

YOGA PRACTICES FOR LACTATING WOMEN

S. NO.	YOGA PRACTICES	ROUNDS	DURATION
1.	PRAYER		1 Minute
2.	YOGIC SUKSHMA VYAYAMA: (Micro Circulation Practices)		8 Minutes
	Neck Movements:		
	- 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	
	Shoulder Movements		
	- Shoulder Stretch	3 Rounds	
	- Shoulder Rotation (Forward & Backward)	3 Rounds	
	Chest Movement	3 Rounds	
	Trunk Movement	3 Rounds	
	Knee Movement	3 Rounds	
	Ankle Movement	3 Rounds	
3.	YOGASANAS		10 Minutes
	STANDING POSTURES		
	- Tadasana		
	- Ardha chakrasana		
	- Padhastasana		
	- Trikonasana		
	- Parshavkonasana		
	SITTING POSTURES		
	- Bhadarasana		
	- Marjariasana		
	- Ardha ushtrasana		
	- Shashankasana		
	PRONE POSTURES		
	- Saral Bhujangasana		
	- Ardha Shalabhasana		
	- Dhanurasana (Modified)		
	- Makrasana		
	SUPINE POSTURES		
	- Ek Pad Pawanmuktasana		
	- Setubandhasana		
	- Saral Matsyasana		
	- Ardh Shalabhalasan		
	- Shavasana		
4.	BREATHING PRACTICES - Sectional Breathing: Abdominal, thoracic and clavicular breathing	5 rounds each	20 Minutes
5.	PRANAYAMA:		
	- Nadi Sodhana Pranayama	5 Rounds	
	- Ujjai Pranayama	5 Rounds	
	- Bhramari Pranayama	5 Rounds	
6.	DHYANA		5 Minutes
7.	SHANTI PATHA		1 Minute
	TOTAL TIME		45 Minutes