



GAYATRI MANTRA

OM BHUR BHUVAH SVAHA
TAT SAVITUR VARENYAM
BHARGO DEVASYA DHEEMAHI
DHIYO YO NAH PRACHODAYAT

*We meditate upon the divine mother
Thou art most illuminous pure and adorable
May there be peace in the three phenomenal worlds
Inspire and guide our intellect in the right direction*

Gayatri Mantra is a powerful mantra from the Rig Veda that purifies, guides, protects and heals. It removes darkness and brings light. Everyone can chant this mantra.



MAHA MRITYUNJAYA MANTRA

OM TRAYAMBAKAM YAI NAMO
SUGANDHIM PUSHTI VARDHANAM
URVA KUTAMIVA BANDHANAM
MRITYOR MUKSHEEM MAMRITAT

*As a prayer to Lord Shiva the three-eyed one
Representing the Sun Moon and Fire
May He release us from the bondage of death
For the sake of immortality
Just as a ripened cucumber is liberated of its
Bondage from its stalk*

Maha Mrityunjaya Mantra is from the Rig Veda. It wards off all the negative and evil forces, cures diseases and protects from all mishaps. Everyone can chant this mantra.



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What is Yoga

- 🕯️ Yoga is a timeless tradition from *Rig Veda* with a history of over 5000 years
- 🕯️ Yoga means uniting individual soul *Jeevatma* with universal soul *Paramatma*
- 🕯️ Yoga is *Citta Vritti Nirodah* means, yoga controls the fluctuations of the mind
- 🕯️ Yoga is an ancient philosophy that educates on health and harmonious living
- 🕯️ Yoga is a science of self-awareness, self-development and self-transformation
- 🕯️ Yoga is a holistic discipline that integrates body and mind, creates perfect balance
- 🕯️ Yoga is not just physical exercise, it builds emotional stability and calms the mind
- 🕯️ Yoga is a powerful health discipline that heals many health issues without medicine
- 🕯️ Yoga is a way of life that boosts positive energies and improves quality of life
- 🕯️ Yoga bestows self understanding, love, knowledge, wisdom and happiness
- 🕯️ Yoga awakens the spiritual self, makes the practitioner experience inner divinity
- 🕯️ Yoga is a natural therapy that makes one look healthy, youthful and beautiful
- 🕯️ Yoga is an amazing inward journey that illuminates life beyond pain and suffering

Surya Namaskar

Sun Salutation

Surya = Sun or Sun God, Namaskar = bow to

Surya Namaskar is a salute to Lord Surya or Sun God. According to the vedic texts, worship of Sun God promotes good health “*aarogyaam bhava kuraath iccheth.*” The ancient yogis practiced *Surya Namaskar* every early morning, facing the sun to greet the new day and derive divine energies for health and prosperity.

Surya Namaskar is not an asana but a yoga warm up that refreshes and energizes. It limbers the body and mind for asana practice. It is a dynamic sequence of twelve postures, repeated to make a set of twenty-four postures. Five to ten sets are performed at a time to promote biological changes.

Each posture is performed by inwardly chanting a mantra and feeling the hidden powers of divinity. Breath is rhythmically synchronized with the movements. When practiced with awareness in a slow pace the gain is physical, mental and spiritual. When practiced mechanically in a fast pace, the gain is only physical.

Benefits with everyday practice for few weeks

- Improves self awareness, flexibility, agility and strengths
- Relieves fatigue, lethargy, stiffness, tensions and pain
- Increases stamina and builds positive energies
- Develops mind focus, alertness and confidence
- Reduces negative energies, excess weight and burns toxins

Guidelines for Asana Practice

- Asanas can be practiced by people of any age, ability or condition
- Consult a doctor if you have cardiac or any other medical problem
- Learn asanas from a knowledgeable and experienced yoga teacher
- Those with health issues, must practice with the guidance of a teacher
- Inform your teacher about your health issues and about your lifestyle
- Start your asana practice three to six months after delivery or any surgery
- Avoid practice during fever, diarrhea or any condition that drains your energy
- Practice half an hour after taking a beverage and four hours after a meal
- Keep your stomach, bowels and bladder empty before your practice
- A bath before and after your practice will refresh your body and mind
- Wear modest, loose, comfortable clothing, that will allow free movement
- Warm up your body before practice; cold and stiff muscles may cause injury
- Practice in a well ventilated and clean room, only on a non-slip yoga mat
- Do not practice asanas on a bed or on sand or on any uneven surface
- Respect your body and listen to your body; do as much as your body allows
- Start your practice with relaxation asanas, when you feel dull or exhausted
- Follow the given cautions and instructions to avoid discomfort or injury
- During menstruation avoid leg lifts, backward bends, inversions and twists
- Pregnant women must practice with guidance of an experienced teacher
- Practice everyday at the same time with passion and commitment

Trikonasana | Triangle Posture

Trikon = Triangle. This asana outwardly creates three triangles, hence the name. It alternatively stretches and compresses the sides, strengthen the rib-cage, muscles in abdomen and pelvis and boosts metabolism.

Benefits with everyday practice for few weeks

- Relieves stiff neck and shoulders, back pain, knee and ankle pain
- Relieves fatigue, acidity, diabetes, menstrual and menopausal problems
- Reduces body weight, removes excess fat around your waist and abdomen

CAUTIONS

Do not practice when you have dizziness, diarrhea, uncontrolled high BP, hip or ankle injury, insomnia.

Duration | 30 seconds each side

Practice on a non-slip yoga mat

Props: Wall, blocks

1

For Beginners

Place your right foot at 90 degrees angle close to a wall, your left foot 3 feet away. Place your right hand on the side wall exhale, stretch to the right and rest your left hand. **Stay steady.**

To come out, inhale, release turn and repeat on left side.

Turn your head to the left shoulder



2

Stretch your fingers up



Do not bend your knees

3

Hand aligned close to the ear



Do not bend your knees



Torso in line with your leg

Inhale, raise your left hand, keep it close to your ear. Exhale and stretch to the right side, stretching your left hand parallel to the floor. Look to the front. **Stay steady with even breathing.** **To come out,** inhale and release. Repeat on the other side.

Experienced means those practicing with dedication for over 1 year

For the Experienced

Stretch deeper to the right and rest your palm on the block behind your ankle. Raise your left hand upwards, and gaze upwards. **Stay steady.**

To come out, inhale, release and repeat on the left side.

TIPS

- Align your hips square to your body, before bending.
- Practice with wider stance and deeper extension to the side.
- Do not overstretch and strain.
- When body weight taken by your legs, upper body is light.
- Those with stiff shoulders must practice step 3, carefully.

Parsava Konasana | Side Angle Posture

Parsava = side, Kona = angle A deeper lateral bend that extends the sides, chest, abdomen and pelvis. It is a neat progression from Virabhadrasana II.

Benefits with everyday practice for few weeks

- Relieves low back pain, sciatica, diabetes, stiff shoulders and neck
- Relieves prostate, menstrual and menopausal problems
- Improves muscle and joint flexibility and strength
- Reduces fat around the waist, abdomen, hips and thighs

CAUTIONS

Do not practice when you have diarrhea, dizziness, uncontrolled high BP, knee or ankle injury, insomnia.

Duration | 20 seconds - 30 seconds
each side

Practice on a non-slip yoga mat

Props: Blocks

1

Parsava Konasana

Place your legs four feet apart, turn your left foot 90 degrees, right foot a little inwards. Inhale and raise your right hand upwards; exhale and bend your left knee and gently bend to the left side. Rest your left arm on your thigh. Stretch your right arm over-head in line with your ears.

Stay steady with focused even breathing.

To come out, inhale and gently release. Repeat on the other side.



2

Utthita Parsava Konasana

For the more flexible

Place your palm on a block behind your ankle. **Stay steady with focused breathing.** Repeat on the other side.

TIPS

- Distribute weight evenly in the legs.
- Align your bent knee above your ankle joint to form a right angle.
- Practice step 2, only when you are flexible, steady and confident.



Supta Urdhva Padasana Reclining leg lifts

Supta = reclining or lying down, Urdhva = upward, Pada = leg

This asana removes fatigue and pain from spine, hips and legs.

Benefits with everyday practice for few weeks

- Relieves low back pain, varicose veins, leg pain, hernia, incontinence
- Step 1 drains stagnated fluids, reduces swelling, knee and low back pain
- Step 2 tones the abdomen, reduces fat in thighs, hips and abdomen
- Step 3 relieves hemorrhoids, prostate, menstrual and menopausal problems

CAUTIONS

Do not practice when you have hip injury, headache, during menstruation and pregnancy.

Duration | 30 seconds - 1 minute

Do as much as your body allows

Practice on a non-slip yoga mat

Props: A strap, cushions

1 Supta Urdhva Eka Padasana

Lie down on the floor with your feet pressed on a wall. Loop a strap on your right foot, inhale and lift your leg upwards with the strap. Rest your head and shoulders. **Stay steady with focused breathing.** Exhale, lower your leg on the floor. Repeat with your left leg.



2 Supta Urdhva Dwi Padasana

Tuck your hands under your hips or stretch them over-head if you have a strong spine. Rest your head on a soft cushion to avoid neck strain. Inhale, lift both your legs up (60 degrees) without bending your knees. Exhale, lower them towards the floor, without touching the floor. Practice this movement dynamically 10 to 20 times, synchronizing your breath.



3 Supta Urdhva Konasana

Bend your knees and hold your big toes firmly. Stretch your legs wide apart. **Stay steady with even breathing.** **To come out,** bend your knees, release your hands and rest your feet on the floor.



Matsyasana | Fish Posture

Matsya = fish, Matsyendra = lord of fishes or name of a legendary saint

This asana resembles a fish and hence the name.

Benefits with everyday practice for few weeks

- Stimulates brain, pituitary gland, lungs, heart and diaphragm
- Relieves fatigue, thyroid problems, neck pain, asthma, bronchitis
- Relieves hemorrhoids, indigestion, incontinence, menopausal problems

CAUTIONS

Do not practice when you have uncontrolled high BP, migraine, insomnia and during menstruation and pregnancy.

Duration | 30 seconds - 1 minute

Practice on non-slip yoga mat

- 1 Lie on your back with your legs together, hands along the sides your body. Inhale and press your forearms into the floor. Raise your head and chest and place the crown of your head on the floor. Balance your weight on your hips, elbows and forearms. **Stay steady with even breathing.**



- 2 Sit in *Padmasana*, refer to page 46. Press your forearms on the floor. Recline to the back, raise your sternum, and rest the crown of your head on the floor. **Stay steady with focused even breathing.** With hand support, gently sit up. Repeat by changing leg position.



- 3 Sit in *Purna Virasana*, refer to page 47. Hold your ankles, press your forearms on the floor and gently recline backwards. Raise your sternum and rest the crown of your head on the floor. **Stay steady with focused even breathing.**

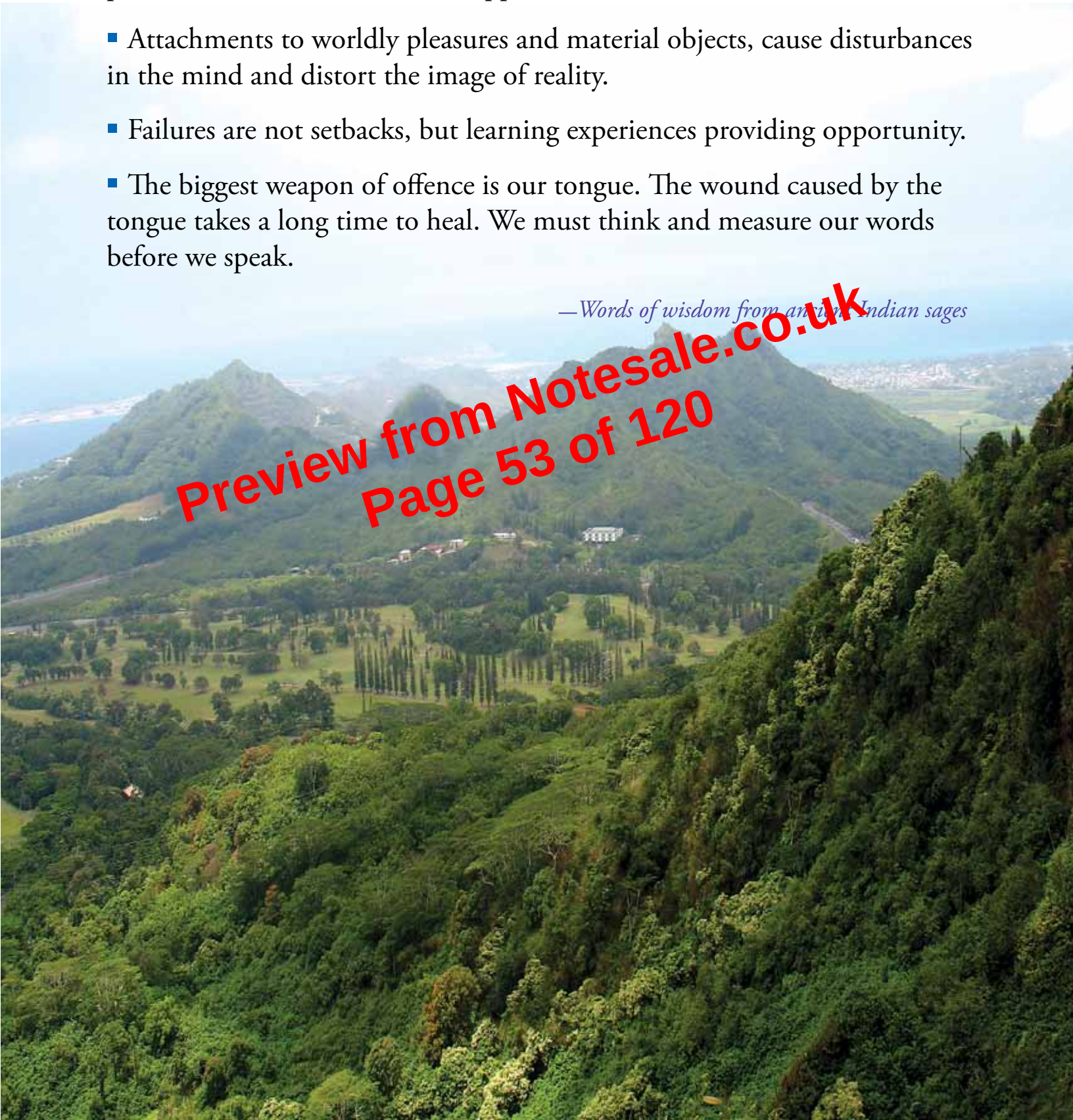


To come out, move your head neutral, rest your head and spine on the floor. Turn your head from side to side few times to correct imbalance in your neck. With support of your hands and your breath, gently sit up.

- Everything that happens in our lives is with a purpose to teach us some good lesson. Let us accept and move on with a smile.
- When we perceive the experiences in our lives as stepping stones to larger possibilities, there will be no disappointments.
- Attachments to worldly pleasures and material objects, cause disturbances in the mind and distort the image of reality.
- Failures are not setbacks, but learning experiences providing opportunity.
- The biggest weapon of offence is our tongue. The wound caused by the tongue takes a long time to heal. We must think and measure our words before we speak.

—Words of wisdom from ancient Indian sages

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Janu Sirsasana | Head to knee Posture

Janu = knee, Sirsa = head

The head rests on the knee, hence the name. This sitting forward bending asana prepares the body for *Paschimottanasana*.

Benefits with everyday practice for few weeks

- Enhances functioning of lungs, heart and abdominal-pelvic organs
- Relieves anxiety, depression, migraine, back pain, diabetes, hemorrhoids
- Relieves high and low BP, prostate, menstrual and menopausal problems
- Reduces body weight, excess fat in the abdomen, controls over eating

CAUTIONS

Do not practice when you have respiratory problems, dizziness, hip injury and during pregnancy.

Duration | 30 seconds - 1 minute
on each side

Practice on non-slip yoga mat

Props: A strap, bolster

1 For Beginners

Sit in *Dandasana* (page 45). Bend your right leg, press the sole of your right foot against the inner thigh of left leg. Loop a strap on your left foot, hold it firmly. Exhale, and gently stretch forward.

Stay steady with even breathing. *To come out*, inhale and roll up. Repeat on other side.



2 Janu Sirsasana *For the more flexible*



Bolster will press knee down



Stretch your hands beyond your feet



Sit in *Dandasana*. Exhale and stretch forward and grasp your foot. Rest your fore-head or chin on the cushion placed on your leg or if you are more flexible rest on your knee. Close your eyes. **Stay steady with focused even breathing.** *To come out*, inhale and gently roll up. Repeat on the other side, by alternating your legs.

TIPS

- Practice standing forward bends for many weeks as preparation.
- Do not stretch in haste and cause muscle resistance and pain.

Ardha Matsyendrasana



Half Spinal Twist Posture

Ardha = half, Matsya = fish, Indra = Lord

Matsyendra is a legendary sage who created this asana.

Benefits with everyday practice for few weeks

- Refreshes and tones brain, lungs, heart, abdominal and pelvic organs
- Relieves pain in the neck, shoulders, wrists, spine, hips, ankles
- Relieves back pain, diabetes, vertigo, gall bladder and kidney stones
- Relieves incontinence, prostate, menstrual and menopausal problems
- Reduces excess fat around the thighs, hips and abdomen

1 Preparation

Loosens tight muscles and joints

Sit in *Dandasana*. Bend your left leg, place the heel close to the side of your right buttocks. Grasp your right foot with your left hand and stretch the leg up to the left side. Place your right hand on the floor close to the hips and lengthen your spine.

Stay steady with focused breathing. Release your leg and repeat on the other side.

2 Ardha Matsyendrasana

Sit in *Dandasana*. Bend your right leg and place the heel close to left buttocks. Place your left foot close to the right knee. Stretch your right shoulder forward, press the elbow on the side of upraised knee and grasp your left ankle with your right hand. Place your left hand, close to your buttocks and lengthen your spine. Exhale draw your abdomen in, turn to your left look over your left shoulder. **Stay steady with even breathing.** To come out, inhale, turn to the centre and release the twist. Repeat by alternating your legs.

CAUTIONS

Do not practice when you have hip, ankle, spine injury, hernia, migraine, insomnia, during menstruation and pregnancy.

Duration | 30 seconds - 1 minute
each side

Practice on non-slip yoga mat

Not for Beginners



TIPS

- Practice Gomukhasana as preparation; page 51.
- Sit on a folded blanket to correct hip imbalance.
- Straighten your spine before you make the twist.
- When you slump, spinal rotation is limited.

Adho Mukha Svanasana | Downward Facing Dog Posture

Adho = downward, *Mukha* = face, *Svana* = dog

This is a semi-inverted asana; it resembles a dog's stretch, hence the name.

Benefits with everyday practice for few weeks

- Relieves mental and physical fatigue, anxiety, depression, insomnia
- Relieves low and high BP, diabetes, cervical spondylosis, back pain, sinusitis
- Relieves acidity, incontinence, menstrual and menopausal problems

CAUTIONS

Do not practice when you have headache, retina problem, vertigo, insomnia, during menstruation and in the 3rd trimester of pregnancy.

Duration | 1 minute - 5 minutes

Practice on non-slip yoga mat

Props: Wall, ropes, bolster



1

For people with health issues

Fix two yoga ropes on the wall, one foot above your hips. Stand upright with your back facing the wall. Insert your legs into the ropes and walk few steps to the front. Exhale, bend forward, place your palms on the floor and spread your fingers wide. Walk your feet backwards, lower your head, relax your hips and balance. Rest your head on a bolster. **Stay steady with focused breathing.**

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Adho Mukha Svanasana

From *Urdhva Mukha Svanasana*, (page 39) press your palms and feet into the floor, exhale and raise your hips and lower your head. Either rest your head on a bolster or on the floor. Do not press much weight on your head. **Stay steady with focused breathing.**



3

Counter posture *Adho Mukha Virasana*.
Refer to page 72.



TIPS

- Do not move your palms or feet and disturb alignment.
- Distribute body weight evenly between hands and legs.
- Spreading fingers wide, minimizes tension in the wrists.
- Pressing toes in the floor, enhances awareness and stability.
- When calf muscles are stiff, heels will not rest on the floor.
- Soften your eyes and forehead, manage your head pressure.

Sarvangasana | Shoulder Stand

Sarva = all, Anga = parts

This asana is called 'Queen of Asanas' as it provides overall benefit.

Benefits with everyday practice for few weeks

- Massages brain, heart and lungs, balances hormones and emotions
- Relieves depression, anxiety, asthma, bronchitis, sinusitis, headaches
- Relieves thyroid problems, palpitations, leg pain, enhances metabolism
- Relieves high and low BP, diabetes, indigestion, varicose veins, constipation
- Relieves hemorrhoids, incontinence, menstrual and menopausal problems
- Energises lymphatic system, strengthens immune system, prevents diseases

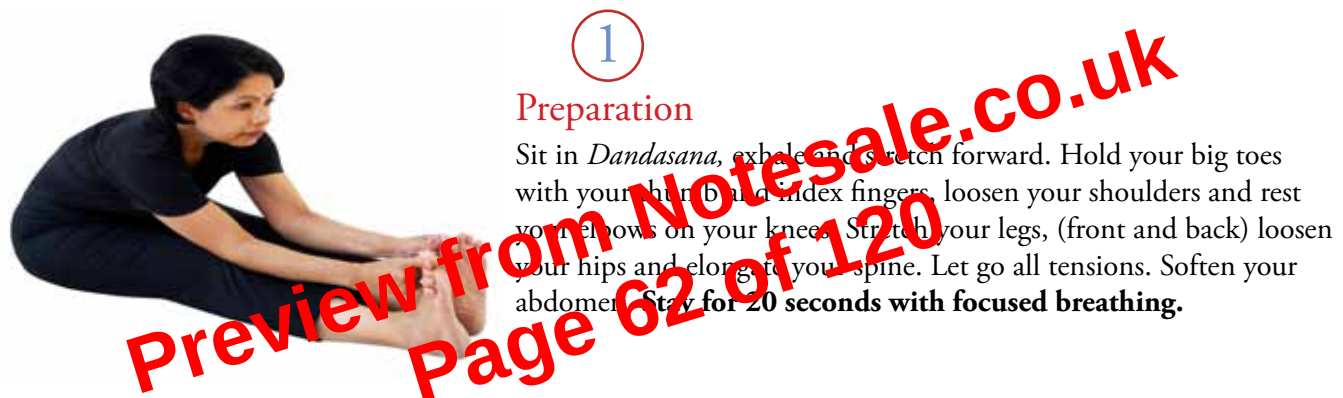
CAUTIONS

Do not practice when you have retinal detachment, high BP, cardiac disease, neck, inner ear, or dental issues, spinal-disc problems, menstruation, during pregnancy, or until six months after any surgery.

Duration | 3 -10 minutes

Practice on non-slip yoga mat
Folded blanket is optional

Not for Beginners



3
Niralamba Sarvangasana
Shoulder stand without hand support
Requires more effort and strength.



4

Variation 1

Improves mobility and strength.

Exhale, lower your left leg on the floor behind your head, keeping your right leg upright. Hold your back firmly and bring your leg to the centre. Breathe few times. Repeat with your right leg.



5

Variation 2

Strengthens spine, hips and pelvis.

Exhale, bend your legs, and press the soles of your feet together in front of your perineum, with your knees extended to the sides as in *Baddha konasana*. Hold your back firmly with your hands and stay for a minute.

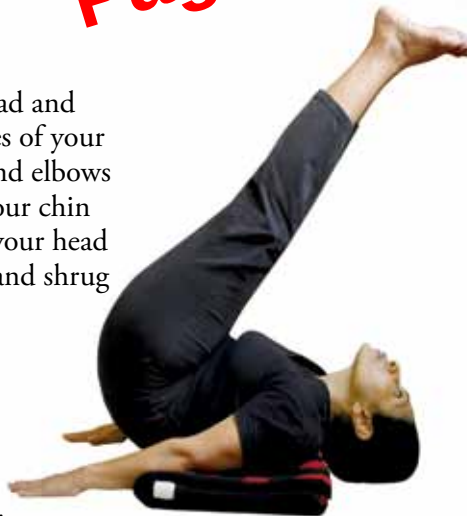


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Come out gracefully

Take your legs over your head and place your hands to the sides of your back. Press your forearms and elbows on the floor, gently move your chin upwards, press the back of your head on the floor, look upwards and shrug your shoulders.

Exhale and slowly roll your legs to the floor, without lifting your head off the floor. Rest your body, close your eyes and focus on your breathing.



***Sarvangasana** nourishes brain, heart, lungs, all abdominal organs and the endocrine glands. Impure blood from lower extremities flow smoothly into the heart and the heart is relaxed. The brain is nourished, the spine becomes stronger and the mind calm.*

TIPS

- Keep your mind free from thoughts.
- Do not talk, cough or move your head.
- When you develop back pain, come out of the asana immediately.
- It takes several months to straighten the spine and align legs in line with hips.
- Those with high BP, thyroid problems, must practice with an experienced teacher and learn the proper technique.
- In step 3, the muscles in the neck, spine and abdomen support body weight.
- Practice *Matsyasana*, steps 1 or 3 as a counter posture. Refer to page 34.
- Practice *Jatara Parivartasana*, step 3, as a counter posture. Refer to page 35.

3

Prasarita Konasana in Halasana

Wide-angle posture

Develops deep awareness.

Stretch your legs wide apart and rest your toes on the floor. Keep your head and shoulders firm, stretch your hands behind your back and interlace your fingers. Close your eyes. **Stay steady with focused even breathing.**



Rest your head and shoulders

4

Karnapidasana

Blocked-ears posture

Provides soothing internal massage.

Gently bend your knees and bring them close to your ears with your hips raised upwards. Rest your toes on the floor, stretch your hands parallel to your legs. Close your eyes and focus on the sensations within. **Stay steady with focused breathing.**



Close your eyes and relax

5



Come out gracefully Place your hands to the sides of your body, and press them on the floor. Move your head backwards, lift your chin, and shrug your shoulders. Look back and breathe few times. Exhale and roll your spine slowly on the floor. Bring your legs and spine to the floor without lifting your head off the floor. Rest for few seconds.



***Halasana** renews, heals and energizes all the organs, promotes physical and emotional stability and balance.*

TIPS

- Pain in the neck is common; it is a sensation of healing.
- Experienced practitioners can practice after *Sarvangasana*.

Prone Relaxation

This asana is called *Makarasana* or crocodile posture. It is practiced between backward bending asanas, performed in the prone position.

Benefits with everyday practice for few weeks

- Relaxes the brain, calms the tense nerves, relieves overall stress
- Relieves fatigue, flatulence, depression, anxiety, insomnia

CAUTIONS

Do not practice when you have neck pain, cardiac problems, after any surgery and during pregnancy.

Duration | 5 - 10 minutes

Practice on a non-slip yoga mat or on a firm bed

Lie on your abdomen with your legs few inches apart. Rest your head with your cheek to the side and place your hands around your head like a pillow. Close your eyes and allow your body and mind to rest. Lock your mind with your breath to prevent mind from wandering. Transfer your body weight to the mother earth, clear your mind of all the thoughts, feel light and peaceful.

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Make your hands a pillow

To come out, take your hands to the sides of your body and bring your legs closer. Place your palms below your chest and press them on the floor. Rest your forehead on the floor, inhale, lift your head and chest off the floor. Sit up in *Virasana*. Refer to page 47.

Yogic relaxation is a conscious relaxation technique that reduces stress and stress related issues. Muscular activity is diminished, motor neurons are silenced, the tensions, pressures and pain are removed. Awareness shifts from outside noise to inside quietness and an aura of peace is created.

TIPS

- Set a timer for 20 minutes.
- Let your body unwind and your mind quietly observe.
- Widen your collar bones and shoulder blades.
- Focus inwards and infuse relaxation through conscious breathing and auto-suggestion.



FINGERS STRETCH

BELOW



FINGERS STRETCH AND BEND

BELOW



PADMASANA SIDE STRETCH

BELOW



UTTANASANA ON TABLE

PAGE 26



PASCHIMA HASTA BADDHA TADASANA

PAGE 28



ADHO MUKHA VIRASANA

PAGE 72

- Step 2 Press together your palms and fingers firmly and feel the warmth. Interchange and repeat.
- Step 5 Hold your forearm and move your wrist up down. Repeat the wrist movement in your other wrist.
- Step 6 Roll your wrists, in clockwise and anti-clockwise direction.
- Step 7 Interlace and stretch your fingers outwards. Keep your shoulders relaxed and your chest open.
- Step 8 Fingers interlaced and stretched. Change hand position and repeat.
- Step 9 Sit in Padmasana, with your back against a wall. Raise your right hand, exhale, stretch from your waist to the left side. Keep your hips steady. Rest your left hand on the side wall. Repeat on the other side.

PRANAYAMA

with Crepe Bandage

Duration 15 minutes each

▪ Kapalabhati Pranayama Page 77.

Improves bone and muscle mass enhances circulation and strength.

▪ Nadi Shodana Pranayama Page 79.

Reduces mental stress, relaxes tense muscles and nerves.

▪ Brahmari Pranayama Page 80.

Calms the mind, reduces pain, builds confidence, promotes sound sleep.

Cultivate a Healthy Lifestyle

- Take frequent breaks during stressful activities. Learn to relax.
- Massage your forearms, wrists and fingers everyday.
- Place ice pack on your fingers, wrists and forearms.
- Elevate your elbows and wrists on a pillow when you lie down.
- Drink at least two litres water in a day; water reduces stress pain.
- Develop a habit to stretch and relax in between your work.
- Eat a balanced vegetarian diet, reduce salt and sugar.
- Eat foods rich in Vit B6: chick peas, bananas, avocados, potatoes.
- Eat foods rich in Vit E: wheat germ, green leafy vegetables, avocados, whole grains, almonds, hazelnuts, sunflower seeds.
- Avoid alcohol, caffeine and smoking; they interfere with blood circulation, deplete calcium and will aggravate pain.
- Practice all the postures given in pages 108 and 109.

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