds.
- Those who are having stiff back should bend according to their capacity.
- Now inhale, come up slowly to the vertical position and stretch the arms above the head.
- Exhale and slowly return to the starting position in reverse order.
- Relax in standing position.



### Benefits

- Makes the spine flexible, improves digestion, prevents constipation and menstrual problems.

### Precautions

- Please avoid this practice in case of cardiac or back problems, abdominal inflammation, hernia and ulcers, high myopia, vertigo and during pregnancy.
- Those with vertebral and disc disorders should also avoid this practice.

## 5.DANDASANA

### Technique

- Sit erect with legs stretched out straight in the front.
- Keep the hands beside the hips and palms resting on the floor.
- This is final position and hold it next 20-30 seconds with normal breathing.



### Benefits

- It improves the posture.
- It strengthens back muscles.

## 6.BHADRASANA

### Technique

- Sit erect with the legs stretched out straight in the front.
- Keep the hands beside the hips and palm resting on the floor. This is Dandasana.
- Now put the soles of your feet together.
- Exhale and clasp your hands together over your toes. Pull your heels as close as possible up to perineum region.



- If your thighs are not touching or are not close to the floor, place a soft cushion underneath the knees for support.
- This is the final position and maintain with normal breathing for 20-30 seconds.

#### Benefits

- Keeps the body firm and helps to stabilize the mind.
- Keeps the knees and hip joints healthy.
- Helps to relieve knee pain.
- Acts on the abdominal organs and releases any tension in the abdomen.
- Benefits women by relieving abdominal pain often experienced during menstruation.

#### Precautions

- Individuals suffering from osteoarthritis of hip/knees should avoid this asana or practice it under expert guidance.

### 7.PASCHIMOTTANASANA

#### Technique

- Sit on the ground, stretching both the legs in front. Place hands by the sides with palms resting on the ground. Fingers should remain together pointing forward.
- Loosen your back muscles and bend the body forward as far as possible.
- Maintaining this pose for as long as comfortable.
- To come back, loosen your hands and place them where they are comfortable. It would be easier if they are put on the thighs.
- Practise this asana daily and keep trying forward bending little more till you are able to hold big toes of the legs with forefingers of respective hands. The navel should be touching the thighs.
- Bring chest and head close to the legs as much as possible; and place the elbows by the side of the legs on the ground.



- Maintain the posture for 20-30 seconds. Come back by raising chest and head from the legs.

#### Benefits

- It strengthens abdominal muscles.
- It is helpful in removing constipation, obesity, dyspepsia, seminal weakness and skin diseases.
- It reduces the possibilities of sciatica.

#### Precautions

- Individuals suffering from spinal or disc injuries/damage should avoid or practice the asana under expert guidance.

### 8.VAJRASANA

#### Technique

- Sit with extended legs together, hands by the side of the body, palm resting on the ground, fingers pointing forward.
- Fold the right leg at the knee and place the foot under the right buttock.
- Similarly folding the left leg, place left foot under the left buttock.
- Place both the heels so that the big toes overlap each other.
- Position of the buttocks in the space between the heels.
- Keep hands on respective knees.
- Keep the spine erect, gaze in front or close the eyes.
- While returning to the original position, bend a little towards right side, take out your left leg and extend it.
- Similarly extend your right leg and return to the original position.



#### Benefits

- This asana strengthens thigh muscles and calf muscles.

- This asana is good for digestion.
- It provides firm base to the spine and keeps the spine erect. Kneel down on the floor.

## 9. USHTRASANA

### Technique

- Keep your thighs and feet together, toes pointing back and resting on the floor.
- Bring the knees and the feet about one foot apart and stand on the knees.
- While inhaling bend backward.
- Be careful not to jerk the neck while bending backward.
- With exhalation place the right palm on right heel and left palm on left heel.
- In final position, thighs will be vertical to the floor and head tilted backwards.
- Weight of the body should be evenly supported by the arms and legs.



### Benefits

- Ustrasana is extremely useful for defective eyesight.
- This is useful in relieving back pain and neck pain.
- It helps to reduce fat over the abdomen and hips.
- It is helpful in digestive problems.

### Precautions

- Those suffering from high blood pressure, heart disease, hernia should not practice it.

## 10. SHASHANKASANA

### Technique

- Sit in Vajrasana.
- Spread both the knees wide apart, keep the big toes touching.
- Keep the palms between the knees.



- Exhale and slowly stretch them full length.
- Bend forward and place the chin on the ground.
- Keep the arms parallel.
- Look in front and maintain the posture.
- Inhale and come up.
- Exhale and come back to Vajrasana.

### Benefits

- It helps to reduce stress, anger etc.
- It tones up reproductive organs, relieves constipation, improves digestion and relieves back pain.

### Precautions

- The asana should not be performed by people with very high blood pressure, slipped disc or those who suffer from vertigo.

## 11. VAKRASANA

### Technique

- Bend the right leg, and place the right foot beside the left knee.
- As you exhale, twist the body to the right.
- Bring the left arm around the right knee and clasp the right big toe or place the palm beside right foot.
- Take the right arm back and keep the palm on the ground with the back straight.
- Remain in the posture for 10-30 seconds with normal breathing and relax.
- Take out your hands with exhalation and relax.
- Repeat the same on the other side.



### Benefits

- Helps increase flexibility of the spine
- Helps overcome constipation, dyspepsia
- Stimulates function of pancreas and helps in the management of diabetes



### Precautions:

- Avoid this posture in case of acute back pain, vertebral and disc disorders, after abdominal surgery and during menstruation.

## 12.MARJARIASANA

### Technique

- Sit in Vajrasana, stand on the knees.
- Lean forward and place the hands flat on the floor with palms down and fingers facing the forward direction.
- Keep the arms and thighs perpendicular to the floor.
- Inhale raise the head up and keep the spine in concave shape.
- While exhaling lower the head and make spine convex by contracting abdomen and pulling the buttocks.
- Relax and practice again.



### Benefits

- This asana strengthens the core muscles gently in pregnant women.
- In post pregnancy it helps to tone up reproductive organs.

## 13.SARAL YOGAMUDRASANA

### Technique

- Sit in Sukhasana
- Bring the hands back and grasp the right wrist with the left hand.
- While exhaling, bend forward without raising hip and try to touch head on the ground.
- Remain in this position for 20-30 seconds with normal breathing.
- Slowly come back to initial position.



### Benefits

- It calms the mind and nervous system.
- It helps to increase blood circulation towards head.
- It stimulates digestive function.

### Precautions:

- Avoid this practice in case of High B.P., heart diseases.

## 14.BHUJANGASANA

### Technique

- Lie down on abdomen with feet wide apart and pointing outward.
- Bend both the arms and place the right hand on the left hand and rest the forehead on the folded hands. This is Makarasana.
- Join both the legs together, stretch the arms and place the forehead on the ground.
- Place palms beside the chest.
- While inhaling slowly, lift the chin and chest up to navel region.
- Maintain this final posture with normal breathing
- Exhale; rest your forehead on the ground. Place your palms in front, one above the other and rest your head on the palms, spread your legs and relax.



### Benefits

- This āsana is best for stress management. It reduces abdominal fat and alleviates constipation. It also helps to remove backache and bronchial problems.

### Precautions

- Individuals suffering from spinal or disc injuries/damage should avoid or practice only under expert guidance.

## 15. ARDHA SHALABHASANA

### Technique

- Lie flat on the stomach with the hands under the thighs, palms downward or fists clenched.
- Keep both the legs straight throughout the practice.
- Place the chin on the floor, slightly stretched forward, so as to stretch the neck muscles and nerves to the maximum possible.
- Using the back muscles, raise the right leg as high as possible, keeping the other leg straight, relaxed and in contact with the floor.
- Retain the position for as long as possible without having to strain. Do not tilt or twist the pelvis.
- Lower the leg to the floor. Repeat the same movement with the other leg.



### Benefits

- It strengthens the pelvic muscles and stimulates the uterus, cervix and urinary bladder. It also strengthens the muscles of the thighs and pelvic floor.

### Precautions

- Individuals suffering from osteoarthritis of hip/knees should avoid or practice under expert supervision.

## 16. SHALABHASANA

### Technique

- Lie flat on the abdomen in Makarasana.
- Rest the chin on the floor; keep both hands beside the body with the palms facing upwards.



- Inhale; raise the legs off the floor as much as possible without bending the knees
- Extend the arms and legs well to facilitate lifting the body off the floor.
- Stay in this position for 10-20 seconds and breathe normally.
- Exhale; bring the legs down on the floor and relax in Makarasana.

### Benefits

- It strengthens the lower abdominal region and stimulates the stomach and intestines. It also strengthens the muscles of the upper legs, lower back and the bladder.

### Precautions

- Individuals suffering from spinal or disc injuries/damage, chronic heart disorder, peptic ulcer, hernia should avoid this asana or practice it under expert guidance.

## 17. MAKASANA

### Technique

- Lie down on your stomach with the feet wide apart, feet pointing outward.
- Bend both the arms and place the right hand on the left hand
- Place the forehead on your hands.
- Keep the eyes closed. This is Makarasana.
- This asana is practiced for relaxation in all prone postures.



### Benefits

- Promotes relaxation of the lower back.
- Helps in recovery of back problems.
- Indicated for all orthopedic ailments.
- Indicated to counter stress and anxiety.

### Precautions

- Avoid this practice in case of low blood pressure, severe cardiac problems and pregnancy.

## 18.UTTITHA EKPADASANA

### Technique

- Lie comfortably on the ground with legs stretched out. Hands should be placed by the sides.
- While inhaling, slowly raise one leg without bending the knee upto 30° angle and keep other leg on the ground.
- Maintain the position with normal breathing.
- Exhale and slowly bring the leg down and now repeat it with other leg.
- Repeat it one more time



### Benefits

- It balances the navel centre (Nabhimanipuracakra)
- It improves digestion.
- It is also effective in overcoming the nervousness and anxiety.
- Helps to improve breathing and lungs capacity.

## 19.UTITHA DWIPADASANA

### Technique

- Lie comfortably on the ground with legs stretched out. Hands should be placed by the sides.
- While inhaling, slowly raise both the legs without bending them at the knees and bring them to 30° angle.
- Maintain the position with normal breathing.
- Exhale and slowly bring both the legs down and place them on the ground.
- Repeat it one more time.



### Benefits

- It balances the navel centre (Nabhimanipuracakra)
- It is also effective in overcoming the nervousness and anxiety.
- Helps to improve breathing and lungs capacity.

### Precautions:

- People with hypertension shall practice it with one leg alternatively without holding the breath.

## 20.ARDHA HALASANA

### Technique

- Take supine position, hands by the sides of thighs, palms resting on the ground.
- Slowly raise your legs together without bending at knees and stop at 30° angle.
- After few seconds raise your legs further up to 60° angle and maintain the position.
- Now slowly raise the legs at 90° angle. This is the final position of the Ardhalasana.
- Now slowly come back in supine position without lifting the head and relax.



### Benefits

- This asana is beneficial in cases of dyspepsia and constipation.
- The practice of this asana is useful in cases of diabetes, piles and throat related disorders.
- It helps to reduce the abdominal girth and strengthens the lower abdomen. It facilitates blood flow from the lower extremity to the pelvic/ abdominal region.

### Precautions

- Individuals suffering from spinal or disc injuries/damage should practice this asana by raising one leg at a time.

## 21.SETUBANDHASANA

### Technique

- Bend both the legs at the knees and bring the heels near the buttocks.



- While holding both the ankles firmly keep the knees and feet in one straight line.
- Inhale; slowly raise your buttocks and trunk up as much as you can to form bridge.
- Remain in this position for 10-30 seconds, with normal breathing.
- Exhale, slowly return to the original position and relax in Śhavāsana.

### Benefits

- It removes strain on the back and helps in prevention of sciatica pain. It stretches and massages the colon and other abdominal organs. It tones female reproductive organs.

### Precautions

- Individuals with severe neck pain should avoid this asana.

## 22. SARALA MATSYASANA

### Technique

- Lie down on the back with legs stretched out and arms by the side of the body.
- Now placing both the palms near the ear in such a way that fingers point towards the shoulders, slowly lift the upper back and lower the crown of head on the ground.
- Slowly release the position of hands and place both palms on the outstretched thighs.
- Maintain normal breathing in the final posture.
- While releasing, return to the original position in the reverse order.
- Relax in Shavasana.



### Benefits

- This asana stretches the intestines and abdominal organs and is useful for all abdominal ailments.

- It recirculates stagnant blood in the back, thereby alleviating backache.
- It regulates the functioning of the thyroid gland and stimulates the thymus gland, boosting the immune system.

### Precautions

- Those suffering from heart disease, peptic ulcer, hernia, back condition or any serious illness should refrain from practicing this asana. Pregnant women should also not attempt it.

## 23. EKAPADA PAVANAMUKTASANA

### Technique

- Lie on the back, palms facing upwards.
- Raise the left leg and fold at the knee. With both hands clasp the folded leg below the knee.
- Try to touch the knee with chin/nose by raising the head and thorax region.
- The other leg should be slightly raised from the ground.
- Maintain the final posture with normal breathing.
- After maintaining the final posture for a considerable period, release and repeat with the other leg.



### Benefits

- As arthritis is regarded as a wind (vata) disorder, this asana helps remove excessive wind from the body.

## 24. PAVANAMUKTASANA

### Technique

- Be in supine position, with arms by the side of the thighs and both palms resting on the ground.



- Bend both the knees and bring the thighs to the chest.
- Interlock the fingers and clasp the shin below knees.
- Exhale; raise the head till your chin touches the knees and relax. This is Pavanamuktasana.
- Maintain this final posture with normal breathing for at least a minute.
- Bring the head back to the ground.
- While exhaling, lower the legs to the floor and relax.

#### Benefits

- It helps reduce abdominal girth while strengthening the lower abdomen. It also improves blood circulation to the pelvic region.

#### Precautions:

- Individuals suffering from spinal or disc injuries/damage should avoid this posture.

## 25. SHAVASANA

#### Technique

- Lie down on your back with arms and legs comfortably apart.
- Palms facing upward; eyes closed.
- Relax the whole body consciously.
- Become aware of natural breath and allow it to become rhythmic and slow.
- Remain in the position till you feel refresh and relax.



#### Benefits:

- Helps relieve all kinds of tension and gives rest to both body and mind.
- Relaxes the whole psycho-physiological system.
- It is found very beneficial in the management of stress and its adverse effects.

## 6. BANDHAS AND MUDRAS

A bandha may be defined as a particular action involving pressure or strain on the muscles. It is incumbent in Yoga to hold a firm pose in a bandha as it is retained in the asanas. Mudras are Yogic gestures. They are physical positions of the whole body or parts of the body that subtly alter the flow of prana, deepening the awareness. They may be practiced on their own or in combination with certain asanas. Better control on the body is generated through such practices.

### 1. MULA BANDHA

#### Technique

- Sit comfortably in Padmasana or Sukhasana.
- Place both the hands (palms) on the knees firmly.
- Close eyes and relax whole body.
- Keep spine erect.
- Concentrate on the perineal/vaginal muscles and contract them.
- Breathing normally, hold the contraction for as long as possible.
- Release the contraction.
- Practise up to 20 times.



#### Benefits

- Strengthens the pelvic floor, relieves haemorrhoids and congestion in the pelvic area.
- It is also helpful for those suffering from urine incontinence.
- Mula Bandha also activates and purifies the Muladhara Chakra.

#### Precautions

- A longer and more intensive practice of Mula Bandha should only be carried out under the guidance of an experienced physician.

## 2.ASHWINI MUDRA

### Technique

- Sit in any comfortable position with back and neck erect.
- Inhale fully (especially filling the lower part of the lungs), hold the breath, and contract the anal sphincter muscles for a 1-2 seconds interval.
- Repeat it for 5-6 contractions. Try to completely relax the anal muscles between the contractions.
- Relax after the practice.



### Benefits

- Helps in strengthening the muscles of urethra and relieves the problem of urine incontinence

## 7.PRANAYAMA

Pranayama, the fourth constituent of Patanjala Ashtanga Yoga, is the science of regulating and gaining control over the prana or breath or life force. Prana means breath, respiration, life, vitality, wind, energy or strength. Ayama means length, expansion, stretching or restraint. Pranayama, thus, connotes extension of breath and its control. This control is mainly over the three aspects of breathing, namely,

- (1) Inhalation or inspiration, which is termed puraka (filling up),
- (2) Exhalation or expiration, which is called rechaka (emptying) and
- (3) Retention or holding the breath either after inhalation or after exhalation. This is termed kumbhaka (pot either full or empty).

Regular practice of Pranayama calms the mind and results in homeostasis in the body and mind. Pranayama practice reduces the thought process in the mind and, thus, acts as the prelude to Dharana and Dhyana (Meditation).

## 1.NADISHODHANA PRANAYAMA

### Technique

- Sit in any meditative posture.
- Keep the spine and head straight with eyes closed.
- Relax the body with few deep breaths.
- Keep the left palm on the left knee in Jnana mudra and the right hand should be in Nasagra mudra.
- Place the ring and small fingers on the left nostril and fold the middle and index finger. Place the right thumb on the right nostril.
- Breathe in from the left nostril; close the left nostril with the small and ring fingers and release the thumb from the right nostril; exhale through the right nostril.
- Next, inhale through the right nostril.
- At the end of inhalation, close the right nostril, open the left nostril and exhale through it.
- This complete process is one round of the Nadi Sodhana or AnulomaVilomaPranayama
- Repeat 5 rounds.Exhale and come back to Vajrasana.



### Benefits

- The main purpose of this pranayama is to purify the principle channels of carrying energy called nadi's; hence nourishes the whole body.
- Induces tranquillity and helps to improve concentration.
- Increases vitality and lowers the level of stress and anxiety.
- It elevates cough disorders.

## 2.UJJAYI PRANAYAMA

### Technique

- Sit in padmasana or sukhasana.
- Close the mouth. Contract the region at the back of the throat, inhale slowly through both the nostrils in smooth and uniform manner till the breath fills the space from the throat to the heart.
- During inhalation a peculiar sound is produced owing to the partial closing of glottis. This sound should be of mild and uniform pitch. It should be continuous also.
- Expand the chest while inhaling.
- Retain the breath for as long as one can do it comfortably.
- Then exhale slowly through the left nostril by closing the right nostril with the right thumb.
- Instead of exhaling through left nostril, one can slowly exhale through both the nostrils.



### Benefits

- Ujjayi is classified as a tranquilizing Pranayama and it also has a heating effect on the body.
- This practice soothes the nervous system and calms the mind. It has a profoundly relaxing effect at the psychic level.
- It helps to relieve insomnia and may be practiced in Shavasana just before sleep. It slows down the heart rate and is useful for those suffering from hypertension.

### Precautions

- Those who are too introverted by nature should not perform this practice.

## 3.BHRAMARI

### Technique

- Sit in any meditative posture with eyes closed.
- Inhale deeply through the nose.
- Close the eyes with index fingers, mouth with ring and small fingers and ears from respective thumbs as shown in the figure. This is also called Anamukhi Mudra.
- Exhale slowly in a controlled manner while making a deep, steady humming sound such as that of black bee. This is one round of Bhramari.
- Repeat 2 more rounds.



### Benefits

- It helps reduce stress and tension. It relaxes all the muscles and nerves of the body.

## 8.RELAXATION TECHNIQUE:

Deep Relaxation Technique/Yoga Nidra in Shavasana is a guided relaxation, wherein participants are asked to consciously concentrate on each and every part of the body and relax. Guided relaxation helps in relaxing the muscles of the body by diverting the mind along with practice of deep breathing.



## 9.DHYANA (MEDITATION)

Meditation is useful to achieve concentration for undertaking mental as well as physical tasks such as neuro-muscular coordination and dexterity. Meditation is a



specific state of consciousness characterized by deep relaxation and internalized attention (Murata, 2004). It comes as the seventh of the eight steps or limbs of Yoga as described traditionally [Patanjali, circa 900 B.C.]. There are several different meditation techniques being practiced world-wide today. Some of the well-known meditation methods include Transcendental meditation [TM], Zen meditation, Tibetan Buddhist meditation, Qi-Gong meditation, Brahmakumaris RājaYoga meditation, Ānanda Marga meditation, Kundalini meditation, Meditation on 'OM', Vipassana meditation and Mindfulness meditation. In the philosophies of Yoga and Vedānta, meditation is a mental process by which the meditator achieves oneness with the object of meditation. Concentration is the preliminary stage of this process; when concentration becomes effortless and continuous, it takes the form of meditation (dhyāna), in which the mind flows continuously towards its object. The culmination of meditation is total absorption (samadhi) in the object of meditation. Meditation may be objective or subjective. In objective meditation, the object or ideal is thought to be outside the body. Objective meditation may be associated with, or conditioned by, a sound symbol or a form symbol. In objective meditation associated with a sound symbol, the seeker repeats a sacred word.

### Technique

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

### Benefits

- Dhyana rejuvenates body and mind.

### 10. Shanti Path:

सर्वेभवन्तुसुखिनः  
सर्वेसन्तुनिरामयाः।  
सर्वेभद्राणिपश्यन्तु  
माकश्चिद्दुःखभाग्भवेत्।  
॥शान्तिःशान्तिःशान्तिः॥

Om Sarve Bhavantu Sukhinah  
Sarve Santu Niraamayaah |  
Sarve Bhadraanni Pashyantu  
Maa Kashchid-Duhkha-Bhaag-Bhavet |  
Om Shaantih Shaantih Shaantih ||

Let all be happy, free from diseases. Let all align with reality, let no one suffer from miseries. Om peace, peace, peace.

