



YOGASANA MANUAL

Ananda Nadayogi

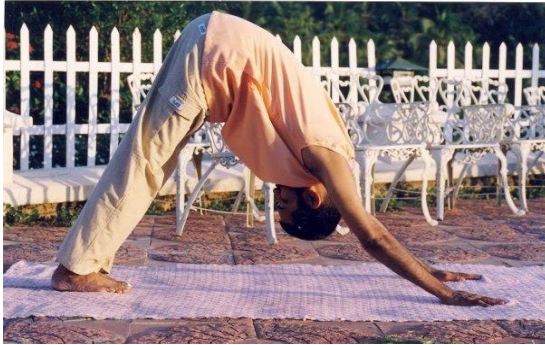
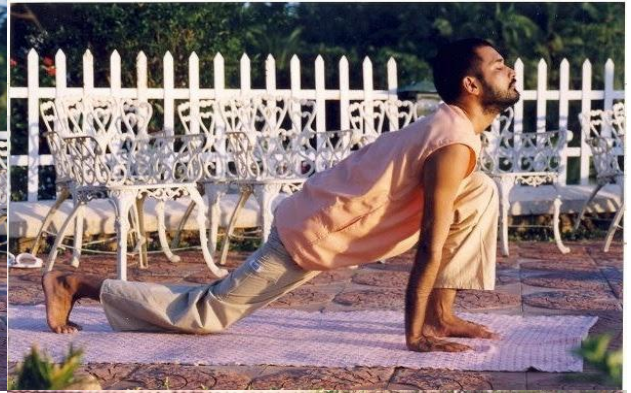
SURYA NAMASKAR - Sun salutations

Hastha Uthana, Pada Hastha, Ashwa Sanchalana, Parvatha, Sashtanga Namaskar, Bhujanga, Parvatha, Ashwa Sanchalana, Pada Hastha, Hastha Uthana.

Precaution: Sciatica, Slipped Disc, Disc Degeneration, High Blood Pressure, Coronary Ailments, After 4th month of Pregnancy, During Menstruation.

Benefits: Loosens up all the joints, Flexes all the muscles, Massages the internal organs, and Activates the Respiratory, circulatory & all other systems. Harmonizes the whole mind- body complex.

Surya Namaskar steps



Padahasthasana - Hands to feet

- Stand with feet in V shape – inhale – raise arms by the sides of the ears.
- Exhale – stretch up – bend forward – Palms by the sides of the feet – forehead touching the knees.
- Inhale and raise the head up – exhale and lower the head down
- Inhale - raise the hands up and come up – exhale – bring the hands down.

Precaution: Lower back ache - Hold the head raised up

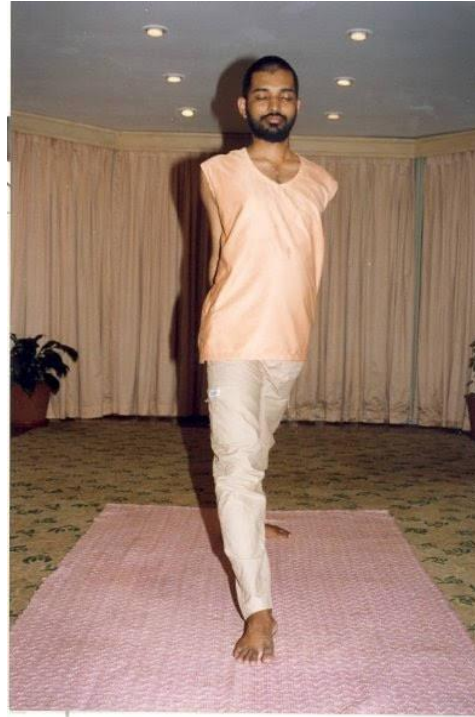
Benefits: Stretches and tones the hamstring and spinal muscles. Loosens the hip joints and removes excess fat from the abdomen. Tones the abdominal organs, liver, pancreas, spleen, kidneys and adrenal glands. Removes diabetes, flatulence, constipation etc. Alleviates various sexual maladies. Good for the heart. Increases the vitality, helps to cure impotency and leads to sex control.



Konasana - Angle pose

- Feet apart and parallel – palms locked backside.
- Turn right foot 90 degrees and turn upper torso towards right.
- Exhale – bend forward – hands raised up – forehead touching the knees.
- Repeat on the left side.

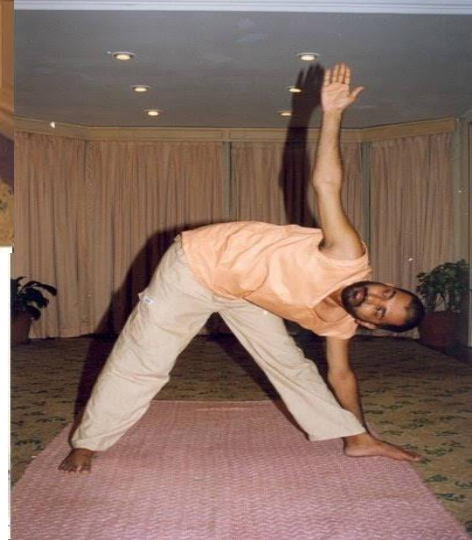
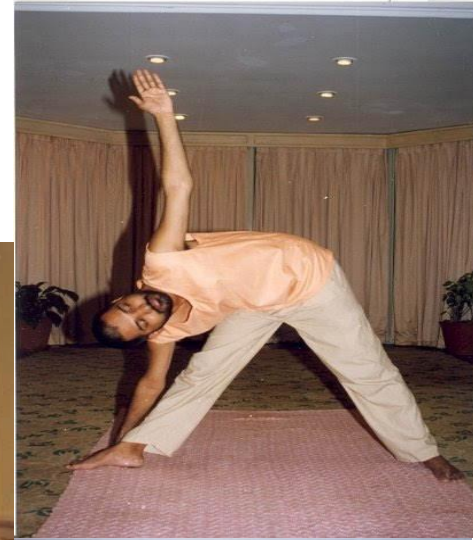
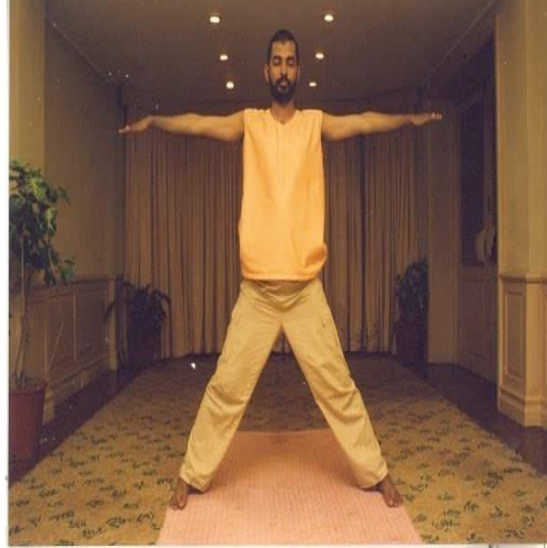
Benefits: Relieves stiffness in the legs and hips, makes the spine elastic, abdominal organs are toned. Tones the nerves and muscles of spine and neck, increasing the circulation in this area. Loosens up the shoulder, joints and removes stiffness in the upper back and neck.

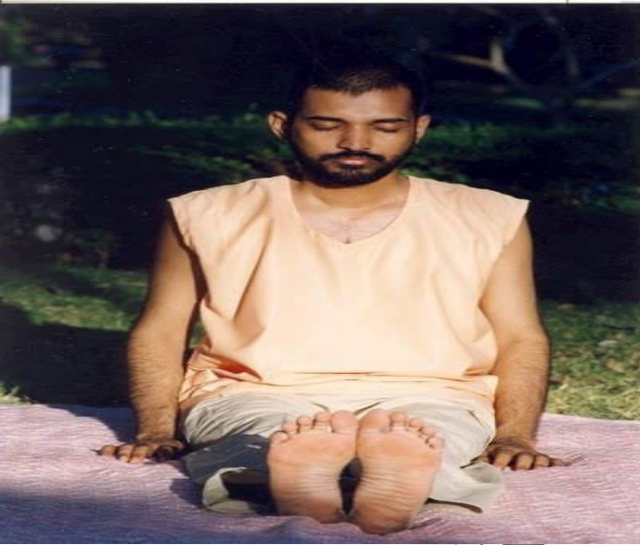


Trikonasana - Triangle pose

- Feet apart and parallel – hands stretched sideways.
- Right leg 90 degrees – left palm facing up.
- Exhale – bend to right side – right palm on the floor adjacent to right foot – left hand stretched towards left ear – face looking straight.
- Inhale and come up.
- Repeat on the left side.

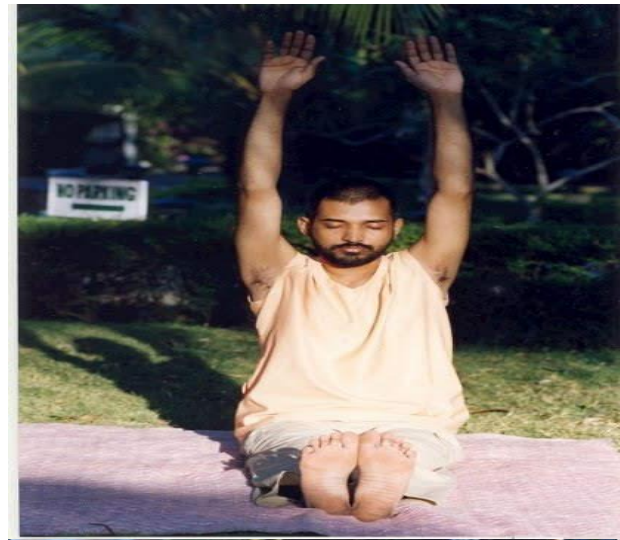
Benefits: Tones up the legs and hips, corrects minor deformity in the legs, relieves backache, neck sprain, strengthens the ankles and develops the chest. It systematically revitalizes the entire body.





Paschimottasana - Sitting forward bend

- Sit with legs straight – inhale – raise hands till ears.
- Exhale – stretch up – bend forward – hold the toes – elbows touching the floor – forehead touching the knees.
- Raise the head up – inhale – lower the head down – exhale – thrice.
- Inhale - raise the hands up and come up – exhale – bring the hands down.



Precautions: Slipped Disc, Sciatica.

Benefits: Stretches and tones the hamstring and spinal muscles. Loosens the hip joints and removes excess fat from the abdomen. Tones the abdominal organs, liver, pancreas, spleen, kidneys and adrenal glands. Removes diabetes, flatulence, constipation etc. Alleviates various sexual maladies. Good for the heart. Increases the vitality, helps to cure impotency and leads to sex control.

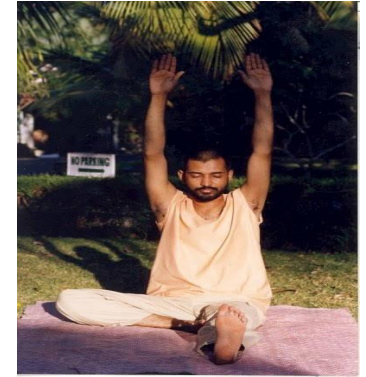
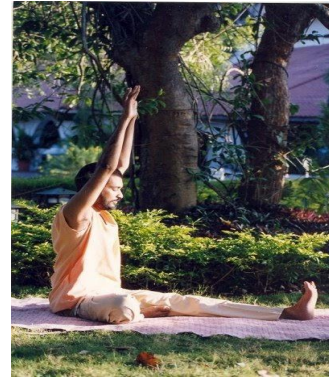
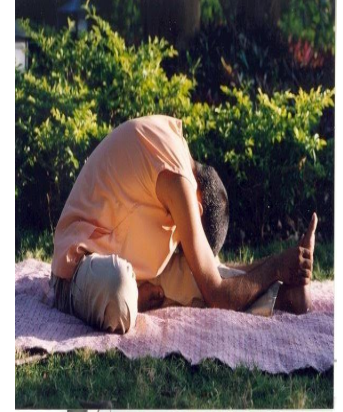
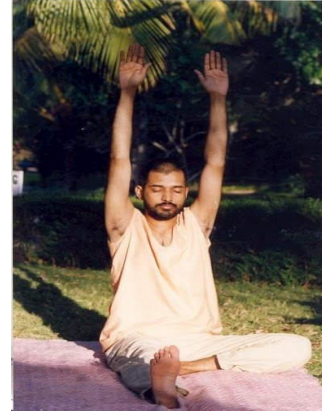


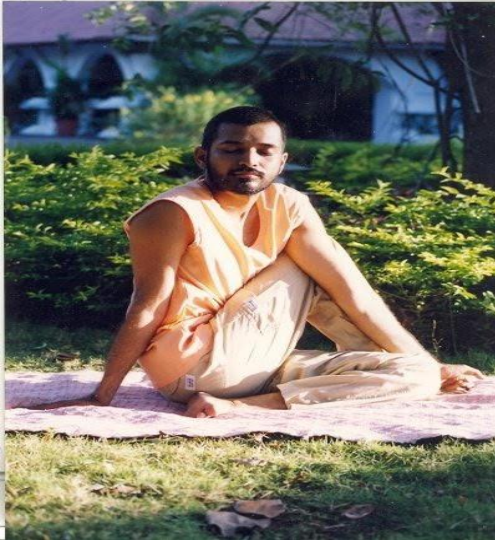
Janurseershasana

- Right leg straight – left leg folded – heel touching perineum.
- Inhale – lift hands up till the ears and stretch up – Exhale – bend forward and hold the right foot from both the sides.
- Forehead touching the knees – elbows touching the floor; inhale – raise the head up, exhale – head down – (thrice).
- Raise the hands up and straighten the upper trunk – inhale.
- Exhale – bring the hands down.
- Similarly with left leg straight, right leg folded.

Precautions: Slipped Disc, Sciatica

Benefits: Tones liver, spleen, kidneys and aids digestion. Relief from the enlargement of prostate gland. Preparatory to sit in other meditative poses for long duration. Other benefits as in Paschimottasana.



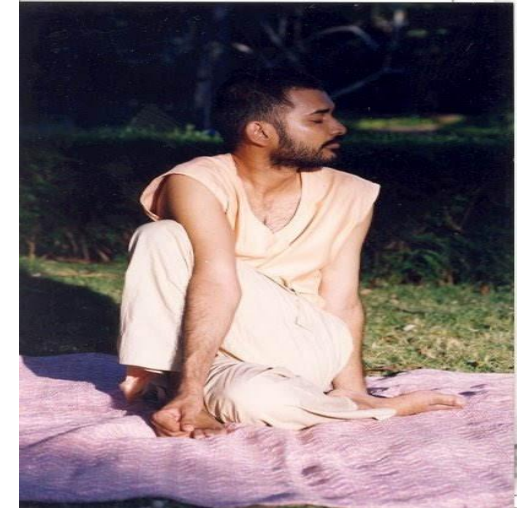


Arthamatsyendrasana

- Right leg straight – left leg folded under the thigh.
- Right foot placed adjacent to the left knee on the left side.
- Left hand holding right toe – hand passes through the right side of the right leg.
- Right hand folded on the back facing out.
- Turn the head towards right.
- Similarly on the left side.

Precautions: Peptic ulcer, Hernia, Hyper Thyroidism. After 2 months of pregnancy

Benefits: Good for Sciatica, Slipped Disc, Backache, Neck-ache, Headache and general body stiffness. Good for treating Diabetes, Indigestion, Rheumatism and Constipation. Liver and Spleen are contracted and toned. Helps to reduce tummy.

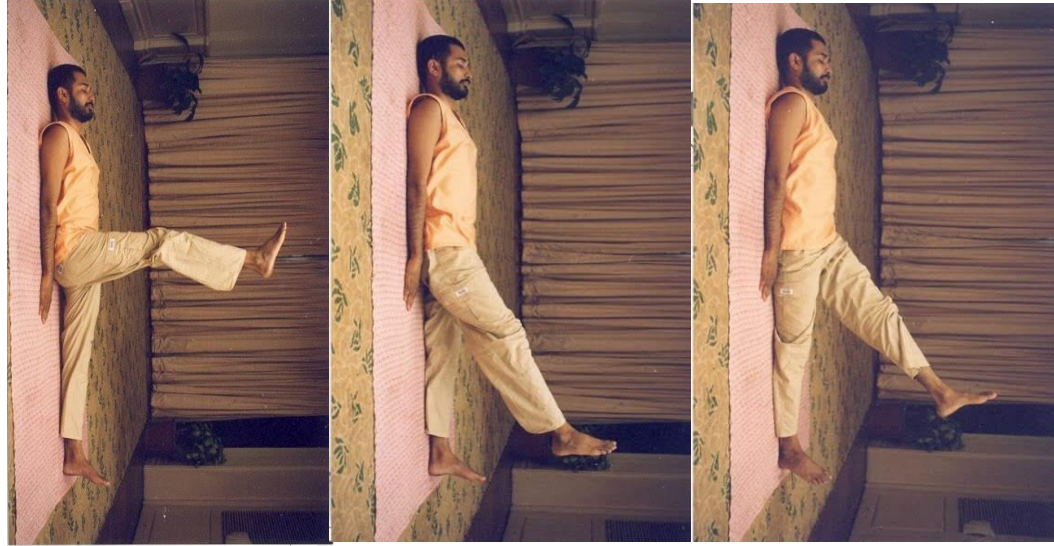


Eka/dwi pada uthanasana

- Lie on the back – palms facing downwards.
- Inhale – raise right leg to 90 degrees – don't bend knee.
- Exhale – bring down the leg – pause at 45 degrees
- Similarly with left leg.
- Similarly both legs together.

Precautions: Weak Heart, Women already suffering from female disorders.

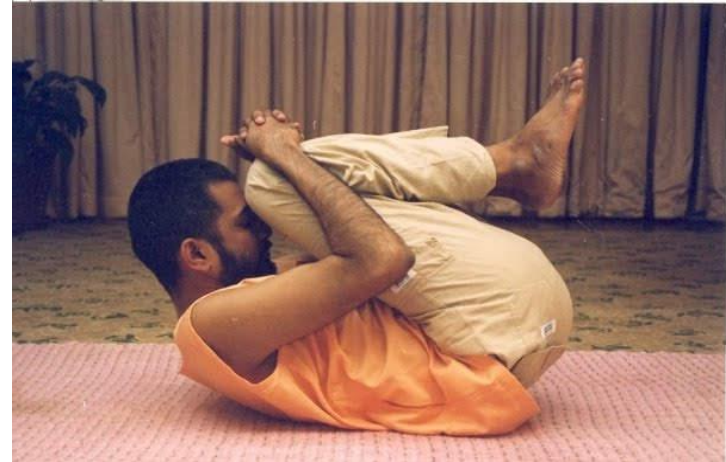
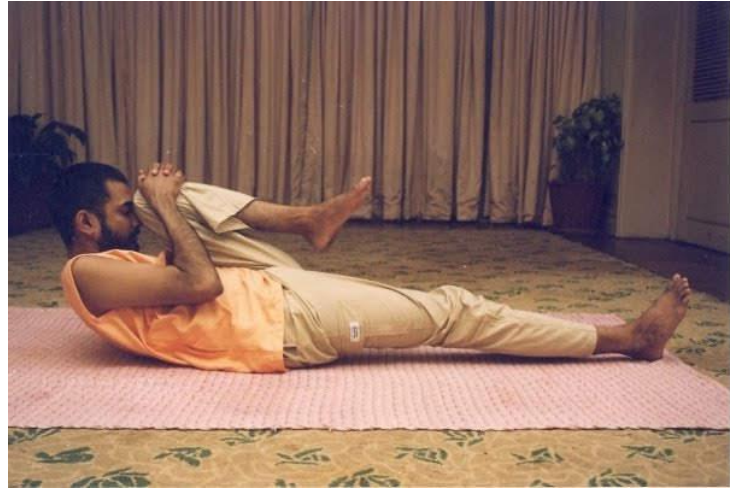
Benefits: Internal massage for abdomen breaking down surplus fat. Excellent for prolapse of the stomach and for reconditioning muscles after child birth. Prevents middle aged spread. Good for persons working at sedantary jobs.



Pawanmukthasana

- Lie flat on the back.
- Bend right leg – hold right knee and bring close to chest.
- Inhale – raise the head up and touch forehead to knee.
- Exhale – come down.
- Same with left leg. Same with both legs together.
- Swing.

Removes wind and flatulence from the intestines and the stomach. Removes abdominal ailments due to malfunctioning of inefficient organs. Tones up the back muscles and spinal nerves.



Bhujangasana - Cobra pose

- Lie facing down – palms adjacent to shoulders – elbows up.
- Inhale – raise the upper trunk up straightening the hands.
- Exhale – slowly come down to the original position

Peptic ulcer, Hernia, Intestinal Tuberculosis, Hyper Thyroidism.

Increases flexibility of the back. Improves efficiency of Kidneys and Adrenal glands. Alleviates Rheumatism. Massages the Stomach, Pancreas, Liver, Gall Bladder and sexual & eliminative organs. Recommended for female disorders. Slipped Disc, Sciatica and stiff neck can be benefited. Thyroid gland regulated. Chest expands and breathing habits improve.

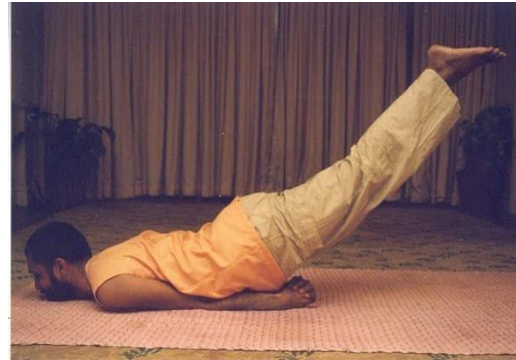
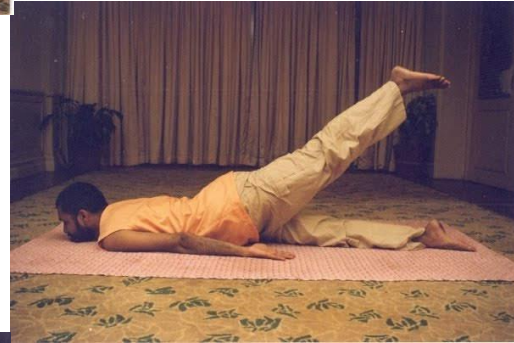
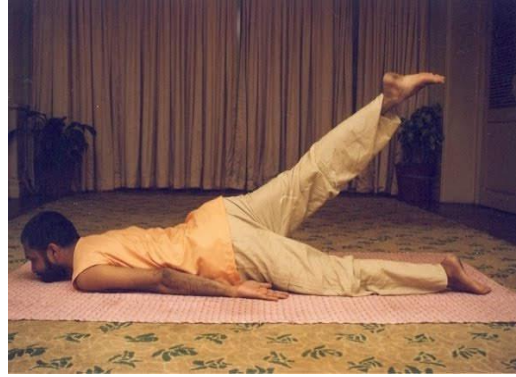


Shalabhasana - Locust pose

- Lie facing down - chin on the floor – hands backward – palms facing up.
- Raise right leg up – inhale without bending – bring the leg down – exhale.
- Similarly left leg.
- Make a fist underneath – hands straightened.
- Push hands down – Inhale – raise both legs without bending – chin on the floor.
- Exhale – bring down the legs.

Precautions: Coronary thrombosis or High BP people should take care. Better substitute with Artha Salabhasana. People with Hernia, Peptic ulcer, intestinal tuberculosis should avoid this asana. Serious slipped disc, sciatica should be careful though this asana is good for them.

Benefits: Stimulates autonomic nervous system. Stretches the nerves, improves blood circulation. Neck and pelvis affected. Abdominal organs massaged. Heart and lungs are benefited due to pressure in the abdomen. Relieves mild sciatica and slipped disc.

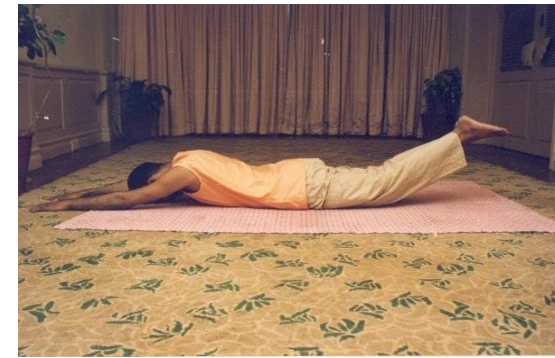
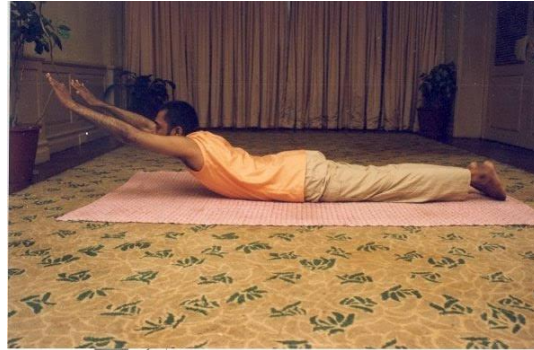


Naukasana - Boat pose

- Lie facing down – hands stretched forward – raise the upper and lower trunks separately – Inhale and bring them back down – Exhale.
- Inhale – raise the upper and lower trunks together up and bring back down – Exhale.

Precautions: Hernia and other abdominal ailments.

Benefits: Spine is stretched backwards and abdominal organs are toned.

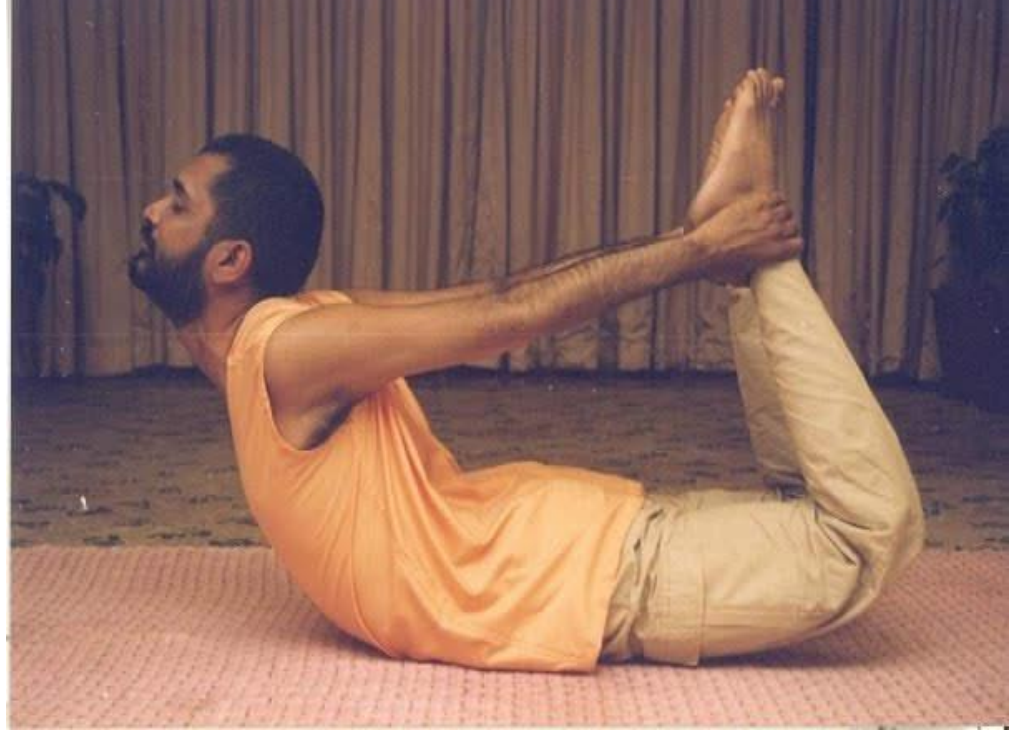


— Dhanurasana - Bow pose

- Lie facing down – fold the legs and hold the ankles with palms – knees together.
- Raise upper and lower trunks up trying to straighten the legs – Inhale.
- Exhale and come down.

People with a weak heart, High BP, Hernia, Peptic or Duodenal ulcers, Appendicitis, colitis and other abdominal ailments should avoid doing this asana.

Brings elasticity to the spine. Tones the abdominal organs. Good for slipped disc. Helps to alleviate constipation, dyspepsia, sluggishness of the liver, diabetes and excess fat. Good for asthma. Good for the heart. Alleviates rheumatism. Endocrinal glands notably thyroid and adrenals are massaged and toned.



Sarvangasana - Shoulder stand

- Raise both legs as in Dwi Pada Uthana Asana.
- With the support of both the hands on the hips, raise the upper trunk from the floor, perpendicular to the head.
- Backhead, shoulders and upper arms rested on the floor – chin touching the chest – body should be straight and vertically up.
- With the support of both the hands slowly bring down the body back to lying position.

Precautions: Weak Heart, High B.P, Excessively enlarged thyroid, weak blood vessels in the eyes, arteriosclerosis, cerebral thrombosis, impure blood, slipped disc, during menstruation for ladies.

Benefits: Rejuvenation and youthfulness. Maintains the correct body weight by balancing the endocrine system specifically the thyroid gland. Affects the pituitary, brain, circulatory, respiratory, digestive and reproductive systems integrating all the systems. Influence on the parathyroid glands ensures normal bone growth and regeneration. Removes backache and headache. Treats bronchitis, asthma. Good for slightly high B.P, piles, Varicose veins, diabetes, visceroptosis (displacement of abdominal organs), sexual disorders, tonsillitis etc. The ears, eyes, lungs, thymus all benefit from improved blood supply. Improves immunity. Wrinkles and spots on face are reduced and complexion improved. Eliminates throat and nose ailments. Helps to tranquilize the mind.



Matsyasana - Fish pose

- Supporting with the palms, placed adjacent to the shoulders, raise the head and touch the crown to the floor.
- Place the hands on the lap, elbows touching floor.
- Bring the hands back near the shoulders, support and put the head to normal position.

Precautions: People who suffer from peptic ulcer, hernia, or serious spinal ailments should not do matsyasana without expert guidance. Ladies during advanced stage of pregnancy should avoid this asana.

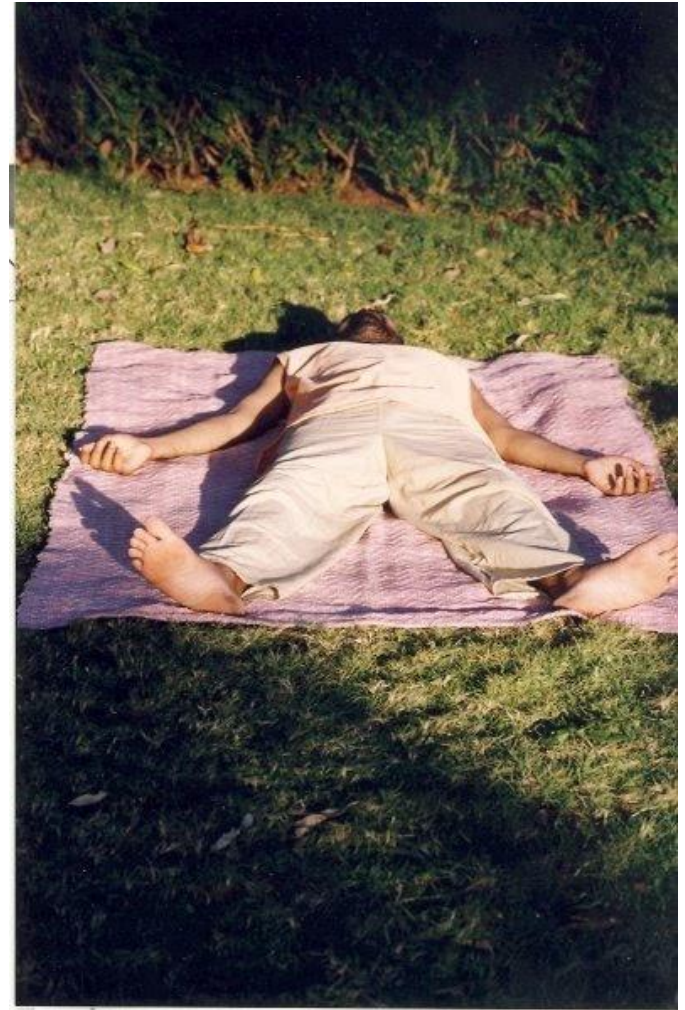
Benefits: Alleviates various digestive disorders. Improves breathing process. Good for asthma, bronchitis or any other lung ailments. Loosens up the spine, nerves in the spine and thyroid are influenced. It gives a good stretch to the pelvis. This is useful for ladies to remove or prevent various sexual malfunctions. Youthfulness and vitality are maintained. Very good preparation for other meditative poses.



— Shavasana - Relaxation process

Lie down facing up hands and legs slightly apart, palms facing up, body loose and relaxed. Be aware of the natural breathing till it becomes calm and settled. Then move the awareness from top of the head to the tips of toes, part by part, aware of the natural, normal sensations experienced at that moment on each part of the body.

Benefits: People who suffer from high BP, neurathenia, diabetes or any other ailments directly related to excessive stress benefit a lot from this asana. This can be applied at any time of fatigue after heavy workload or travel. This can be done for shorter duration in between the asana practices if tired.



Five important points to remember

1. Backward bend – inhale.
2. Forward bend – exhale.
3. Stay in a posture – normal breath.
4. Do slowly without any strain.
5. Do with eyes closed with awareness within the body.