

सत्यमेव जयते GOVERNMENT OF INDIA MINISTRY OF SKILL DEVELOPMENT & ENTREPRENEURSHIP



Participant Handbook

Sector

**Beauty & Wellness** 

Sub-Sector Yoga

Occupation Yoga Services

Reference ID: BWS/Q2203, Version 3.0 NSQF level: 5

Yoga Trainer (B&W)

Published by Beauty & Wellness Sector Skill Council 5B, Upper Ground Floor 23, Himalaya House, Kasturba Gandhi Marg, Connaught Place, New Delhi-110001 Office: 011–40342940, 42, 44 & 45 Email: info@bwssc.in Website: www.bwssc.in

This book is sponsored by Beauty & Wellness Sector Skill Council

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Shri Narendra Modi Prime Minister of India







### COMPLIANCE TO QUALIFICATION PACK – NATIONAL OCCUPATIONAL STANDARDS

is hereby issued by the

**BEAUTY & WELLNESS SECTOR SKILL COUNCIL** 

for

**SKILLING CONTENT : PARTICIPANT HANDBOOK** 

Complying to National Occupational Standards of Job Role/ Qualification Pack: <u>'Yoga Trainer (B&W)'</u> QP No. <u>'BWS/Q2203, NSQF Level 5'</u>

Date of Issuance: 17.11.202

Valid up to: **17.11.2025** 

\* Valid up to the next review date of the Qualification Pack

Chairperson (Beauty & Wellness Sector Skill Council)

### -Acknowledgement

Beauty & Wellness Sector Skill Council would like to express their gratitude to all the individuals and organizations who have contributed in the preparation of this trainee manual. Special thanks are extended to the persons who collaborated in the preparation of the different modules. Sincere appreciation is also extended to all who have provided subject matter and review for the individual modules. The preparation of this manual would not have been possible without the support of the Wellness Industry. The Industry feedback has been extremely encouraging from incep on to conclusion & it is with their inputs that we have tried to bridge the skill gaps existing today in the industry.

We would especially like to thank Bapu Nature Cure Hospital & Yogashram, Art of Living, S-VYASA University, The Yoga Institute, and Yoga Certification Board who have reviewed and given input for this trainee manual. This participant manual is dedicated to all the aspiring youth who desire to achieve special skill which would be a lifelong asset for their future endeavours and help them make a bright career in the Beauty and Wellness Sector.

### About this book

Welcome to the "Yoga Trainer (B&W)" training programme. This PHB intends to facilitate the participants with detailed knowledge about the concept of Wellness industry, Yoga Trainer (B&W) profession and their functioning.

This Participant Handbook is designed based on the Qualification Pack (QP) under the National Skill Qualification framework (NSQF) and it comprises of the following National Occupational Standards (NOS)/ topics and additional topics.

- 1. BWS/N9001 Prepare and maintain work area
- 2. BWS/N2204 Conduct the advanced yoga sessions for 360-degree wellness
- 3. BWS/N2202 Conduct Hatha Yoga Sessions
- 4. BWS/N9002 Maintain health and safety at the workplace
- 5. BWS/N9003 Create a positive impression at the work place
- 6. BWS/N2208 Conduct the Bal Yoga sessions
- 7. BWS/N2209 Conduct the Mahila Yoga sessions
- 8. BWS/N2210 Conduct the Vridha Yoga sessions
- 9. Employability Skills



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सत्यमेव जयते GOVERNMENT OF INDIA MINISTRY OF SKILL DEVELOPMENT & ENTREPRENEURSHIP



Transforming the skill landscape

# 1. Introduction

- Unit 1.1 The Concept of Yoga
- Unit 1.2 Definition of Yoga
- Unit 1.3 Four Streams of Yoga
- Unit 1.4 Yoga Terminology and their Meaning
- Unit 1.5 Job Role and Responsibilities of a Yoga Trainer
- Unit 1.6 Career Opportunities of a Yoga Trainer



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**Bridge Module** 

### - Key Learning Outcomes

At the end of this module, participant will be able to:

- 1. Restate the concept of Yoga
- 2. Restate the definition of Yoga
- 3. Identify the different streams of Yoga
- 4. Recognise the different terminologies used in Yoga

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- 5. Identify the job responsibilities of a Yoga trainer
- 6. Recognise the career opportunities of a Yoga trainer

### UNIT 1.1: The Concept of Yoga

### Unit Objectives

At the end of this unit, you will be able to:

- 1. Restate the concept of Yoga
- 2. Identify different types of Yoga Sadhana

Yoga provides one of the best methods for self-discovery. It helps an individual to reach their full potential through the gradual improvement of self. The advanced stages of Yoga help an individual attain a state of superconscious, which results in a feeling of deep peace and bliss. Yoga was developed and perfected over centuries by different sage, philosophers and Yoga gurus. The practice of yoga regularly can improve blood circulation.

Yoga is gaining importance as an alternative therapy alongside traditional medicine. Many physicians recommend the practice of Yoga as an alternative therapy. There are many clinical studies that show the effectiveness of Yoga. The best part about yoga is that it can be practised within the comfort of your homes. Some of the yogic breathing exercises reduce stress and improve the health of an individual. The Practise of yoga leads to the union of individual consciousness with superior consciousness. An Individual who has experienced this oneness of existence is said to be "in Yoga" and is termed a Yogi. At this stage, an individual attains a state of freedom known as *Nirvana, Mukti, Kaivalya* or *Moksha*.

"Yoga" refers to the science of achieving union between body and mind to attain Self-realisation. The aim of Yoga practice (sādhana) is to overcome all kinds of sufferings and lead to a sense of freedom and fulfilment. According to yogic lore, Lord Shiva is seen as the first yogi or ādiyogi and the first guru or ādiguru. The knowledge regarding the science of yoga was propagated to different parts of the world including Asia, the Middle East, Northern America and South America. The Yogic system found its fullest expression in India. The Yoga culture was further propagated across the Indian sub-continent by Sage and Muni rishis such as Agastya and Saptarshi. Yoga is considered to be an immortal cultural outcome of the Indus Saraswati Valley Civilisation. It dates back to 2700 BC and caters to both material and spiritual upliftment. The fossilised remains and seals of Indus Saraswati Valley Civilisation with Yogic motifs and figures performing Yoga sādhana suggests the presence of Yoga in ancient India. The seals and idols of mother Goddess are suggestive of Tantra Yoga. The presence of Yoga has been mentioned in the folklore, Vedas and Upanishads, Buddhist and Jain traditions, Darshanas, epics such as Mahabharata, Bhagavad Gita and Ramayana, etc. Though yoga had been practised since pre-Vedic times, it was codified into Yogic texts by Sage Patanjali. It is presented in the form of Patanjali Yoga Sutra.

Many sages have contributed to the development and preservation of the field through well-documented practices and literature. The practice of yoga is growing and blossoming with every passing day. A lot of people believe in the power of yoga as a cure for many health issues and problems. The widely practised Yoga Sadhanas are Yama, Niyama, Āsana, Prānāyāma, Pratyāhara, Dhārana, Dhyāna, Samādhi, Mudras, Samadhi, Shatkarmas, Yuktāhāra, Mantra-japa, Yukta-karma, etc. *Yamas* are restraints and *Niyamas* are observances. The Yama, Niyama are considered to be pre-requisites for further Yoga practices.



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*Fig. 1.1.1:* Yoga is gaining importance as an alternative therapy

### 1.1.1 Types of Yoga Sadhaana

The *Āsanas* are capable of bringing about the stability of mind and body. kuryat-tadasanam- sthairyam involve adopting various psycho-physical body patterns and giving an individual the ability to maintain a body position for a considerable length of time.

**Pranayama** practices emphasise on developing an awareness of one's own breathing pattern which followed by voluntary regulation of respiration. It helps in developing mindfulness within an individual. In the initial stages, the mindfulness is practised by developing an awareness of the "flow of in-breath and out-breath" (Svasa-prasava) through nostrils, mouth and other body openings. The practices of mindfulness are further modified through regulated, controlled and monitored inhalation (Svasa), which leads to the awareness of body space getting filled (puraka), the spaces(S) remaining in a filled state (kumbhaka) and getting emptied (rechaka) during controlled exhalation (Pravasa).

**Pratyahara** indicates dissociation of one's consciousness (withdrawal) from the sense organs which connect with the external objects. **Dharana** indicates the broad-based field of attention, which is usually understood as concentration.

**Dhyana** (meditation) is a state of contemplation or focussed attention. **Samadhi** refers to the last stage of the eightfold path of yoga. It is the state of enlightenment where individual awareness dissolves in the great whole.

*Mudras and Bandhas* are practices associated with Pranayama. The adaptation of the physical gestures of Bandhas and Mudras helps an individual develop greater control over respiration. The practice of dhyana moves an individual towards self-realisation and leads to transcendence. The *Dhyana* is considered the essence of *Yoga Sadhana*. The *Satkarmas* are detoxification practices, which help in removing the toxins accumulated in the body. Yoga is gaining in importance all around the world. It provides solace to the restless mind. Additionally, it has also been picked up by modern man, as a way of maintaining health and fitness. Yoga has become a compulsory part of modern day education. Specialists use yoga to unfold the deeper layers of consciousness. Yoga has found profound benefits in curing some of the most contagious and infectious diseases.

### **UNIT 1.2: Definition of Yoga**

### Unit Objectives

At the end of this unit, you will be able to:

- 1. Restate the definition of Yoga
- 2. Compare the different philosophical definition of Yoga

'Yoga' is a Sanskrit word defining any form of connection. Yoga consists of a diverse range of techniques and exercises that allow us to connect to the inner self. Yoga is an ancient art based on harmonising the body, mind and spirit. The continued practice of yoga leads to a sense of peace and well-being. In recent time, more and more westerners are resorting to the practice of yoga to find a cure for chronic health problems. Though, most people are aware of the health benefits of yoga not everyone knows regarding the origin and exact definition of yoga. It is believed that Yoga merely includes stretching and warm-up exercises. Yoga involves the practice of physical postures and poses, which is referred to as 'asana' in Sanskrit. Yoga helps to create a balance between mind and body. Yoga makes use of different movements, relaxation technique, breathing exercises and meditation. Yoga is the oldest physical discipline in existence known to mankind.

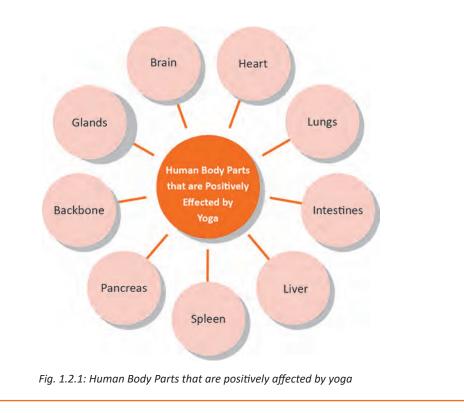
The practice of Yoga increases the lubrication of joints, ligaments and tendons of the body. Yoga is a form of physical activity which involves the complete exercise of the body. The practice of Yoga on a daily basis creates a positive, permanent difference to the lifestyle of an individual. The practice of meditation and several breathing exercises on a regular basis helps eliminate stress and help an individual lead a healthy life. People suffering from backaches and arthritis are suggested to perform asana on a regular basis, which messages the internal organs and muscles at strategic locations. Pranayama is the best exercises, which helps increase the capacity of the lungs. The positive effects of yoga over health and mind are visible over time. They depend upon the stamina and overall health an individual can choose from mild pranayama or asana to highly intense asana.

The practice of Yoga asana is not associated with any side effect, which makes it one of the best healthy alternatives or options. One should know the right way of performing an asana, as any wrong attempt can cause sprain or injuries. The experience of connection to something is a state of yoga. In order to experience truth through yoga, one must study its classical definitions and reflect on their own understanding of the topic. Yoga can help us connect to the intuitive, creative part of us and realise eternal self at our core.

**Many paths to Yoga:** There are many traditional yogic paths that help awaken our inner consciousness. Some of the yogic paths include Tantra, Mantra, Iaya, Kundalini, Bhakti, Jnana, Karma Yoga and so on. Each of the paths consists of methods and techniques, which generate greater awareness and establishes the connection of self to life.

Yoga practices include Control of subtle forces (mudra and bandha), posture(asana), breathing (pranayama), cleansing the body and mind (Shatkarma), Visualisations ,chanting of mantras, and many forms of meditation.

**Day-to-day meaning of Yoga:** Yoga is a branch of science consisting of a range of techniques, which help an individual connect with their own self. Yoga emphasises upon performing the exercises in a strategic manner and feel the effect produced within their own body system by performing the exercises. For instance, if an individual breathes in a relaxed manner, it will slow their heart rate. Similarly, if we focus our mind, we will develop deep insight and mental peace. **Awakening of self is yoga:** Yoga is any method which allows us to awaken our inner self. The practice of yoga on a regular basis helps us connect with our inner selves and other forces of life. Everything we do can become yoga if we do it with awareness. Awareness is the key to discovering the mysteries related to our self-identity. Yoga reveals the luminous intelligence and the beauty inside us.



### **1.2.1** The Philosophical Definition of Yoga

'Yoga' is a Sanskrit word which signifies any form of connection. Yoga means the conscious connection of the egoic self with the unlimited, eternal, higher self.

**Patanjali's definition of yoga:** The best definition of yoga was given by great Sage Patanjali in the system of Raja Yoga, where it has been stated that –"Yoga is the blocking (nirodha) of mental modifications (Chitta vritti) so that the seer (drasha) re-identifies with the higher self.

**Hatha Yoga definition:** Hatha Yoga includes postures (asana), purification techniques (shatkarma), breathing techniques (Pranayama) and energy regulation techniques (mudra and bandha). The definition of Yoga as per the Hatha Yoga text is the union of the upward force (prana) and downward force (apana) at the navel centre (manipura chakra). Hatha yoga teaches us to master the loyalty of our life force, which is also called Prana. An individual can access the source of their being by learning how to feel and manipulate the life force.

**Kundalini yoga definition:** Kundalini yoga is the science of releasing the dormant potential energy located at the base of the spine. Yoga has been defined in the Kundalini text as the "union of the mental current (ida) and the pranic current (Pingala) in the third eye (ajna chakra) or at the base chakra (Muladhara chakra). Yoga practice unifies duality in us by connecting body and mind and leads to the awakening of spiritual consciousness.

### **UNIT 1.3: Four Streams of Yoga**

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### Unit Objectives

At the end of this unit, you will be able to:

1. Identify the different streams of Yoga

Yoga has been further concentrated into four streams based upon individual requirements. The four streams have been discussed in details as below:

1. Jnana Yoga: Jnana Yoga helps an individual develop a logical mind with intuitive knowledge and immense awareness. The ultimate goal of the Jnana Yoga is to understand the reality of the soul (Atma) and differentiate it from the body. It enhances the inner contentment or satisfaction in an individual and relieves them of worldly desires. It aims to remove the barriers between an individual and their universe.

There are three phases in jnana yoga, which have been described below as:

- **Sravana** wherein the disciple listens attentively (hearing) to their Guru. The disciple listens to the ideas of the Guru and discusses his/her questions with the guru to seek answers.
- Manana refers to thinking deeply over the ideas suggested by the Guru.
- *Nididhyasana* refers to the realisation of the truth and transforming the thoughts into action.
- 2. Bhakti Yoga: The Bhakti Yoga aims towards the emotional maturity of an individual. Thus, performing the Bhakti Yoga enables one to attain calmness of mind. It focuses on establishing a relationship between the soul and the supreme soul (GOD). It emphasises upon controlling the emotion of the mind and being one with the supreme soul. It is less strenuous than any other form of Yoga and is practised through meditation. Kama (desire), combined with tyaga (sacrifice) forms *prema* (love). Prema along with saranagati (surrender) results in *bhakti*. The Bhagavad Purana provides us with nine forms of Bhakti:
  - a. Sravan (listening)
  - b. Kirtana (praising)
  - c. Smarana (remembering)
  - d. Pada- sevasna (rendering service)
  - e. Archana (worshipping
  - f. Vandana (paying homage)
  - g. Dasya (servitude)
  - h. Sakhya (friendship)
  - i. Atma-nivedana (complete surrender of the self)



Fig. 1.3.1: Bhakti Yoga

**3.** Karma Yoga: The Bhagavad Gita remains the main source for the conceptual basis of Karma Yoga. It was later elaborated by Swami Vivekananda. Karma yoga is attached to selfless service without anticipating much about the outcome. However, a Karma Yogi should not be confused with a modern-day workaholic. Karma yoga categorises actions as:

**Tamasik**– Actions which are binding, deteriorating, violent and is a result of a state of confusion and delusion.

Rajasik – Rajasik actions are performed out of burning desire and are backed by egoism.

Sattvik- Here the actions performed are free from any kind of attachment.

The essence of Karma yoga is to convert *Kamya Karma* (action backed by desires) into *yogic karma* by practising detachment and committing oneself to lifelong work (karma).

**4. Raja Yoga:** Raja Yoga helps in gaining control over the mind through will power. It aims at reaching the highest state of peace or tranquillity through meditation. There are two types of practices under Raja Yoga as:

**Bahiranga Yoga**– It consists of rules and regulations at the behavioural level (Yama and niyama) as well as physical practices to gain better control over mind and body (asanas and pranayama).

**Antaranaga Yoga**– comprises of the following as defined by Sage Patanjali in his book. These have been further listed below as:

- a. Yama (the five abstentions)
- b. Niyama (the five observances)
- c. Asana (seated position used for meditation)
- d. Pranayama (control of the life force)
- e. Pratyahara (detachment)
- f. Dharana (concentration)
- g. Dhyana (meditative absorption)
- h. Samadhi (liberation)

### **UNIT 1.4: Yoga Terminology and their Meaning**

### - Unit Objectives



#### At the end of this unit, you will be able to:

1. Recognise the different terminologies used in Yoga

### - 1.4.1 Common Terminology Used in Yoga

Some of the common terminologies as used in Yoga are as follows: Asana: Body Posture in Yoga Ashtanga Yoga: It represents the eight limbs of yoga Ayurveda: Ancient Indian Science of medicines Bandha: Internal Lock which is used during yoga Chakra: Seven energy centres of Body Dosh: Body types as per Ayurveda, Pita (Fire), Vata (Air) and Kapha (Earth) Hatha Yoga: A type of Yoga Path Mudra: Hand Gesture during Yoga Practice Mantra: Groups of words, chanted for creating a positive environment Meditation or Dhyan: Practice of controlling and focusing the mind and process of self-awakening Nadi: This is an Energy channel as per Vedic Believes, in which 'Prana' flows Ojus: The subtle energy created in the body by the discipline of chastity **Om or AUM:** The original universal syllable as per Vedic believes Patanjali: Indian Sage who compiled all Yoga Sutras, which was earlier scattered in different forms Pranayama: Types of breathing exercises in Yoga Practices Props: Tools which are used for assisting yogis in doing yoga practice - for ex. Mat, Straps, etc. Power Yoga: It is a type of Ashtanga Yoga which has more focus on Fitness Sacrum: A triangular shaped Bone situated at the base of Spine Samadhi: A state of meditation Sadhana: Spiritual discipline for getting Sidhhi Shanti: it means Peace and very frequently chanted during Yoga Practice Shodhna: A purification process in Hatha Yoga Sutras: Classical text for Yoga created by Yogis Sushma Nadi: The Central Prana Current Svadhyaya: Self Study Ujjayi: Sound of breath, taken from a slightly constricted throat Upanishad: Ancient Vedic Text written by Indian Sages Vinyasa: A body movement linked with breath Yogi or Yogini: Disciple of Yoga

### UNIT 1.5: Job Role and Responsibilities of a Yoga Trainer

### - Unit Objectives 🛛 🙆

At the end of this unit, you will be able to:

- 1. Restate the job responsibilities of a Yoga Trainer
- 2. Recognise the expectations of a Yoga trainer

### 1.5.1 Job Responsibilities of a Yoga Trainer

Following are the Job roles of a Yoga Instructor -

- 1. Enrolling new participants
- 2. Explaining the rules and regulations of performing yoga poses
- 3. Explaining Yoga and its importance for the physical and spiritual health of a person.
- 4. Teaching the various steps of yoga to participants
- 5. Narrating History of Yoga to create interest in participants
- 6. Monitor the participants while they perform asana
- 7. Assess the participant's health/age and create Yogasan plan for them
- 8. Ensure the safety plans are met while the participants perform Yogasana
- 9. Take appropriate actions as per organisational policy during times of emergency
- 10. Taking care of all organisational documentation like taking regular attendance of participants
- 11. Creating Incident Reports
- 12. Assessing the learning outcome of participants on a regular basis
- 13. Recording and collection of the medical history of participants
- 14. Motivating and encouraging the participants in order to push them to achieve a higher level
- 15. Counselling participants for their diet plan and lifestyle improvement
- 16. Developing a professional relationship with participants

### **1.5.2 Expectations from a Yoga Trainer**

Following are the Job roles of a Yoga Instructor –

- 1. The following are the expectations of a Yoga Trainer-
- 2. Greet all participants with a smile.
- 3. He/She should possess an energetic and positive attitude.
- 4. He/She should possess good speaking and listening skills.
- 5. He/She should be passionate about fitness.
- 6. He/She himself/herself should possess a fit and flexible body.
- 7. He/She should maintain discipline in the class.
- 8. He/She could create a yogasan plan as per individual need and fitness level.
- 9. He/She should wear an appropriate uniform during yoga class.

- 10. He/She should follow the organisation's rules and regulations.
- 11. He/She should be recording attendance and exercise hours of participants appropriately.
- 12. He/She should make the participants feel better after performing Yoga asana.
- 13. He/She should be able to motivate participants.
- 14. He/She should be able to perform as well as teach simply to complex asana.
- 15. He/She should be punctual and regular.
- 16. He/She should be able to complete the tasks given satisfactorily.
- 17. He/She should be able to work independently.
- 18. He/She should stay focused on the task at hand.
- 19. He/She should be able to decide on priorities of work.

### **UNIT 1.6: Career Opportunities of a Yoga Trainer**

### - Unit Objectives

At the end of this unit, you will be able to:

- 1. Express the importance of Yoga as a career
- 2. Identify the eligibility to work as a Yoga trainer

### **1.6.1 Importance of Yoga as a Career**

Today we are living in a world where people are more conscious of their health. This is also because the rate of the disease has considerably increased. This could be largely attributed to a stressful and sedentary lifestyle. The ones who are working in office tend to spend an entire day sitting in front of their computer screens with stiff necks. Hence, such a sedentary lifestyle is largely responsible for the increased rate of physical and mental problems. Yoga therapy is being currently observed as an alternative branch of medicine for a wide range of physical as well as mental problems. Yoga is based upon performing the *asanas* along with being mindful of your breathing. Further research of the various aspects of Yoga as an alternate branch of medication has created ample opportunities for the ones trained in professional yoga. Most professionals have been sharing their knowledge of the science of Yoga and meditation as Trainers. It is an emerging branch of holistic and alternative medical care. Hence, a lot of importance is being given to Yoga trainers. Practising Yoga also helps in curing mental health problems. An integral part of Yoga is practising physical exercises (asanas) and breathing exercises (pranayama).

### 1.6.2 Courses and Eligibility to Work as a Yoga Trainer

- **Certificate Course in Yoga (CCY):** It is a one a half month course with the eligibility of HSC passed. There is no upper age limit for this course.
- Bachelor in Arts (Yoga Philosophy): The duration of the course is three years with the eligibility of 10+2 from any stream securing a minimum of 45% marks.
- **UG Diploma in Yoga Education:** It is a one year course with six months of internship. The person can be a graduate of any stream with a certificate in yoga.
- **PG Diploma in Yoga Therapy:** It is a one-year duration course with the eligibility of graduation with any stream from a recognised university
- Master of Arts in Yoga: It is a two-year duration course with the eligibility of minimum graduation from any stream.
- Advanced Yoga Teacher's Training Course in Yoga (AYTTC): It is a month duration course and the individual admitted to the course should possess a minimum of a certificate degree, diploma or graduation degree in yoga with two years of teaching experience

#### **Career Opportunities in Yoga**

After completing one's education, a student of Yoga sciences can work as -

- Yoga Instructor
- Yoga Trainer

### Summary

- Yoga provides one of the best methods for self-discovery.
- Yoga is gaining importance as an alternative therapy alongside traditional medicine.
- Yoga" refers to the science of achieving union between body and mind to attain Self-realisation.
- The knowledge regarding the science of yoga was propagated to different parts of the world including Asia, the Middle East, Northern America and South America
- The fossilised remains and seals of Indus Saraswati Valley Civilisation with Yogic motifs and figures performing Yoga sādhana suggests the presence of Yoga in ancient India.
- The *Āsanas* are capable of bringing about the stability of mind and body.
- **Pranayama** practices emphasise on developing an awareness of one's own breathing pattern which followed by voluntary regulation of respiration.
- **Pratyahara** indicates dissociation of one's consciousness (withdrawal) from the sense organs which connect with the external objects.
- *Mudras and Bandhas* are practices associated with Pranayama.
- The *Dhyana* is considered the essence of *Yoga Sadhana*.
- Yoga consists of a diverse range of techniques and exercises that allow us to connect to the inner self.
- Yoga helps to create a balance between mind and body.
- The practice of Yoga asana is not associated with any side effect, which makes it one of the best healthy alternatives or options.
- Yoga is a branch of science consisting of a range of techniques, which help an individual connect with their own self.
- Hatha Yoga includes postures (asana), purification techniques (*shatkarma*), breathing techniques (*Pranayama*) and energy regulation techniques (*mudra and bandha*).
- Kundalini yoga is the science of releasing the dormant potential energy located at the base of the spine.
- Jnana Yoga helps an individual develop a logical mind with intuitive knowledge and immense awareness.
- The Bhakti Yoga aims towards the emotional maturity of an individual.
- The Bhagavad Gita remains the main source for the conceptual basis of Karma Yoga.
- The essence of Karma yoga is to convert *Kamya Karma* (action backed by desires) into *yogic karma* by practising detachment and committing oneself to lifelong work (karma).
- Raja Yoga helps in gaining control over the mind through will power.
- Yoga is based upon performing the *asanas* along with being mindful of your breathing.
- An integral part of Yoga is practising physical exercises (asanas) and breathing exercises (pranayama).
- After completing one's education, a student of Yoga sciences can work as
  - o Yoga Instructor
  - o Yoga Trainer

- Activity

- You have been appointed as a trainer in a newly opened Yoga Centre
- Make a list of the different tasks that you are entitled to perform as a Yoga Trainer.

## Activity

- Go through the following terminologies
- Identify the importance of each and also explain the meaning
  - o Ashtanga Yoga
  - o Ayurveda
  - o Bandha
  - o Chakra
  - o Mudra
  - o Pranayama
  - o Samadhi
  - o Shodhna
  - o Upanishad

– Notes 🗐 –	

### - Exercise



#### A. Choose the correct alternative:

- 1. Which text provides the framework for all modern day yoga?
  - Yoga Sutra
  - Raja Yoga
  - Karma Yoga
- 2. Which of the following yoga focuses upon developing wisdom and intellect within an individual?
  - Jnana Yoga
  - Tantra Yoga
  - Ashtanga Yoga
- 3. Which one of the following is not a component of Raja yoga?
  - Yama
  - Pranayama
  - Karma Yoga
- 4. Which of the following is not a component of Antaranga Yoga?
  - Yama
  - Niyama
  - Antaranga
- 5. Which one of the following text has been written by Sage Patanjali?
  - Yoga Sutras
  - Patanjali yoga Sutras
  - Hatha Yoga Pradipika

#### B. Answer the following questions:

- 1. Identify career opportunities in Yoga.
- 2. Describe the eligibility to work as a Yoga trainer?
- 3. Outline the different components of Ashtanga Yoga.
- 4. Identify the different types of Yoga Sadhana.
- 5. Tell one benefit of practising Pranayama using Mula or Bandhas.



सत्यमेव जयते GOVERNMENT OF INDIA MINISTRY OF SKILL DEVELOPMENT & ENTREPRENEURSHIP



Transforming the skill landscape

## BEAUTY & WELLNESS SECTOR SKILL COUNCIL

# 2. Prepare And Maintain Work Area

- Unit 2.1 Setting up a Yoga Centre
- Unit 2.2 Yoga Room
- Unit 2.3 Yoga Equipment
- Unit 2.4 Eight Limbs of Yoga
- Unit 2.5 Bahiranga Yoga and Antaranga Yoga
- Unit 2.6 Unity, Diversity and Benefits of Yoga
- Unit 2.7 History of Yoga



BWS/N9001

### - Key Learning Outcomes

#### At the end of this module, participant will be able to:

- 1. Recognise how to set up a Yoga Centre
- 2. Explain how to set up a yoga room
- 3. Identify the use of different yoga equipment
- 4. Restate the eight limbs of Yoga
- 5. Compare Bahiranga and Antaranga Yoga
- 6. Recognise the concept of unity and diversity in Yoga and the benefits of Yoga

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7. Restate the history of Yoga

### UNIT 2.1: Setting up a Yoga Centre

### - Unit Objectives 🛯 🎯

At the end of this unit, participant will be able to:

- 1. Compare the health and wellness industry of India
- 2. Practise the setting up of a Yoga Centre

### 2.1.1 Health and Wellness Industry in India

Health and Wellness is an important sector in India and is growing at a fast pace. The Indian Health and Wellness market is worth Rs. 656 Billion. It is estimated to grow at a rate of 20% per annum. It has become one of the leading contributors to Indian Economy. The reason for the fast-paced growth is the changing preferences of Indian Customers along with rising consumerism. The rapid growth of the health and wellness sector has created a huge demand for trained personnel. There has been increasing awareness regarding health and well-being in both Indian men and women. The contributions of some of the other sectors to the Indian Economy are as follows –

Beauty and Wellness Sector (48%);

Slimming and Fitness Industry (48%);

Rejuvenation, Spa and other Lifestyle industries (4%).

The reasons for the growth of the Health and wellness sector in India are as follows:

- People are investing more in buying health products
- People are moving to cities and spending more money to avail lifestyle services and products
- Increased advertising and media campaign by celebrity models are aspiring more and more young people to look good and feel good

### - 2.1.2 Setting up a Yoga Centre

#### Resources for setting up a Yoga centre:

The following resources are needed for setting up a Yoga Centre

- 1. A place for setting up a Yoga Centre
- 2. Staff for running a Yoga Centre
- 3. Yoga Equipment
- 4. Audio-video for Yoga Training
- 5. Consumables
- 6. Registration of Centre with various Government agencies

#### Place of setting up a Yoga Centre:

There are a number of factors which are taken into consideration for selecting a place for setting up a Yoga Centre.

- 1. Location
- 2. Availability of Parking

- 3. Availability of Natural Light and Fresh Air
- 4. Minimum Requirement of Room sizes for a Yoga Room
- 5. Lighting in the Yoga Room
- 6. Floor type
- 7. Air Conditioning

#### Location:

A Suitable location is one of the important factors for the selection of a yoga centre. A yoga centre should be located close to the city. Some of the things which should be taken into consideration before the selection of a yoga centre are as follows:

- 1. It should be centrally located
- 2. The approach to the building should be easy so that one does not have to walk too much before entering the yoga centre
- 3. The Place should be well connected with local transport
- 4. The Place should be situated distantly from other yoga centres as it helps in avoiding unnecessary competition

#### **Availability of Parking:**

Parking space is very important for any building or office. No yoga practitioner would like to waste his/ her precious time in searching parking slot on a daily basis. Therefore, while the selection of a centre one should ensure that there is ample parking space with full security of parked vehicles.

### UNIT 2.2: Yoga Room

### - Unit Objectives

At the end of this unit, participant will be

able to: 1. Restate how a Yoga room is set

#### up

### 2.2.1 Setting up a Yoga Room

**Availability of natural light and fresh air:** A yoga studio should be spacious with ample light and proper ventilation. The room should have natural light preferably in the morning hours and should be away from crowded road and factories. Setting up a yoga centre away from pollution helps in complete rejuvenation of the mind and body.

**Room Sizes:** The room size depends upon the number of persons accommodated in a batch. Some of the factors which are taken into consideration while a selection of room size is as follows:

Minimum requirement of a person is 21 Square feet

The height of the room should be a minimum of 10 feet

The room should be lockable from inside so that the practitioners do not get disturbed during yoga sessions

**Room Walls:** The colours of the room wall should be light and soothing for the eyes. The walls of a yoga practice room could be adorned with pictures of various yoga poses which will create interest within the participants. One of the walls should have a mirror so that the practitioners can see their postures while performing yoga.

**Room floor:** A Yoga room should preferably have wooden flooring. The floor could also be covered with carpet or rug for getting some cushioning effect. However, the cushioning should not be in excess as it may reduce the surface friction and one my trip over while performing the asana.

**Room Lighting:** A Yoga room should have ample natural light. The windows should have curtains or blinds on them to keep hard sunlight away. The room should have artificial lights, which is required for performing exercises after sunset. White lights are preferred normally preferred in a yoga studio. Dim light can be used in the room for performing meditation and other relaxing practices such as Yoga Nidra.

**Room temperature:** The temperature of the yoga room should be maintained between 24-29 degrees. If the natural temperature is more than this an Air conditioner could be used. The Air conditioner should be even in all parts of the room.

**Reception:** The Reception is the entrance area where people inquire for various yoga courses running at the centre. Sometimes people are also made to wait in the reception areas before their batches. It should have a pleasing atmosphere with ample space for sitting. The Reception should be neatly decorated and well maintained.

**Staff for Yoga Centre:** The staff hired should have a passion for yoga and believe in its philosophy. Following is the staff requirement for a Yoga Centre-

- Receptionist (1-2)
- Yoga Trainer- depending upon centre size
- Housekeeping Assistant depending upon centre size
- Support staff for Accounts and HR (1-2)

### **UNIT 2.3: Yoga Equipment**

### – Unit Objectives 🤘

At the end of this unit, participant will be able to:

- 1. Identify the materials required for Yoga Services
- 2. Demonstrate the maintenance of Yoga centre and equipment

### - 2.3.1 Materials required for Yoga Services

Some forms of yoga can be practised with the help of equipment and tools. The following provides a list of yoga equipment and tools:

Well equipped	Products and Materials Required for Yoga Service The participants should be provided with an	
veli equipped yoga studio	<ul> <li>The participants should be provided with an appropriate environment for performing yoga asana. A Yoga studio should be designed accordingly keeping the following in mind:</li> <li>Minimum space requirement for a person is 21 square foot, so in case there are ten people the room size should be minimum 210 square feet</li> <li>The height of the studio should be a minimum of 10 feet</li> <li>The room should be lockable from inside so that the participants do not get disturbed while performing yoga</li> <li>The colour of a yoga studio should be light and soothing for the eyes</li> <li>There should be a mirror so that the participants can see their postures while performing yoga</li> <li>The floor of the studio should be covered with carpet or rug for getting some cushioning effect</li> </ul>	
Yoga mats	<ul> <li>A mat is a first and foremost Yoga Equipment.</li> <li>The use of a Yoga mat can prevent an individual from falling.</li> <li>If the mat is not available thick bed sheet and blanket can be used.</li> <li>Some of the specifications provided by a manufacturer for selecting a good quality Yoga mat are as follows: <ol> <li>Durability</li> <li>Moisture resistant</li> <li>Great traction and grip</li> <li>Good cushioning</li> <li>Non-slippery</li> <li>Bio-degradable</li> <li>Natural rubber</li> <li>Nice thickness</li> <li>Easy to clean</li> </ol> </li> </ul>	

Products and I	Vlaterials Required for Yoga Services	
Straps	The straps provide additional support while performing difficult asana so that the chances of tripping over and falling down are reduced.	
Blankets	<ul> <li>The Blankets provide additional support while performing difficult poses.</li> <li>It also reduces the chances of getting bruised or slipping over and falling.</li> </ul>	
Blocks	The Blocks can be used for performing sit-ups, and wide leg stretches.	
Bolsters	<ul> <li>The Bolsters come in different shapes and sizes.</li> <li>These are big cushions which provide additional support to the body while performing the difficult asana.</li> </ul>	
Chairs	• The Yoga chairs can be used as a backrest while performing different meditation poses as they help an individual relax and concentrate.	
Meditation Cushions	<ul> <li>The meditation cushions are used for performing different poses in sitting position.</li> <li>They act as additional support and are beneficial for old age people suffering from osteoarthritis or anyone with a knee injury.</li> </ul>	
Eye Pillows	<ul> <li>An eye pillow is a small bag filled with flax seeds, beads or gel beads that are placed over the eye when you lie on your back.</li> <li>It a tool that can be used to relieve stress and anxiety within a person.</li> <li>It can also be used while performing <i>Yoga Nidra</i>.</li> </ul>	
Mat Cleaning Wipes	<ul> <li>The mat cleaning wipes are used to clean the surface of a yoga mat.</li> <li>The wipes are often used with essential oils which provides a soothing scent to the mat after cleaning.</li> </ul>	20

	Products and Materials Required for Yoga Service	S
Yoga CDs	<ul> <li>Many yoga studios play CDs with instructions or guide for performing the asana.</li> <li>The CDs are often prepared by yoga coaches or famous celebrities.</li> </ul>	
Aromatic Candles	<ul> <li>The aromatic candles are often lit in a yoga studio to provide an appropriate and soothing environment for performing yoga.</li> <li>The smell of the essential oils helps in alleviating stress.</li> </ul>	
Dim Lights	• The dim lights are used for adorning a yoga studio and are mainly used while performing meditation or Yoga Nidra.	
Salt Lamp	<ul> <li>The Salt Lamps help relax and rejuvenate by creating a soothing environment.</li> <li>The muted pink-orange glow helps in reducing stress, anxiety and depression.</li> </ul>	
Sandbags	<ul> <li>Sandbags are powerful yoga props.</li> <li>These are used in restorative yoga and can help an individual feel supported while performing difficult poses in yoga.</li> <li>The sandbags are filled with flax seeds or gel beads.</li> </ul>	*
Exercise Ball	<ul> <li>The Yoga balls provide additional support while performing difficult yoga asana.</li> <li>The balls can be used to perform a sit-up.</li> <li>Sitting or bouncing on the yoga ball can help an individual lose weight.</li> </ul>	
Yoga Wedge	<ul> <li>The Yoga wedge is made from lightweight foam and is designed to provide stability and support to the yoga practitioners.</li> <li>The foam edge has a tapered edge for better gripping and support.</li> </ul>	
Yoga Belt	The Yoga Belt provide additional support while performing difficult asana so that the chances of tripping over and falling down are reduced.	

Products and Materials Required for Yoga Services		
Yoga Wheel	The Yoga Wheel is a hollow circular shaped prop which is designed to aid stretching, releasing tension and improving flexibility.	

**Investment required for a Yoga Centre:** The investment required for opening a Yoga centre depends upon many factors such as the size of the studio, the estimated number of participants to be served per batch. A small yoga centre can be opened with an investment as little as Rs. 3-5 lacs. There is no cap on upper spending, as it solely depends upon the discretion of the builder. A luxurious with additional facilities will definitely cost more compared to a small size studio. However, it is recommended to invest a small amount in the beginning as return on investment in yoga business is slow compared to other businesses.

**Registration process:** The Yoga centres are of three types –Proprietorship, Partnership/LLP and Private Limited. In case of Partnership/LLP and Private Limited, the PAN of the organisation should be registered. However, in the case of the registration of Proprietorship company the personal PAN Card of an individual is also accepted. A current account should be opened for all type of companies for doing any business transaction. A 15 digit service tax number should be allotted to the institute or organisation if their total turnover exceeds 9 lac. Till that limit service tax registration is not mandatory.

### **2.3.2** Maintenance of Yoga Centre and Its Equipment

**Maintenance of Yoga Studio:** A yoga studio needs to have suitable conditions for performing yoga. The dilapidated walls and shredded mats might give the entire studio a worn out look and may fail to attract clients. Additionally, maintaining the studio in a proper condition can attract more participants. A number of factors should be taken into consideration for proper maintenance of a yoga studio:

- 1. The lights and ventilation system should be checked regularly
- 2. The fire extinguishers should be checked regularly for proper working conditions
- 3. The floor tiles should be mopped with disinfectants
- 4. The mirrors attached to the walls of the yoga rooms should be cleaned regularly
- 5. In the case of cushioned surfaces, they should be cleaned using brooms to eliminate the risk of ticks and mites
- 6. The shredded yoga mats should be replaced on a regular basis, as it reduces the risk of tripping over and falling
- 7. The sound system used during meditation practices should be checked on a regular basis
- 8. The Yoga studio should be supplied with a sufficient supply of clean drinking water
- 9. The water purifiers should be checked regularly to ensure that the filters and iron guards are working properly

**Maintenance of Yoga Equipment:** A standard yoga studio consists of a range of tools or equipment. Each equipment is provided with a user guide, which is issued by the manufacturer in the best interest of the user. The safety steps and cleaning measures are also mentioned in these manuals. The usage and cleaning processor some of these tools or equipment have been discussed below: 1. Yoga Wheel: The use of yoga wheel was first started in the year 2014 to improve spine health. Once the yoga wheel came into being, every alternate company have been making their own Yoga wheel. However, there are some contraindications from long term wrong usage of a product. A few of the most common brands which manufacture Yoga Wheels are *PeaceYoga, Gaiam, Yogiwheel, SukhaMat, Azora,* etc.

#### Manufacturer's Guide for using Yoga wheel:

- The Yoga wheel should be situated between the shoulder blades and should pinpoint the spine for effective stretching.
- For beginners, blocks can be used as props, as it provides additional support
- yoga wheel stoppers can be used by beginners
- A beginner should start practising on a large-sized wheel such as 15-inch as it puts less pressure on the back

#### **Cleaning Yoga Wheels:**

- Cork is the best cushion material for Yoga wheels due to its antimicrobial, moisture-resistant property.
- Hence, it reduces the chances of infection from sweat and germs.
- The soft, comfortable cushion is highly sustainable and slip-resistant in nature.
- The natural cork used on the wheel makes it easier to clean and prevents odour.
- A Wheel Wash Spray could be used for cleaning the Yoga Wheels
- Organic essential oil is used in the wash spray, which leaves a sweet aromatic smell on the yoga wheel
- The Sprays are available in 4 ounces and 8-ounce studio size
- The spray should be sprayed on the mat section and inner section generously
- A rag or towel could be used to scrub out marks on the yoga wheel
- 2. Yoga mats: Yoga mats find an important application in the practice of asanas. The mat prevents an individual from slipping, as they are sure to sweat while performing extensive exercises. The Yoga mats help a beginner have proper alignment while performing exercises.

#### Manufacturer's Guide for using Yoga mats

The material of a Yoga mat produces a significant impact on the health of an individual. Yoga mats made of vinyl is cheap, easy to clean and durable. However, the PVC (polyvinyl chloride) mats are made of heavy metals such as lead, cadmium and phthalates. A long term exposure to heavy metals can adversely affect the brain. Additionally, PVC mats cannot be recycled and can pollute the environment on disposal. On the other hand, Yoga mats made of natural rubber serves as an eco-friendly alternative to PVC mats. Organic Cotton and hemp yoga mats are recyclable and provide a much better grip compared to PVC mats.

#### **Cleaning Yoga mats:**

- The Yoga mats should be cleaned on a weekly or daily basis depending upon the number of batches/ classes held
- Clean your mats using antiseptic soap and water

**Yoga Trainer** 

- Never let your mat undergo spinning cycles in the washing machine as it may cause shredding of the mat
- After washing dry the mats outside in the sun, as the UV rays of the sun are natural anti-bacterial
- A small amount of dishwashing liquid like vim can be mixed with warm water and used for cleaning yoga mats.
- The mixture can be put in a spray bottle and used to clean every time.
- A sponge can be used to scrub the mat
- The mat should be wiped with clean water and dried before it is used again
- **3.** Aromatic Candles: Aromatic candles find an important usage in the practice of Yoga therapy, as the aroma is known to relieve the person of stress and help an individual develop better concentration.

**Manufacturer's guide:** Trim the wick to the right length before lighting it for the first time which is about  $1/8^{th}$  of an inch. For large rooms, more candles are required. In order to waft up the fragrance set the candle on a low table

**Cleaning Standards:** The sides of the container holding the candle should be cleaned to remove most of the soot particles. This ensures that next time that the candle is burned, the soot does not burn along with it.

#### **UNIT 2.4: Eight Limbs of Yoga**

### - Unit Objectives

At the end of this unit, participant will be able to:

1. Restate the significance of the eight limbs of yoga

The eight limbs of yoga are as follows: Yama: Universal morality Niyama: Personal observances Asanas: Body postures Pranayama: Breathing exercises, and control of prana Pratyahara: Control of the senses Dharana: Concentration and cultivating inner perceptual awareness Dhyana: Devotion, Meditation on the Divine Samadhi: Union with the Divine

## - 2.4.1 Significance of Eight Limbs of Yoga

- 1. **Yama** refers to practices, which are concerned with the outside world and our interaction with the world. The Yama can be further divided into five components such as
  - **a.** Non-violence (Ahimsa): A person practising yoga, also known as a Yogi should restrain himself from the killing of animals.
  - **b.** Truthfulness (Satya): Yoga emphasises on the idea of being honest with others as well as oneself. It says that under no condition should an individual lie except in the situation, where lying could save the life of an individual.
  - c. Righteousness (Asetya): Yoga strongly prohibits the practice of stealing or cheating. It emphasises on fair trade policy.
  - **d.** Wisdom (Brahmacharya): The Principle of wisdom states that one should focus upon their inner peace and happiness and not give sole priority to outside objects for attaining happiness.
  - e. Simplicity (Aparigraha): A yogi should be rich inwardly and live modestly from outside. A Yogi should focus upon building positive internal energy which will keep his mind and soul purified.
- 2. Niyama refers to the duties one possesses towards their selves. The niyamas are practised to build a strong character. Thus, practising the niyamas helps one reconnect with their inner self and find out their greatest strengths. Niyamas help in practising self-discipline and changing worldview that they hold to a more positive one. The true essence of Niyama can be explained with the help of the following
  - a. Saucha: "Leave a place cleaners then you find it" (Cleanliness)
  - b. *Santosha:* "Don't Worry, be happy" (Contentment)
  - c. *Tapas:* "When the going gets tough, the tough get going" (willpower and self-discipline)
  - d. *Svadhyaya:* "Learn from your mistakes" (Study of self and sacred scriptures)
  - e. IshvaraPranidhana: "Have faith" (surrender to the divine)

- 3. The word 'asana' refers to the posture taken by one during practising meditation. The alignment instruction given by Sage Patanjali for practising asana is "sthirthasukhamasanam", which means the posture should be steady and comfortable. The sthirthasukhasana states that the practitioner should hold the position in a motionless and comfortable state for a length of time.
- 4. **Pranayama** emphasises upon breathing techniques. Therefore, by being mindful of our breath, we can positively impact our mind. One can practice different breathing techniques such as Chandra Bhedana (one breathes in through the left nostril or Chandra Nadi and breathes out through the right nostril or suryanadi) or more stimulating techniques such as Kapalabhati (shining skull cleaning breath). Pranayama is the practice of taking the breath back into the lungs. Apart from concentration Pranayama also helps one improve the clarity of mind and developing empathy as a part of their character.
- 5. Pratya means to withdraw from the different sensory stimulus and be mindful of our breathing. Pratyahara aims to boost the concentration power within an individual. It helps one meditate without being disturbed by external distractions. The experienced practitioners can practice pratyahara in everyday life without being easily disturbed by external noise or sounds. One should set aside 5-10 minutes each day and sit or lay with closed eyes.
- 6. **Dharana** refers to focused concentration, which means holding onto or maintaining a posture for a very long time. One of the main aspects of Dharana is visualising and focusing on the breath for a long time. Dharana is the practice of intense concentration where one focuses their entire attention on a single object such as the picture of a deity.
- 7. **Dhyana** refers to meditative absorption where one is lost into the process and does not think about it consciously. Dhyana is often known as the flow state where one is aware of the present moment without feeling any sense of attachment towards the same.
- 8. **Samadhi** is the last stage and is identified as by a state of pure bliss. Samadhi states that we enter into a state of eternal bliss only after we have established a peaceful relationship with our inner self and the outside world. It is a state of unity with the Almighty God and is based on mind-body integration.

#### UNIT 2.5: Bahiranga Yoga and Antaranga Yoga

### - Unit Objectives

At the end of this unit, participant will be able to:

- 1. Identify the different components of Bahiranga Yoga
- 2. Identify the components of Antaranaga Yoga

The Bahiranga Yoga and Antaranga Yoga are two components of the Ashtanga Yoga.

Bahiranga is a Sanskrit term which means "external" or "outside" and is associated with the first four limbs out of the eight limbs of Ashtanga Yoga that is **Yama, Niyama, Asana** and **Pranayama**. However, the status of Pratyahara is undefined, as it considered to be a part of Bahiranga Yoga by some Yoga practitioners, whereas others consider it to be part of Antaranaga Yoga. Bahiranga yoga comprises the following:

### 2.5.1 Components of Bahiranga Yoga

The five yamas or personal virtues:

- 1. Ahimsa (non-violence): The killing of wild animals should be avoided.
- 2. Satya (truthfulness): An individual should always say and follow the path of truth.
- 3. Asetya (non-stealing): An individual should refrain from activities such as stealing or theft.
- 4. Brahmacharya (Self-discipline and self-denial): An Individual should follow a disciplinarian attitude and should not take part in any criminal offence or activity.
- 5. Aparigraha (non-possessiveness): An individual should do away with their love for materialistic things and objects.

The five niyamas or codes of behaviour:

- 1. Shaucha- purity of mind and body
- 2. Santosha- contentment
- 3. Tapas- self-discipline
- 4. Svadhyaya- Self-study
- 5. Ishvara Pranidhana- Devotion to a higher source

### 2.5.2. Components of Antaranga Yoga

The Asana or postures help in strengthening the body and mind. Breathing exercises such as Pranayama rejuvenates the body and mind by directing the life force energy as needed.

Antaranga yoga means an internal or inner path of yoga. It is controlled by the last three limbs of Ashtanga yoga- Dharana, dhyana and Samadhi. The benefit of Antaranga Yoga is internal rather than external. *Antaranaga Chetana* is the concept of internal consciousness which is experienced by the yogi during meditation. The practice of the Antaranaga Yoga benefits the mind as well as the soul. The three parts of Antaranga Yoga are as follows:

**Dharana (concentration):** It involves reducing the distractions of the mind by concentrating on any single object such as that of an image or a diety.

**Dhyana (meditation):** In the state of Dhyana an individual sleeps into a deep meditation practice. During the practice of Dhyana, an individual is free from any form of distractions.

**Samadhi (unity):** Samadhi is the experience of obtaining unity with one's self. In a state of Samadhi, an individual feels oneness with God or the supreme soul. Samadhi is a state of absolute bliss and is considered the ultimate goal of yoga.

### UNIT 2.6: Unity, Diversity and Benefits of Yoga

### - Unit Objectives 🛽

At the end of this unit, participant will be able to:

- 1. Restate the concept of Unity in Diversity
- 2. Express the benefits of performing yoga

### - 2.6.1 Concept of Unity and Diversity in Yoga

Unity in diversity is a concept of 'unity without uniformity and diversity without fragmentation that Shifts focus mere tolerance of physical, cultural, linguistic, social, religious, political, ideological and/or psychological differences to a more complex unity, which is based on the understanding differences between human interactions.

# 2.6.2 Benefits of Yoga

The benefits of Yoga can be discussed through the following points:

- Yoga helps to create a balance between mind and body and lead to self-enlightenment.
- Practising Yoga on a regular basis increases the lubrication of joints, ligaments and tendons of the body
- Yoga is an ancient art based on a harmonizing system for development of the mind, body and spirit.
- The regular practice leads to a sense of peace and well-being and also gives a feeling of being one with nature.
- Yoga is a perfect way to ensure physical and mental well-being.
- Through meditation, breathing exercises one can reduce stress from their day to day life
- Practising Pranayama regularly increases the capacity of lungs
- People suffering from backache and arthritis should perform the yoga asanas carefully as wrong postures can aggravate their physical conditions
- Anyone who is pregnant or has an ongoing medical condition such as glaucoma, high blood pressure should talk to their physician before practising yoga.
- The beginners should avoid extreme poses such as headstand, lotus position and forceful breathing.
- Though Yoga is effective as an alternative therapy, it cannot replace mainstream therapy completely. Hence, one should not stop visiting the doctor or taking medicines.
- Practising yoga on a regular basis regulates the functioning of adrenal glands and lowers the cortisol level of the blood.
- Yoga is a mood enhancer as it boosts the secretion of happy hormones or endorphins
- Practising yoga releases tension in the limbs
- Restorative asana, yoga nidra , Savasana, pranayama, and meditation have been known to reduce stress and promote sleep
- Practising yoga on a regular basis helps an individual develop a positive image about their own self and boost self-esteem
- According to several studies, asana, meditation, or a combination of the two, reduce pain in people suffering from arthritis, carpel turner syndrome, back pain, fibromyalgia, and other chronic conditions

- Yoga helps in reducing dependency on drugs as well as boosts the immune system
- Yoga and meditation builds awareness
- Yoga tames the mind and helps in controlling anger
- Yoga boosts emotional empathy within an individual which helps in improving relationships
- Kriyas or cleansing practices helps eliminate toxins from the body
- Karma Yoga (service to others) is integral to yogic philosophy

### **UNIT 2.7: History of Yoga**

# - Unit Objectives 🛛 🙆

At the end of this unit, you will be able to:

- 1. Explain the evolution of Yoga
- 2. Restate the history of Yoga

Yoga had been mentioned in Rig Veda, and its evidence was found in the oldest civilization of Indus-Saraswati, which is considered to be more than 5000 years old (3000B.C.), it means Yoga is older than 5000 years. Yoga evolved in many forms during its journey of 5000 years. As explained earlier, mainly it has the following four paths -

- Bhakti Yoga
- Janan Yoga
- Karma Yoga
- Raj Yoga

#### 2.7.1 Evolution of Yoga

After the Veda Period, the great 'Maharishi Patanjali' created text which was named as 'Patanjali Yog Sutras'. The period of evolution of yoga has been further classified as under:

- 1. Pre-Patanjali Period (Before 500 BC)
- 2. Patanjali Period (500 BC to 800 AD)
- 3. Post-Patanjali Period (800 AD onwards)
- 1. Pre-Patanjali Period (Before 500 BC)– It is also called as Veda Era since all Veda and Upanishads were written during this period.

**Veda**– These are the text which contains hymns, philosophy, and guidance for life. These are written in Sanskrit, which is considered to be the mother of all languages.

There are four Vedas as -

- 1. Rigveda
- 2. Yajurveda
- 3. Atharvaveda
- 4. Samdeva

**Upanishads**– Meaning of Upanishads is Sitting down on feet' which means getting 'Shiksha' or education. These are the essence of Vedas. There are more than 200 Upanishads available.

Patanjali Period (500 BC to 800 AD) – Maharishi Patanjali compiled all Yoga in a book called 'Yog sutras'. It has a total of 196 sutras or formula. The Book has four segments, called–Samadhi Pada, Sadhana Pada, Vibhuti Pada, Kaivalya Pada.

Samadhi Pada– In this segment Patanjali explainsabout Samadhi.
Sadhana Pada– In this segment he explains about meditation.
Vibhuti Pada– In this segment Patanjali explains about yoga.
Kaivalya Pada– In this segment Patanjali explains the connection of yoga with Body, mind, and soul.
Samadhi Pada– In this segment Patanjali explains about Samadhi.

**3.** Post-Patanjali Period (800 AD onwards)– Period after Patanjali Period, which covers the current period also, is called Post-Patanjali period. After Patanjali, there were many Yogis and Sants, who developed Yoga. Modern Yoga is also called *'Hath Yoga'* or physical Yoga. This is also related to *'Kundalini Yoga'* which is part of *'Raja Yoga'*. Modern Yoga is a mix of all the four paths of Yoga and gives more stress on postures. For getting complete benefits of Yoga, one should have a holistic approach towards it, even without any religious inclination.

### 2.7.2 History of Yoga

The early writings on yoga were transcribed on fragile palm leaves that were eventually lost or destroyed. The development of yoga can be traced back to over 5,000 years ago, but some researchers think that yoga may be up to 10,000 years old. Yoga's long, rich history can be discussed through four main periods as follows:

**Pre-classical Yoga:** Yoga was developed at the time of the Indus Sarasvati civilisation over 5000 years ago. The word Yoga had been first mentioned in the Rig Veda. Yoga was slowly refined by the Brahmans and Rishis , who documented their beliefs and practices in the Upanishads. The most renowned of the yogic scriptures is the Bhagavad Gita which was composed around 500 B.C. The Upanishads took the idea of ritual sacrifice from the Vedas and internalized it, teaching the sacrifice of the ego through self-knowledge, wisdom (jnana yoga) and action (Karma yoga).

**Classical Yoga:** The Classical period is defined by Patanjali Yoga Sutra, which is the first systemic presentation of Yoga. The classical yoga describes the path of Raja Yoga and dates back to the second century. Sage Patanjali is often considered the Father of Yoga and his Yoga Sutras strongly influence most styles of modern-day yoga. Yoga is a spiritual discipline which focuses on bringing harmony between mind and body. The word Yoga is derived from Sanskrit root 'yuj' meaning to 'to join' or 'to yoke' or 'to unite'. The aim of Yoga is self –realisation which helps an individual overcome all kinds of sufferings leading to a state of liberation.

**History and Development of Yoga:** Yoga has its origin thousands of years ago even before it was realised in true form. In the yogic texts and literature, Lord Shiva is considered the first yogi or Adiyogi. The seals and fossil remains of Indus Saraswati valley civilization has a number of Yogic figures and motifs, suggests the presence of Yoga in ancient India. The phallic symbols, seals of idols of mother Goddess are suggestive of Tantra Yoga. Presence of Yoga is available in folk traditions, Indus valley civilization, Vedic and Upanishadic heritage, Buddhist and Jain traditions, Darshanas, epics such as Ramayana and Mahabharat theistic traditions of Shaivas, Vaishnavas, and Tantric traditions. Pranayama was a part of the daily ritual, whereas Surya Namaskar was performed by the Sadhu and Rishi munis. Historical evidence of the existence of Yoga was seen in the pre-Vedic period (2700 B.C).

The period between 500 BC-800 A.D. is referred to as the Classical period in the history Yoga. This period can be mainly dedicated to two great religious teachers- Buddha and Mahavira. Post-Classical period of yoga is referred to as the period between 800 A.D.-1700 A.D where the teachings of great Acharyas-Adi Shankaracharya, Ramanujacharya, and Madhavacharya were prominent. Teachings of some of the great yoga gurus such as Suradasa, Tulasidasa, Purandardasa, Mirabai were some of the greatest

contributions during this period. During this period, the yoga practices were popularized by Yogic gurus such as Swatmaram Suri, Gheranda, Shrinivasa Bhatt, etc.

The modern yoga period refers to the period between 1700 - 1900 A.D. During this period, some of the great Yog acharyas- Ramana Maharshi, Ramakrishna Paramhansa, Paramhansa Yogananda, Vivekananda etc. contributed to the development of Raja Yoga. During this period, Vedanta, Bhakti yoga, Nathayoga or Hatha-yoga flourished. The Shadanga-yoga of Gorakshashatakam, Chaturanga-yoga of Hathayogapradipika, Saptanga-yoga of Gheranda Samhita, were the main components of the Hatha-yoga.

#### 2.7.3 Contribution of Yoga Gurus

Yoga has spread all over the world by the teachings of great personalities like ShriT.Krishnamacharya, Swami Shivananda, Swami Kuvalayananda, Swami Rama, Shri Yogendra, Sri Aurobindo, Maharshi Mahesh Yogi, Acharya Rajanish, Pattabhi Jois, BKS. Iyengar and Swami Satyananda Sarasvati. B.K.S. Iyengar was the founder of a different style of yoga known as "Iyengar Yoga", which is considered to be one of the foremost types of yoga. In modern days, Sri Ravishankar & Swami Ramdev has contributed a lot in spreading Yoga to the common household.

The Hon'ble PrimeMinister Shri Narendra Modi proposed to declare 21st June as 'International Yoga Day'. United Nations General Assembly declared the 21st of June as 'International Yoga Day'. Since 21st June is the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world, it has been chosen to be celebrated as a Yoga day.



Fig. 2.7.1: 21<sup>st</sup> June is celebrated as International Yoga Day



Fig. 2.7.2: PM Shri Narendra Modi doing Yoga with the citizen at Rajpath Marg on yoga day

# Summary

- The Indian Health and Wellness market is worth Rs. 656 Billion.
- The reason for the fast-paced growth is the changing preferences of Indian Customers along with rising consumerism.
- Increased advertising and media campaign by celebrity models are aspiring more and more young people to look good and feel good
- The room size depends upon the number of persons accommodated in a batch.
- The colours of the room wall should be light and soothing for the eyes.
- A Yoga room should have ample natural light.
- The temperature of the yoga room should be maintained between 24-29 degrees.
- The Reception is the entrance area where people inquire for various yoga courses running at the centre.
- The Blankets provide additional support while performing difficult poses
- The investment required for opening a Yoga centre depends upon many factors such as the size of the studio, the estimated number of participants to be served per batch
- In case of Partnership/LLP and Private Limited, the PAN of the organisation should be registered.
- A 15 digit service tax number should be allotted to the institute or organisation if their total turnover exceeds 9 lac.
- The use of yoga wheel was first started in the year 2014 to improve spine health. Once the yoga wheel came
- The Yoga wheel should be situated between the shoulder blades and should pinpoint the spine for effective stretching
- Yoga mats find an important application in the practice of asanas.
- Organic Cotton and hemp yoga mats are recyclable and provide a much better grip compared to PVC mats.
- Niyama refers to the duties one possesses towards their selves.
- Pranayama emphasises upon breathing techniques
- Antaranga yoga means an internal or inner path of yoga.
- Practising yoga on a regular basis regulates the functioning of adrenal glands and lowers the cortisol level of the blood.
- Kriyas or cleansing practices helps eliminate toxins from the body
- Yoga had been mentioned in Rig Veda, and its evidence was found in the oldest civilization of Indus-Saraswati, which is considered to be more than 5000 years old (3000B.C.)
- Meaning of Upanishads is Sitting down on feet' which means getting 'Shiksha' or
- education.
- The development of yoga can be traced back to over 5,000 years ago.
- The Classical period is defined by Patanjali Yoga Sutra, which is the first systemic presentation of Yoga.
- Yoga has its origin thousands of years ago even before it was realised in true form.
- The Hon'ble PrimeMinister Shri Narendra Modi proposed to declare 21st June as 'International Yoga Day'.

# - Activity

Mr X is a 58-year-old man suffering from frozen shoulders and stiff joints. Hence, he faces difficulty in performing certain yogic asana. Identify the props which could be used to helps and support Mr X while performing the asana.

# Activity



- Make a list of the asanas, as mentioned in Hatha Yoga Pradipika •
- Try performing them one by one •
- Discuss the challenges faced while performing the asana with your supervisor ٠
- The total time allotted for this activity is 30 40 minutes. •

– Notes 🗐 .		

# Exercise



#### A. Choose the correct alternative:

- 1. Which one of the following could be used as a prop while performing asana?
  - Straps
  - Chairs
  - Meditation cushion
- 2. Which one of the following for making Yoga wheels due to its antimicrobial properties?
  - Cork
  - Plastic
  - Rubber
- 3. Which is an eco-friendly alternative to PVC used in Yoga mats?
  - Natural Rubber
  - Cork
  - Wood
- 4. Which of the following could be used for meditation purpose?
  - Straps
  - Bolsters
  - Salt lamps
- 5. A Yoga mat should have the following features. Find the odd one out.
  - Durable
  - Bio-degradable
  - Colourful

#### B. Fill in the blanks:

1. The Yoga Sutra is composed of \_\_\_\_\_

\_\_\_\_\_ different sutras or aphorisms, of Indian origin, which deal with the conception, theoretical and the practical aspects of Yoga.

- 2. The \_\_\_\_\_\_are considered as one of the basic foundations of the ancient concept of Yoga and its philosophy.
- 3. \_\_\_\_\_\_ is one of the most popular types of yoga, which is widely practiced throughout the world. It is considered to be one of the branches of the practice of Yoga in the South Asian countries, including India.
- 4. The three books on the Hatha Yoga are \_\_\_\_\_
- 5. The \_\_\_

be considered as the personal and social ethics which one should follow or abide by while traversing the path of yoga.

may

#### C. Answer the following questions:

- 1. Why is cork preferred for making Yoga wheels?
- 2. Describe three ways in which a Yoga wheel can be used by a beginner.

\_, \_\_\_

- 3. Explain three ways in which a Yoga mat can be cleaned.
- 4. Demonstrate the asanas mentioned in the first two chapters of the Hatha Yoga Pradipika.
- 5. Illustrate the ways to lead a yogic lifestyle.



सत्यमेव जयते GOVERNMENT OF INDIA MINISTRY OF SKILL DEVELOPMENT & ENTREPRENEURSHIP



Transforming the skill landscape

# BEAUTY & WELLNESS SECTOR SKILL COUNCIL



# 3. Conduct Advanced Yoga And Hatha Yoga Sessions

- Unit 3.1 Principles of Yoga
- Unit 3.2 The concept of Bhagwad Gita
- Unit 3.3 The Yoga of Liberation by Renunciation
- Unit 3.4 Anatomy of the Human Body
- Unit 3.5 Shanti Prayer and Basic Yoga Rules
- Unit 3.6 Kriya
- Unit 3.7 Nada Anusandhana
- Unit 3.8 Sithili Vyama
- Unit 3.9 Instant Relaxation Technique
- Unit 3.10 Quick Relaxation Technique
- Unit 3.11 Bandha
- Unit 3.12 Mudra

Unit 3.13 - Surya Namaskar with Prayer and Bhija Mantra

# BWS/N2204 & BWS/N2202

#### **UNIT 3.1:** Principles of Yoga

### - Unit Objectives

At the end of this unit, participant will be able to:

Ø

1. Identify the different principles of Yoga

The principles of Yoga are based on the Patanjali Sutras as written by the sage Patanjali. A two-step process has been recommended in the Patanjali Sutras. The first step emphasises on the development of positive ethics, whereas the second step focuses on the effective practice of meditation. There are five basic principles which form the root of Yoga Philosophy and practice. Some of these have been discussed in details below:

### 3.1.1 Different Principles of Yoga

The Principles of Yoga can be described with the help of the following points:

- 1. Non-violence (Ahimsa): A person practising yoga, also known as a Yogi should restrain himself from the killing of animals.
- 2. Truthfulness (Satya): Yoga emphasises on the idea of being honest with others as well as oneself. It says that under no condition should an individual lie except in the situation, where lying could save the life of an individual. Those who consistently live in the truth radiate truth. They should be trusted by their fellow men.
- **3. Righteousness (Asetya):** Yoga strongly prohibits the practice of stealing or cheating. It emphasises on fair trade policy. A Yogi is honest in their professional life and shouldn't seek unwanted advantage.
- 4. Wisdom (Brahmacharya): The Principle of wisdom states that one should focus upon their inner peace and happiness and not give sole priority to outside objects for attaining happiness. A yogi should direct all their actions for the enlightenment of their self.
- **5. Simplicity (Aparigraha):** A yogi should be rich inwardly and live modestly from outside. A Yogi should focus upon building positive internal energy which will keep his mind and soul purified.
- 6. Worship of the spiritual goal (Ishvara-pranidhana): Yoga focuses upon being one with God. A yogi should remember his God at each and every stage of life and practice gratitude by offering prayers.
- 7. The sacrifice of the ego (Shaucha): Shaucha states that one should let go of the ego and focus on developing a humble self willing to rectify and learn.
- 8. Self-discipline (tapas): It aims at leading a disciplined life by letting go of greed and negativity.
- **9.** Reading (svadhyaya): A yogi should read and chant prayers on a regular basis to enlighten their spiritual soul. The daily reading of mantra cleanses our spirit and helps us connect with the supreme soul.
- **10. Contentment (santosha):** One of the most important rules of Yoga is that one should be satisfied with what they have as greed leads to 'niskarma'.

### UNIT 3.2: The concept of Bhagwad Gita

### Unit Objectives

#### At the end of this unit, you will be able to:

1. Identify the importance of Bhagavad Gita as a yogic text

Ø

### 3.2.1 Bhagavad Gita as Yogic Text

The Bhagwad Gita has been based on the epic story of Mahabharata. One hundred thousand verses of the Bhagwad Gita have been divided into eighteen books and is one of the longest epic poems in the world. The Bhagwad Gita holds tremendous influence over the people and literature of India.

The epic story of Mahabharata describes the conflict for the throne of Hastinapura, a kingdom just north of modern Delhi that was the ancestral realm of a tribe known as the Bharatas.

The struggle is between two groups of cousins, the Pandavas (sons of Pandu), and the Kauravas (descendants of Kuru). The throne of Hastinapura was given to Pandu the younger brother instead of Dhritarashtra, the elder brother, as he was blind.

However, Pandu renounced the throne, and Dhritarashtra assumed all power after all. The sons of Pandu—Yudhishthira, Bhima, Arjuna, Nakula, and Sahadeva—grow up together with their cousins, the Kauravas. The Pandavas were forced to leave the kingdom owing to the cruel intentions of their uncle Dhritarashtra and cousins after the death of their father. During their exile period, the Pandavas jointly married the princess of Dhrupad known as Draupadi. The Pandavas returned and shared sovereignty with the Kauravas, but had to withdraw to the forest for thirteen years when Yudhishthira loosed all his possessions in a game of dice with Duryodhana, the eldest of the Kauravas. When they return from the forest to demand their share of the kingdom back, Duryodhana refused. Lord Krishna who was a cousin to the Pandavas came to their rescue and asked them to fight for their rights.

The battlefield of Mahabharata formed the very foundation of the Bhagavad Gita. The battle continued for eighteen days and ends with the defeat of the Kauravas.

The eighteen chapters of the Bhagavadgita are classified as 'yogas', starting with the 'yoga' of Arjuna's depression and ending with the yoga of 'liberation through renunciation'. The eighteen chapters are:

Chapter 1: अर्जुनविषादयोग - arjunavishadayoga The Yoga of The Despondancy of Arjuna Chapter 2: संख्यायोग - sankhyayoga The Yoga of Knowledge Chapter 3: कर्मयोग - karmayoga The Yoga of Action Chapter 4: ज्ञानविभगयोग - jyanavibhagayoga The Yoga of The Division of Wisdom Chapter 5: कर्मसंन्यासयोग- karmasannyasayoga The Yoga of Renunciation of Action

Chapter 6: ध्यानयोग - dhyanayoga The Yoga of Meditation Chapter 7: ज्ञानविज्ञानयोग - gyanavigyanayoga The Yoga of Wisdom and Realisation Chapter 8: अक्षरब्रह्मयोग - aksharabrahmayoga The Yoga of The Imperishable Brahman Chapter 9: राजविद्याराजगुह्ययोग - rajavidyarajaguhyayoga The Yoga of The Kingly Science and the Kingly Secret Chapter 10: विभूतियोग - vibhutiyoga The Yoga of The Divine Glories Chapter 11: विस्वरूपदर्षनयोगा - visvarupadarshanayoga The Yoga of The Vision of the Cosmic Form Chapter 12: भक्तियोग - bhaktiyoga The Yoga of Devotion Chapter 13: क्षेत्रक्षेत्रविभागयोगा - kshetrakshetravibhagayoga The Yoga of The Distinction Between the Field and the Knower of the Field Chapter 14: गुणत्रयविभागयोग - gunatrayavibhagayoga The Yoga of The Division of the Three Gunas Chapter 15: पुरुशोत्तमयोग - purushottamayoga The Yoga of The Supreme Spirit Chapter 16: दैवासुरसम्पद्विभागयोग - daivasurasampadvibhagayoga The Yoga of The Division Between the Divine and the Demoniacal Chapter 17: श्रद्धात्रयविभागयोग - sraddhatrayavibhagayoga The Yoga of The Division of the Threefold Faith Chapter 18: मोक्षसंन्यासयोग - mokshasannyasayoga



Fig. 3.2.1: Bhagawad Geeta is used as a Yogic text

#### **UNIT 3.3: The Yoga of Liberation by Renunciation**

### Unit Objectives

At the end of this unit, you will be able to:

- 1. Sketch an overview to Yoga Sutras
- 2. Restate the introduction to Vedas
- 3. Identify different scriptures and their relation to Yoga

#### Introduction to Yoga Sutras of Patanjali

The brief and succinct definition of Yoga was provided by Sage Patanjali in his book 'Patanjali Yoga Sutra' more than three thousand years ago. In the Yoga Sutras, Sage Patanjali has provided a very scientific and practical explanation of the philosophy and practice of Yoga. A section of the book describes what is "Ashtanga Yoga" or the eight limbs of Yoga, which provides practical guidelines for achieving the goals of yoga. Most of the Yoga practised today called Hatha Yoga includes physical postures (asanas) and some breathing techniques (Pranayama). One needs to include all eight limbs of yoga in their routine for achieving the final objectives.

#### - 3.3.1 Overview of Yoga Sutras

The Yoga Sutras could be divided into the following types as :

- 1. Patanjali Yoga Sutra
- 2. Hatha Yoga Pradipika
- 3. Gheranda Samhita
- 4. Shiva Samhita

The **Yoga Sutra** is composed of 195 – 196 different sutras or aphorisms, of Indian origin, which deal with the conception, theoretical and the practical aspects of Yoga. An aphorism is any terse, concise and generic information of a particular principle or truth of life.

The Yoga Sutra is considered as the authoritative and important text on Yoga, which discusses all the eight limbs of the yogic practices. These aphorisms or sutras were synthesised, compiled, organised and preached by the eminent sage **Patanjali**, in around 400 CE. Thus, these are known as the Patanjali Yoga Sutras, which offer the means of leading a meaningful and purposeful life.

In the medieval age, this text by Patanjali was the most famous and had been translated into languages like Arabic, Old Javanese, as well as forty other Indian languages and dialects. In the nineteenth century, the importance of this text was revived by Swami Vivekananda, with the help of the Theosophical Society. Consequently, until today, the Patanjali Yoga Sutras are considered valuable and necessary for the betterment of one's life and living.

#### 1. Patanjali Yoga Sutra

The Patanjali Yoga Sutras are considered as one of the basic foundations of the ancient concept of Yoga and its philosophy. In Sanskrit, the word "sutra" means "threads" – the Patanjali Yoga Sutras are divided into four parts or books, where each one is called a "pada", which was a basic unit of

poetry in the Vedic times. Each "pada" consist of the various aphorisms or sutras which make up the Patanjali Yoga Sutra. The four main "padas" of the Patanjali Yoga Sutra are-

- i. Samadhi Pada this consists of 51 sutras
- ii. Sadhana Pada this consists of 55 sutras
- iii. Vibhuti Pada this consists of 56 sutras
- iv. Kaivalya Pada this consists of 34 sutras

#### Steps to Perform the Patanjali Yoga Sutra

To understand the Patanjali Yoga Sutras and interpret them, you need to follow these steps -

- 1. Sit comfortably in a clean area.
- 2. Relax and calm your mind to be free from any kinds of anxiety, pressure or tension.
- 3. Maintain your focus on your breathing pattern inhalation and exhalation.
- 4. Be conscious of your surrounding area.
- 5. Understand and internalise the basic principles of each "pada" of the Patanjali Yoga Sutras.

#### Principles of Patanjali Yoga Sutra

The modern practice of Yoga is often termed as the *Patanjali Yoga Sutras*. During the nineteenth century, **Swami Vivekananda** established the similarity or equation between **Patanjali Yoga Sutras** and the **Raja Yoga**. Thus, these sutras are sometimes also known by the other names like "Royal Yoga", "Raja Yoga", "Classical Yoga", "Sahaj Marg", or "Royal Union".

The Yoga Sutras of Patanjali are also sometimes referred to as "Raja Yoga" or the "Royal Yoga".

In sutra 2 of the first chapter, Patanjali has defined yoga as :

"yogascitta vritti nirodhah" (Sanskrit)

"Yoga is the restraint of the modifications of the mind-stuff."

- translation by Swami Vivekananda

In subsequent sutras, Sage Patanjali explained that once the mind is properly restrained, then the true self" can rest in its own true nature.

The eight limbs of yoga as defined in the second chapter of Patanjali Yoga Sutra are as follows:

Yamas (self-restraint): The Yamas describe how to interact with the outside world at a social level. The five Yamas are Ahimsa (non-violence), Satya (truthfulness), Asteya (non-stealing), Brahmacharya (abstinence), Aparigraha (non-hoarding).

**Niyamas** (observances): The niyamas states the guidelines for self-discipline. The five niyamas are shoucha (cleanliness), santosha (contentment), tapas (austerity), swadhyaya (the study of the scriptures and self-study), and Ishwara pranidhana (surrender to God). Together, Yamas and niyamas provide a moral and ethical code which is to be followed by an aspiring yogi.

Asana (posture): Asana refers to the seated position taken by yogis while performing the asana.

**Pranayama** (breath control): Pranayama mainly consists of breath control and breathing exercises which help in controlling the mind or senses.

**Pratyahara** (sense withdrawal): Through pratyahara one gains the ability to withdraw their senses from objects and gain better self-control.

**Dharana** (concentration/focus): Dharana involves focusing the mind on a single object for long periods of time.

**Dhyana** (meditation): When the thinking and the focus of the mind are oriented towards a single object, the yogi enters the state of meditation.

**Samadhi** (total absorption): Samadhi is the final stage when the individual is lost in meditation and becomes one with the universe. It is only in the highest stage of "Samadhi", called the "nirbeeja Samadhi" (seedless Samadhi) where the mind is fully under control and brings the yogi to a state of peace and tranquillity.

#### 2. Hatha Yoga Pradipika

The Hatha Yoga Pradipika is one of the three main scripts written on the Hatha Yoga and its practices. It was written in around 1350, in Sanskrit, by Swami Svatmarama. The name "Pradipika" means "light", "to illuminate", i.e. to show light upon the Hatha Yoga, where "ha" is the sun, "tha" is the moon, and "yoga" means to join. The meaning of the title may be said to be the ways of going beyond all the mundane reality in which the spirit and nature are kept separated.

The Hatha Yoga may be seen as the union between the two chief energies of human life – the physical and the mental. The practices mentioned in this text by Svatmarama, are aimed to prepare the physical body for the higher mental and spiritual practices of yoga and meditation.

**Hatha Yoga** is one of the most popular types of yoga, which is widely practised throughout the world. It is considered to be one of the branches of the practice of Yoga in the South Asian countries, including India. Hatha Yoga is an ancient system of yoga, which chiefly deals with pranayama, i.e., breathing exercises, and asanas, i.e. postures of yoga.

Hatha Yoga postures assist in keeping the body and mind in a peaceful state, in preparing the person for higher spiritual activities like meditation. In Sanskrit, the word "Hatha" means either "forceful" or "willful", i.e. the yoga of activity. Again, in Sanskrit, "ha" means the Sun, and "the" means the Moon, which means that it is also the yoga of balance.

The literal meaning of the Hatha Yoga is the union of the human body through the application of the discipline of the force. It emphasises on achieving mastery over the body to attain spiritual perfection where the mind can be withdrawn from any kind of material desires. Hatha Yoga is most famous in the Western countries of the world, where it is practised as a kind of exercise that helps in both mental concentration, and strength, relaxation and flexibility of the body.

#### Foundation of Hatha Yoga

The Hatha Yoga is considered to be associated with the Yogis of the Natha Sampradaya, in India, and their founder is the mythical person, Matsyendranath. Matsyendranath is a famous sage who has known both Buddhist and Hindu tantric schools and hatha yoga practices. Sometimes, the Hatha Yoga has also been associated with Dashanami Sampradaya, under the mystical figure of the Dattatreya. There are two main forms of the Hatha Yoga – one that is practised by Kapila through eight mudras and the other that is practised by Yajnavalkya through the eight limbs of the Ashtanga yoga.

#### **Divisions of the Book**

Hatha Yoga Pradipika consists of four chapters, which emphasise on the practice of different types of asanas (body postures), purification of the body and mind, mudras (symbolic gestures), Nadi (bodily connections), Sakti (energies), kriya and bandha, kundalini (coiled power), chakra (bodily spiritual centres), pranayama (breath controls), and many more topics. According to the Hindu Yoga, Lord Shiva is considered to have imparted the secrets and knowledge of the Hatha Yoga to the goddess Parvati.

This book is divided into four chapters –

Chapter 1 – It deals with Asanas, among which are –

	Asanas	Steps	Image
1.	Swastika asana	<ul> <li>Keep both hands under both thighs.</li> <li>Keep the body in a straight posture.</li> <li>Sit calmly in this posture.</li> </ul>	SWASTIKASANA THE AUSPICIOUS POSE
2.	Gomukha asana	<ul> <li>Place the right ankle of the right foot on the left side.</li> <li>Place the left ankle of the left foot on the right side.</li> <li>Then, perform this asana by posing like a cow.</li> </ul>	
3.	Virasana	<ul> <li>Place the right foot on the left thigh.</li> <li>Place the left foot on the right thigh.</li> <li>Then, perform the pose of virasana.</li> </ul>	
4.	Kurmasana	<ul> <li>Position the right ankle on the left side of the anus.</li> <li>Position the left ankle on the right side of the anus.</li> <li>Then, perform the pose of kurmasana.</li> </ul>	
5.	Padmasana	<ul> <li>Position the right foot on the left thigh.</li> <li>Position the left foot on the right thigh.</li> <li>Hold the toes of both the feet, by crossing the hands on the back.</li> <li>Place the chin against the chest.</li> <li>Fix the gaze on the tip of the nose.</li> </ul>	Padmasana Sit opright with your Practice deep beine straight prestraight results Sit cross-legged an Bit cross-legged an Bit foor

The remaining asanas and postures mentioned in Chapter 1 are -

- 1. Uttana kurma asana
- 2. Dhanura asana
- 3. Matsya asana
- 4. Paschima tana
- 5. Mayura asana

- 6. Sava asana
- 7. Siddhasana
- 8. Kukkuta asana
- 9. Simhasana
- 10. Bhadrasana

Details about all these asanas can be found on the website: http://www.sacred-texts.com/hin/hyp/hyp03.htm

Chapter 2 – it deals with Pranayama and Shatkarma, among which are –

I	Pranayama & Shatkarma	Steps	Image
1.	Pranayama	<ul> <li>Sit in the posture of the padmasana.</li> <li>Slowly inhale by using the left nostril (Chandra) and blocking the right nostril (Surya).</li> <li>Hold the position for as long as possible.</li> <li>Then, slowing exhale by using the right nostril.</li> <li>Repeat the procedure by using the alternate nostrils.</li> </ul>	
2.	Dhauti	<ul> <li>A strip of cloth which is 3 inches in width and 15 cubits in length is moistened in some warm water.</li> <li>Then, it is swallowed by following the advice of the yoga guru/trainer.</li> <li>The end of the cloth should be held by the teeth.</li> <li>Then, the cloth is slowly taken out of the mouth, following the advice of the trainer/ yoga guru.</li> </ul>	HATHAMMA IS CLEANING STOMACH
3.	Basti	<ul> <li>Squat in the appropriate posture in the water, whose level is navel – deep.</li> <li>Take a smooth, long pipe of 6 inches long and half an inch in diameter.</li> <li>Keep the pipe open at both ends.</li> <li>Insert the pipe half inside the anus.</li> <li>Then, contract the muscles of the anus, and then expel the pipe.</li> </ul>	
4.	Neti	<ul> <li>Take a chord which is about 6 inches in length, made of threads.</li> <li>Then, pass the cord through the nasal passage.</li> <li>Then, take out the end of the cord through the mouth.</li> </ul>	P/
5.	Trataka	<ul> <li>Be steady and calm the self.</li> <li>Then, gaze at any small mark or light, steadily, for as long as possible.</li> <li>Hold the gaze until the eyes are filled with tears.</li> </ul>	

The remaining Pranayama and Shatkarma are –

- 1. Nauli
- 2. Kapala Bhati
- 3. Gaja Karani
- 4. Manomani
- 5. Kumbhakas
- 6. Surya Bhedana
- 7. Ujjayi
- 8. Sukari
- 9. Sitali
- 10. Bhastrika
- 11. Bhramari
- 12. Murchha
- 13. Plavini

Details of all these Pranayama and Shatkarma can be found on the website: http://www.sacred-texts.com/hin/hyp/hyp04.htm

Bandha & Mudra	Steps	Image
1. Maha Mudra	<ul> <li>With the left heel of the left foot, press the yoni or the perineum.</li> <li>Then, stretch the right foot forward.</li> <li>Press the right toe of the right foot by using the thumb and index finger.</li> <li>Perform Jalandhara Bandha, inhale the air.</li> <li>Allow the air taken through the breath, to go down the body.</li> <li>Then, exhale the breath slowly.</li> </ul>	
2. Maha Bandha	<ul> <li>With the left heel of the left foot, press the perineum.</li> <li>Position the right foot on the left thigh.</li> <li>Inhale by placing the chin against the chest.</li> <li>Hold the air inside and fix the mind on the area between the two eyebrows.</li> <li>Then, exhale slowly, and repeat the process on the opposite side.</li> </ul>	
3. Maha Vedha	<ul> <li>Inhale the air and keep it trapped inside.</li> <li>Calm the mind and keep it steady.</li> <li>Rest both the hands on the ground.</li> <li>Raise the body in a way that the buttocks strike against the ground.</li> </ul>	

Bandha & Mudra	Steps	Image	
Khechari	<ul> <li>Turn the tongue over itself, and press it inside the gullet or oesophagus.</li> <li>Keep the eyesight steady by holding it in the area between the two eyebrows.</li> <li>You should perform this under the advice and supervision of a yoga guru/ practitioner.</li> </ul>	Kechari Mudra	
Uddiyana Bandha	<ul> <li>Press the portion of the belly above and/ or below the navel, backwards towards the spinal cord.</li> </ul>	UDDIYANA BANDHA THE ABDOMINAL LOCK	

The remaining Bandha and Mudra in this chapter are -

- 1. Mula Bandha
- 2. Jalandhara Bandha
- 3. Viparita Karani
- 4. Vajroli
- 5. Sahajoli
- 6. Amaroli
- 7. Sakti chalana

Details of these Bandha and Mudra can be found on the website: http://www.sacred-texts.com/hin/hyp/hyp05.htm

#### Chapter 4 - it deals with Samadhi, among which are -

Samadhi	Steps
1. Sambhavi N	<ul> <li>Nudra</li> <li>Keep the eyesight directed towards external objects.</li> <li>Fix the attention inwardly towards the Brahman.</li> <li>Hold the eyesight steadily, without blinking the eyelids.</li> </ul>
2. Unmani	<ul> <li>Pay attention to the light on the tip of the nose.</li> <li>Fix the gaze on that light.</li> <li>Raise the eyebrows, slightly.</li> <li>Allow the mind to contemplate inwardly on the Brahman.</li> </ul>
3. Taraka	<ul> <li>Keep the mind calm and steady.</li> <li>Keep the eyes in a half closed manner.</li> <li>Fix the eyesight on the tip of the nose.</li> </ul>



Fig. 3.3.1: The state of Samadhi leads to enlightenment



Fig. 3.3.2: A Yogi Performing Sambhavi Mudra

The rest of the postures related to Samadhi are -

- 1. Arambha Avastha
- 2. Parichaya Avastha
- 3. Khechari
- 4. Ghata Avastha

The remaining bodily postures of Samadhi are mentioned in details on the website: http://www.sacred-texts.com/hin/hyp/hyp06.htm

#### 3. Gheranda Samhita

The Gheranda Samhita is a famous Sanskrit text on the practices of the Hatha Yoga, alongside the Hatha Yoga Pradipika and the Shiva Samhita. This text is thought to be composed in the seventeenth century, and the meaning of the title is "Gheranda's Collection". The text of the Gheranda is a yoga manual which is taught to the king Chandakapali by the sage Gheranda. The yoga practices mentioned in the book aims to purify and cleanse the body in order to prepare it for the higher states of spiritual achievement including the state of Samadhi and the knowledge of the soul.

The Gheranda Samhita stresses on the sevenfold limbs of yoga which are -

- Samadhi, to attain isolation it includes various methods and tools to be used in the process
- Dhyana, to attain perception it is dedicated to meditation to attain oneness of the soul
- Pranayama, to attain lightness it includes ten breathing techniques
- Pratyahara, to achieve a calming sensation it includes five techniques of concentration
- Mudra, to steady the being it includes twenty-five gestures or mudras
- Asana, to attain strength it includes thirty-two postures
- Shatkarma, to attain purification of the soul it involves six ways of cleansing

This text on yoga is divided into seven chapters, where each chapter talks about a unique journey in the path of yoga. Among all the yoga practices which are mentioned in this text, only **32** of these are considered to be useful for humans. There are **84 root asanas**, which are mostly done in the seated and meditative postures.

#### 4. Shiva Samhita

The Shiva Samhita is a text on yoga, written in Sanskrit, during the sixteenth or seventeenth century. The meaning of the title is "Shiva's Compendium". It is considered to have been composed in or around the region of Varanasi, the spiritual capital of India. This text is regarded as one of the most ancient complete guides of the Hatha Yoga practices. It is written from the perspective of Lord Shiva and is addressed to goddess Parvati.

There are **84 asanas** or body postures in the whole text, alongside other topics and concepts on yogic philosophy, mudra, tantra or tantric practices, meditation, and the five different types of prana. The book is classified into five chapters, among which the first one is a treatise on the Advaita Vedanta philosophy, under the influence of the Sri Vidya School in south India.

#### **Divisions of the Book**

The Shiva Samhita is divided into five chapters. In a nutshell, the chapters of the Shiva Samhita may be discussed as –

- **The first chapter** It states that there is "one eternal true knowledge "along with different ways of achieving self liberation or 'moksha' and the practice of yoga in this regard.
- **The second chapter** it includes the description of how the external macro the phenomenon is internalised by the human body through equivalents, as the outside world is also contained inside the human body.
- **The third chapter** it states the value and importance of having a guru/teacher, the different physiological theories, elements of the body, the theory of asana, and stages of yoga.
- The fourth chapter- it includes the concept of the awakening of the kundalini or inner energy, the different mudras, and various yoga practices which can result in the attaining of special powers or siddhis.
- **The fifth chapter** it is the longest chapter and contains the description of the different mudras, chakras, one's self liberation, inner strength, energy and sounds.

### 3.3.2 Introduction of Veda

The Vedas are considered the most sacred books as well as the earliest literary record of Indo-Aryan civilisation. The Vedas are the original scriptures of Hindu teachings and contain spiritual knowledge encompassing all aspects of life. Vedic literature is the highest religious authority for all sections of Hindus.

**Origin of Vedas:** The Vedas are the earliest documents created by the human mind. It is difficult to say when was the first time that Vedas were mentioned or how did hey come into existence.

The general assumption is that the Vedic hymns were either taught by God to the sages or that they were revealed by the sages themselves. The Vedas were mainly compiled by Vyasa Krishna Dwaipayana during the time of existence of Lord Krishna, i.e. around 1500 BC.

**Classification of the Veda:** The Vedas are of the following types - Rig-Veda, Sama Veda, Yajur Veda and the Atharva Veda. The Rig Veda is considered one of the main scriptures. The four Vedas are collectively known as "Chathurveda," of which the first three Vedas viz., Rig Veda, Sama Veda and Yajur Veda agree in language, form and content.

**Structure of Vedas:** Each Veda consists of four parts – the Brahmanas (rituals), the Samhitas (hymns), the Aranyakas (theologies) and the Upanishads (philosophies). Samhita is the collection of mantras or hymns. Each Veda has several Brahmanas attached to it, which are religious texts. The "Vedanta" or the Upanishads form the concluding portions of Veda. The Upanishads and the Aranyakas discus the political problems and are the concluding portions of the Brahmanas. The Aryanyakas (forest texts) intend to serve as objects of meditation for ascetics.

#### 3.3.3 Scriptures

**Rig Veda:** The Rig Veda is the main source of knowledge on Rig Vedic Civilisation and consists of inspired songs and hymns. It is the oldest book in any Indo- European language and dates back to 1500 B.C.-1000 B.C. Some scholars date the Rig Veda as early as 12000 BC - 4000 B.C.

The Rig-Vedic 'Samhita' is a collection of 1,017 hymns or 'suktas', covering about 10,600 stanzas. It has been divided into eight 'eight 'adhayayas' or chapters, which are again sub-divided into groups. The 'hymns' have been made famous by the teachings of the Rishi or Munis. The Rig Veda provides a detailed account of the political, social, religious and economic background of the civilisation of that time.

**Sama Veda:** The Sama Veda is a pure literary collection of melodies (saman). The hymns in the Sama Veda used as musical notes were mostly drawn from Rig Veda. Hence, its text is a reduced version of the Rig Veda.

**Yajur Veda:** The Yajur Veda is a liturgical collection made to meet the demands of ceremonial religion. The Yajurveda is served a guidebook for priests who perform sacrificial acts ('yajus'). There is six complete recession of Yajur Veda- Madyandina, Kanva, Taittiriya, Kathaka, Maitrayani and Kapisthala.

**Atharva Veda:** The Atharva Veda is completely different from the other three Vedas and is next in importance to the Rig Veda with regards to sociology and history. The hymns of the Atharva Veda are more diverse in nature than the Rig Veda. Many scholars do not consider the Atharva Veda as part of the Vedas at all. The Atharva Veda portrays a clear picture of the Vedic society.

**Upanishad:** Upanishad refers to mystic teaching and has been derived from upa (near), ni (down) and shad (to sit). The teachings of the Upanishads were transferred by the Gurus to their sisyas within the serene and quiet environment of a Gurukul. Samkara derives the word Upanishad as a substitute from the root sad, 'to loosen', 'to reach' or 'to destroy' with upa and ni as prefixes and Kvip as termination.

Upanishad refers to Brahma Knowledge which destroys ignorance. The treatises that deal with Brahma Knowledge are called the Upanishads. The Upanishads set forth prime Vedic doctrines like yoga, meditation, karma, self-realisation, reincarnation, which were hidden under the symbols of an older mystery religion. The Upanishads are believed to be prevalent even before the times of Lord Krishna and Buddha. Most of the great teachings of the later Hindu and Buddhist Philosophy present in the Upanishads have been derived from Sage Yajnavalkya. He taught the doctrine of "neti-neti". the view that truth can be found only through the negation of all thoughts about it. Some of the other important Upanishadic sages are- Uddalka Aruni, Shwetaketu, Shandilya, Aitareya, Pippalada, Sanat Kumara. Many earlier Vedic teachers like Manu, Brihaspati, Ayasya and Narad, are also found in the Upanishads.

Some of the major Upanishads are as follows:

Īśā (IsUp), White Yajurveda
Kena (KeUp), Samaveda
Kaţha (KaUp), Black Yajurveda
Praşna (PrUp), Atharvaveda
Muņḍaka (MuUp), Atharvaveda
Mandukya (MaUp), Atharvaveda
Taittirīya (TaiUp), Black Yajurveda
Aitareya, (AiUp), Rigveda
Chāndogya (ChhUp), Samaveda
Bṛhadāraṇyaka (BṛUp), White Yajurveda
Shvetashvatara Upanishad
Kaushitaki Upanishad
Maitri Upanishad

### **UNIT 3.4: Anatomy of the Human Body**

# - Unit Objectives 🙆

#### At the end of this unit, you will be able to:

- 1. Identify the different organ systems of the human body
- 2. Recognise the importance of Yogic diet
- 3. Restate the importance of good eating habits

### 3.4.1 Organ Systems of Human Body

Human Body is a very complex machine where all of its components work in tandem. The human body can be divided into the following systems-

- 1. Skeletal System
- 2. Cardiovascular system
- 3. Muscular System
- 4. Digestive System
- 5. Nervous system
- 6. Endocrine System
- 7. Respiratory system
- 8. Immune and Lymphatic System
- 9. Urinary System
- 10. Male Reproductive System
- 11. Female Reproductive system

**Skeletal System:** An adult human skeletal system consists of 206 bones. This skeletal system could be divided into- axial skeleton and appendicular skeleton. The axial skeleton runs along the body's midline. It consists of around 80 bones spread through the Skull, Hyoid, Auditory ossicles, Ribs, Sternum and Vertebral column. The appendicular skeleton is made up of 126 bones which are spread through the Upper limbs, Lower limbs, Pelvic girdle and Pectoral (shoulder) girdle



Fig. 3.4.1: Skeletal System

**Skull:** The skull is composed of 22 bones which are fused together except in the mandible region. These 21 bones are separate in children, which allow the brain to grow. However, they are fused in adults to give added protection. The mandible forms the only movable joint in the skull with the temporal bone. The bones at the superior portion of the skull form the cranium, which protects the brain from damage. The bones of the inferior and anterior portion of the skull are known as facial bones and support the eyes, nose, and mouth.



Fig. 3.4.2: Skull

**Hyoid and Auditory Ossicles:** The hyoid is a small, U-shaped bone found inferior to the mandible. The hyoid does not form a joint with any other bone and hence called a floating bone. The hyoid's function is to hold the trachea open and to form a bony connection for the tongue muscles. The malleus, incus and stapes are the smallest bones in the body and are collectively known as the auditory onadhi sicles. They are found in a small cavity inside the temporal bone and transmit and amplify sound from the eardrum to the inner ear.



Fig: 3.4.3 Hyoid and Auditory Ossicles

**Vertebrae:** Twenty-six vertebrae form the vertebral column of the human body. They are named by region:

Cervical (neck)- 7 vertebrae Thoracic (chest)- 12 vertebrae Lumbar ( lower back)- 5 vertebrae

Sacrum- 1 vertebra

Coccyx (tailbone) -1 vertebra

With the exception of Sacrum and coccyx, each vertebra is named by the first letter of its region and its position along the superior-inferior axis. For Example, the most superior thoracic vertebrae are called T1, and the most inferior is called T12.



Fig. 3.4.4: Vertebrae

**Ribs and Sternum:** The sternum, or breastbone, is a thin, knife-shaped bone located along the midline of the anterior side of the thoracic region of the skeleton. The sternum connects to the ribs by thin bands of cartilage called the costal cartilage. There are 12 pairs of ribs that together with the sternum form the ribcage. The first seven ribs are known as "true ribs" because they directly connect the thoracic vertebrae to the sternum through costal cartilage. Ribs 8, 9 and 10 all connect to the sternum through the cartilage that is connected to the cartilage of the seventh rib, so they are considered to be "false ribs". Ribs 11 and 12 are also false ribs but are considered to be floating ribs, as they do not have any cartilage attachment to the sternum.



Fig. 3.4.5: Ribs and Sternum

**Pectoral Girdle and Upper Limb:** The pectoral girdle connects the bones of the upper limb (arm) to the axial skeleton and consists of the left and right clavicles and left and right scapulae. The humerus is the bone of the upper arm. It forms the ball and socket joint of the shoulder with the scapula and forms the elbow joint with the lower arm bones. The radius and ulna are the two bones of the forearm. The ulna is on the medial side of the forearm and forms a hinge joint with the humerus at the elbow. The radius allows the forearm and hand to turn over at the wrist joint. The lower arm bones and the carpels (a group of eight small bones) form the wrist joint that gives added flexibility to the wrist. The carpals are further connected with five metacarpals, which form the bones of the hand. Each finger has three bones known as phalanges. However, the thumb has only two phalanges.

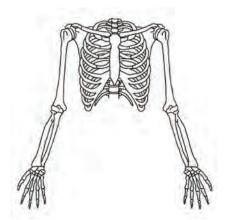


Fig. 3.4.6: Pectoral Girdle and upper limb

**Pelvic Girdle and Lower Limb:** The Pelvic Girdle formed by the left and right hip bones connects the lower limb (leg) bones to the axial skeleton. The femur is the largest bone in the body and the only bone of the thigh (femoral) region. The femur forms the ball and socket hip joint with the hip bone and forms the knee joint with the tibia and patella. Patella is one of the few bones which is not present at birth and is commonly called the **knee cap.** The patella forms in early childhood to support the Knee for walking and crawling.

The lower leg consists of two main bones which are the Tibia and Fibula. The tibia is much larger than the fibula and bears all of the body's weight. The muscles are attached to the fibulae and help in maintaining balance. The tibia and fibula along with the talus forms the ankle joint.

The tarsals are a group of seven small bones that form the posterior end of the heel and foot. The

Tarsals form joints with the five long metatarsals of the foot. Then each of the metatarsals forms a joint with each set of phalanges in the toes. Each toe has three phalanges, excepting the big toe, which only has two phalanges.



Fig. 3.4.7: Pelvic Girdle and lower limb

**Cardiovascular System:** The cardiovascular system consists of the heart and blood vessels. The Cardiovascular system is responsible for transporting nutrients, oxygen, hormones, and cellular waste products throughout the body. The cardiovascular system consists of the heart along with arteries and veins. The heart is the size of the fist and pumps over 5 litres of blood every minute.



Fig. 3.4.8: Cardiovascular System

**The Heart:** The Heart is a muscular structure located medial to the lungs within the thoracic cavity. The bottom tip of the heart, known as the apex, is turned to the left so that about 2/3 of the heart is left aligned with the other 1/3 aligned to the right. The base of the heart connects to the great blood vessels of the body such as the aorta, vena cava, pulmonary trunk and pulmonary veins.

There are two primary circulatory loops in the body the pulmonary circulation loop and the systemic circulation loop. The pulmonary circulation transports deoxygenated blood from the right side of the heart to the lungs. The right atrium and right ventricle are the pumping chambers of the heart that support the pulmonary circulation. Systemic Circulation carries oxygenated blood from the left side of the heart to all tissues and organs. The Systemic circulation returns de-oxygenated blood to the right side of the heart. The left atrium and left ventricle form the pumping chambers for the systemic circulation loop.

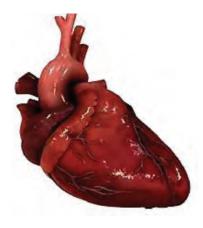


Fig. 3.4.9: The Heart

**Blood Vessels:** The blood vessels can be divided into –arteries, veins and capillaries. The size of blood vessels corresponds to the amount of blood that passes through the vessel. The blood vessels contain a hollow lumen through which the blood is able to flow. The walls of the capillaries are thin whereas the wall of the arteries is thick, as they have to pump the blood for longer distances.

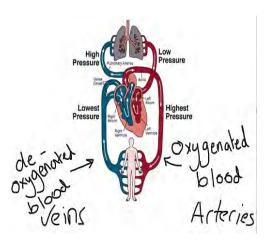


Fig. 3.4.10 : The Exchange of oxygenated and deoxygenated blood through the heart and lungs

**Muscular System:** The muscular system is responsible for the movement of the human body. There are 700 muscles attached to the bones of the skeletal system and makeup roughly half of a person's body weight. The muscle tissues are of three different types based on their position and functions.

- 1. Cardiac muscles— The cardiac muscles are also known as heart muscles or myocardium. The Cardiac muscles are the involuntary striated muscle that constitutes the main tissues of the walls of the heart. Cardiac muscles are autorhythmic and are intrinsically controlled. The Cardiac muscles tend to have light and dark stripes when viewed under the microscope. The arrangement of protein fibres inside of the cells causes these light and dark bands. Striations indicate that a muscle cell is very strong, unlike visceral muscles. The cells of cardiac muscle are branched X or Y-shaped cells tightly connected together by special junctions called intercalated disks. Intercalated disks are made up of finger-like projections from neighbouring cells that interlock to provide a communication channel between the cells. The intercalated disks and branched structure allow muscle cells to resist high blood pressures.
- 2. Smooth muscles— The smooth muscles line some of the hollow internal organs such as stomach, intestine and bladder. The smooth muscles are an involuntary group of muscles and are also known as visceral muscles. The smooth muscles have a smooth uniform appearance when viewed under the microscope.
- **3.** Skeletal muscles— The skeletal muscles are striated muscle tissues which are under the voluntary control of the somatic nervous system. The skeletal muscles are attached to bones across a joint.

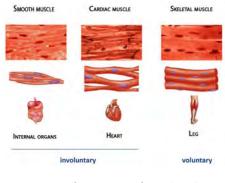


Fig. 3.4.11: Different types of muscle cells

**Digestive System and accessory organs:** The digestive system helps in the breakdown of complex organic matter into simple products. It consists of a group of organs working together, which convert food into basic nutrients and energy needed for the body. The food passes through a long tube inside the body known as the alimentary canal or the gastrointestinal tract (GI). The alimentary canal is made up of pharynx, oesophagus, stomach, small intestines and large intestine.

**Pharynx:** The pharynx, or throat, is a funnel-shaped tube connected to the posterior end of the mouth. The pharynx is responsible for passing the chewed food from the mouth to the oesophagus. The Pharynx contains a flap of tissue known as the epiglottis, which directs the food to the oesophagus.

**Oesophagus:** The Oesophagus is a muscular tube connecting the pharynx to the stomach. The Oesophagus carries masses of food along its length. At the inferior end of the oesophagus is a muscular ring called the lower oesophageal sphincter or cardiac sphincter. The role of the sphincter is to close off the end of the Oesophagus and prevent the bail flow of the food from the stomach to the oesophagus.

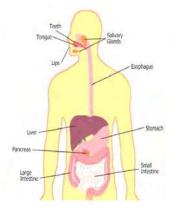
**Stomach:** The Stomach is a muscular bag located on the left side of the abdominal cavity. The stomach is positioned inferior to the diaphragm. The stomach acts as a storage tank for food and is about the size of two fist places next to each other. The Stomach contains Hydrochloric acid (HCL) and digestive enzymes which aid in the digestion of food.

**Small intestine:** The Small Intestine in a long thin tube, which is about 1 inch in diameter and 10 feet in length. It is located inferior to the stomach and takes up most of the space of the abdominal cavity. The entire small intestine is coiled like a hose, and the inside surface is full of ridges and folds. The fold increases the surface area for the digestion and absorption of food.

**Large Intestine:** The large intestine is a long, thick tube about 2 ½ inches in diameter and about 5 feet long. It is located just inferior to the stomach and wraps around the superior and lateral border of the small intestine. The large intestine absorbs water and contains many symbiotic bacteria that aid in the breaking down of wastes to extract some small amounts of nutrients. The faeces in the large intestine exit the body through the anal canal.

**Liver and Gall bladder:** The Liver is an accessory organ of the digestive system, located at the right side of the stomach, inferior to the diaphragm and superior to the small intestine. It is the second largest organ of the human body and weighs about 3 pounds. One of the main functions of the liver is the production of bile and its secretion into the small intestine. The gall bladder is a small pear-shaped organ located just posterior to the liver. The gall bladder is used to store and recycle excess bile from the small intestine so that it can be used for the digestion of food.

**Pancreas:** The pancreas is a large gland located just inferior and posterior to the stomach. The pancreas is about 6 inches long and shaped like a short, lumpy snake with its "head" connected to the duodenum and its "tail" pointing to the left wall of the abdominal cavity. The pancreas secretes digestive enzymes into the small intestine to complete the chemical digestion.



*Fig. 3.4.12: The various components of the digestive system* 

Endocrine System: The components of the Endocrine system are as follows-

- 1. Pituitary gland
- 2. Pineal gland
- 3. Pancreas
- 4. Ovaries
- 5. Testes
- 6. Thyroid and
- 7. Parathyroid glands

Functions of the system:

- The endocrine system is mediated by hormones which are synthesised by endocrine glands and directly poured into the bloodstream
- The pituitary or Master Gland is situated in the brain and controls the activities of all other endocrine organs.
- The Pineal gland produces melatonin which regulates sleep patterns.
- The pancreases produce enzymes which are responsible for maintaining the blood sugar level.
- The thyroid and parathyroid gland produce thyroxine and para thyroxine which regulates the basic metabolic activities of the body.
- The Adrenal gland produces the flight hormone known as adrenaline which prepares the body for emergencies.
- The testes produce the male hormone known as Testosterone, and the ovaries produce the female hormones known as oestrogen and progesterone.

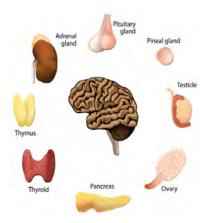


Fig. 3.4.13: Components of the endocrine system

Nervous system: The components of the nervous system are as follows-

- 1. Brain
- 2. Spinal Cord
- 3. Neurons

Functions of the nervous system:

• The nervous system comprises a network of cells and fibres which carry nerve impulses between various parts of the body.

• The sensory nerves carry impulses from different body parts to the brain, and the motor neurons conduct impulses from the brain or spinal cord to muscles or gland.



Fig. 3.4.14: Conduction of nerve impulses via sensory and motor neurons

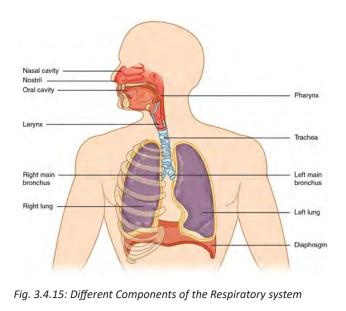
#### **Respiratory system:**

The components of the Respiratory system are as follows-

- 1. Nose
- 2. Larynx
- 3. Lungs
- 4. Alveoli/air sacs
- 5. Blood vessels

The functions of the respiratory system are as follows:

- The air breathed in through the nose is passed onto the lungs through the larynx or voice box.
- The deoxygenated air (air rich in carbon dioxide) is exchanged with oxygen-rich blood pumped through the heart at the site of alveoli



#### **Excretory System:**

The components of the excretory system are as follows-

- 1. Kidney
- 2. Urinary System
- 3. Ureters
- 4. Rectum
- 5. Anus

Functions of the Excretory System

- 1. The kidney filters and purifies the blood.
- 2. The kidney helps in the formation of urine by filtration of the blood.
- 3. The urine is passed to the urinary bladder through the ureters which are passed out of the body through the urethra.
- 4. The stool formed is passed out of the body through the rectum.

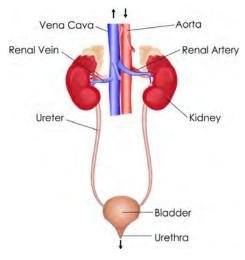


Fig. 3.4.16: Components of the human excretory system

#### **Reproductive System:**

The Reproductive system can be divided into –Male reproductive system and the female reproductive system.

#### Male Reproductive System

- The main function of the male reproductive system is the production of sperms
- The testis produces Testosterone which is the male sex hormone
- The testis produces sperms which are released by the penis during ejaculation

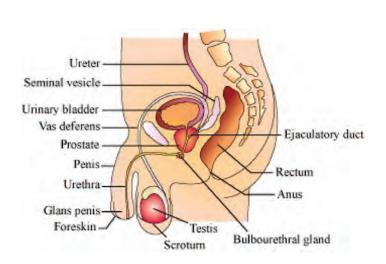


Fig. 3.4.17: Male Reproductive System

### Female Reproductive System

- The female reproductive system consists of the ovaries, fallopian tubes, uterus and mammary glands.
- The eggs or 'ova' are produced by the ovaries which are carries to the uterus by the fallopian tube
- The foetus or baby develops inside the uterus



Fig. 3.4.18: Female Reproductive System

### The immune and lymphatic system:

The components of the Immune and Lymphatic system are as follows-

- 1. Thymus
- 2. Bone Marrow
- 3. WBCs
- 4. Lymphocytes and macrophages

Functions of the immune and lymphatic system:

- The immune system safeguards the body against diseases caused by viruses and foreign pathogens though phagocytic (pathogen engulfing) activity depicted by white blood cells, lymphocytes and macrophages.
- The lymphocytes and macrophages produced in the bone marrow offer protection against foreign pathogens.
- The thymus is the major organ of the immune system producing T- lymphocytes.

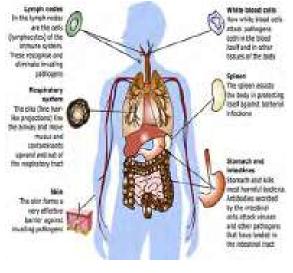


Fig. 3.4.19: Different components of the immune system

# **3.4.2 Introduction of Yoga Diet**

Yogic diet refers to tapping out energy from all objects based on three gunas – Rajas, Tamas and Sattvas.

Rajas refer to negative energy which is expressed in the form of anger of agitation

Tamas refers to inertia, in the lack of which an individual becomes lethargic

Sattvas refers to lightness, peacefulness and harmony

Yoga believes that three basic forms of energy can be seen in all aspects of life including our bodies, our thoughts, our feelings, and our food. Some foods, such as meat, spicy foods, and caffeine, are believed to possess Rajas form of energy. Others, such as fatty, fermented, and overcooked foods, are seen to possess tamas form of energy, whereas raw fruits or lightly-cooked vegetables are believed to comprise of Sattvas form of energy. A Yogi should mainly consume Sattvic food to be in good health.

A Yogic diet comprises the following:

Different types of Yogic diet		
Sattvic foods	Raw fruits, vegetables, raw milk, legumes, whole grains, lightly cooked food	

Different types of Yogic diet		
Rajasic foods	Meat, spices, stimulants such as tea, coffee, etc.	
Tamasic foods	Fermented foods, fried foods, onions, fish, eggs, alcohol, frozen foods, fatty foods	

# 3.4.3 Importance of Good Eating Habits

A healthy brain resides in a healthy body, and a healthy body is dependent on the kind of diet we eat. Hence, it is important to eat healthy as it also helps us in combating many physical problems or health issues by developing a strong immunity. A poor diet has been associated with major health risks such as type 2 diabetes, hypertension, cholesterol, heart disease, etc. Some of the benefits of eating healthy have been discussed below:

- Eating healthy can help us control weight. For instance, skipping a healthy breakfast in the morning can often make an individual fall short of energy. This can make an individual opt for fast food just before lunch, ultimately gaining weight. Additionally, skipping meals can increase blood sugar level which increases fat storage in the body. Hence, it is very important to eat the right food in the right amount at the right time.
- Eating a healthy diet can effectively balance the blood serotonin level which keeps an individual happy and relaxed.
- A proper diet aids in developing immunity which helps to combat diseases
- Eating a balanced diet helps the body in scavenging optimal amount of energy which help is to keep moving

## **Fasting and Yoga**

Yogis believe that fasting can have a profound effect on the mind and body. It is believed to a cleansing practice as it helps individual gain control over their materialistic needs. Yogis have stressed upon the concept of *Relative fast*, that is choosing a form of eating that is simple yet comfortable. For instance, eating just fruits and vegetables for a day and avoiding eating any other kind of spicy food. It is also believed to act as a good detox mechanism. The point is to gain control over our hunger and other materialistic needs and become absorbed in more meaningful activities. For example, we can totally let go of social media for a day or two in our lives and focus on more meaningful activities. Spiritual fasting means taking a break to invest in energy which is more important to us.

# **UNIT 3.5: Shanti Prayer and Basic Yoga Rules**

# - Unit Objectives 🛯 🙆

#### At the end of this unit, you will be able to:

- 1. Practise yogic Shanti prayer at the beginning of a session
- 2. Identify the Dos and Don'ts of Yoga practice
- 3. Apply the basic rules of Yoga practice

# 3.5.1 Yogic Shanti Prayer

There are some prayers which one can offer while practising Yoga. Some of these have been discussed below:

- OM saha navavatu saha nau bhunaktu saha viryam karavavahai tejasvi navadhitam astu ma vidvishavahai Om Shanti, Shanti, Shanti
- May we be protected together. May we be nourished together. May we create strength among one another. May our study be filled with brilliance and light. May there be no hostility between us. Om peace, peace, peace.
- Om bhur bhuvah svaha Tat savitur varenyam Bargo devasya dhimahi Dhiyo yona prachodayat

I reflect on the unity of Divine Spirit, which pervades everything in the earth, the atmosphere, and heavens.

May this Supreme Consciousness protect me and illuminate my intellect that I may realize my inherent Oneness with That.

I meditate on the great luminous light that enlightens all three worlds.

May it enlighten all.

# 3.5.2 Dos and Don'ts of Yoga Practice

The Do's and Don'ts of yoga practice have been discussed below as:

#### Do's:

- 1. "Early to bed and early to rise makes a man healthy, wealthy and wise" is a universally accepted proverb. A Yoga practitioner should follow a routine lifestyle, get up early in the morning and perform the exercises in fasting mode. Yoga can be practised one hour after a liquid diet, 3 hours after refreshments or 5 hours after full meals.
- 2. After practising yoga, one should rest for a while before taking a bath
- 3. Yoga should be performed on a levelled floor
- 4. The doors and windows of the yoga room should be kept open for light and air to enter
- 5. One should not practice yoga on a cement and mortar floor
- 6. Start yoga practice by facing east or north in the morning, west or south in the evening
- 7. One should practice yoga in a calm manner
- 8. One should try to perform yoga asana regularly
- 9. One should be mindful while performing yoga and keep away other thoughts at bay
- 10. Practising the yoga asana messages the urinary bladder and helps in passing the urine
- 11. If one sweats while practising yoga, they can use a neat piece of cloth for cleaning the sweat
- 12. Pranayama should follow the asanas and meditation should be done after Pranayama
- 13. Lay on your back after performing asanas. Practice relaxed breathing for 2-5 minutes
- 14. Sudden movements while the transition from one position of an asana to the other should be avoided

### Dont's:

- 1. Practising yoga during periods
- 2. Practising yoga with full tummy or right after meals
- 3. Drink water immediately after performing yoga
- 4. Practising yoga with fractures or sprains
- 5. Practising strenuous exercises immediately after performing yoga
- 6. Practising yoga in an unclean place
- 7. Practising yoga in a smoky room
- 8. Practising yoga in areas with a foul smell
- 9. Practising asana without expert supervision in pregnancy
- 10. Think about your life problems while performing yoga

# 3.5.3 Basic Rules for Yoga Students

Yoga is not just working out but also a spiritual and meditative practice. Hence, typical gym rules do not apply in a yoga studio. Some of the basic rules which should be followed by a yoga student during a yoga practice session are as follows:

- 1. The students should arrive at the class on time, as arriving late can disturb the entire class
- 2. The students should come to the class in neatly done uniforms. They may wear light deodorants and should appear clean
- 3. Yoga asana should be performed in a peaceful environment devoid of any distraction

- 4. Keep your cell phones in silent while attending a yoga class
- 5. The students should wear decent and fully covered clothes while performing yoga
- 6. The yoga asana is performed sitting on the wooden concrete floor. Therefore, the students should come inside the class only after they have removed their shoes.
- 7. Avoid using strong deodorants or cologne
- 8. Enter the class and settle down quietly
- 9. Leave your children at home while coming to the yoga class
- 10. At times your teachers may be harsh on you as you find difficulty in executing each asana to the perfection. However, you need to understand that it is for your own long term betterment.
- 11. Observe silence during Yoga Nidra and Savasana
- 12. Keep your work stations clean
- 13. Always fold your mat and keep it in its place before leaving for the day
- 14. Yoga can be performed by people of all age groups.
- 15. Early morning hours are the best time for yoga practice.
- 16. Yoga can be practised in cool and properly ventilated rooms. It can also be practised outdoors amidst trees and flowers.
- 17. One should wear loose and light comfortable clothes during yoga practice.
- 18. Spongy and air-filled mats should be avoided as they bad for the spine in the long run.
- 19. It is advisable to fill only half of the stomach with food, one quarter with water and keep the remaining quarter empty.
- 20. The yoga asana should be performed with an empty bladder or intestine.
- 21. The yoga asana should be best performed on an empty stomach as a filled up stomach may make performing the asana difficult.
- 22. Mouth breathing should be avoided in yoga, and the breathing should be deep and only performed through the nose.
- 23. Yoga practices boost up or encourage mindfulness within an individual.
- 24. One should have a relaxed posture while performing the asana.
- 25. It is essential to perform any Yoga programme on both sides of the body to maintain a balanced state of the body.
- 26. One should stop performing asana in case they feel a certain kind of pain in the body.
- 27. One should refrain from performing any inverted poses during menstruation or pregnancy.

# UNIT 3.6: Kriya

# - Unit Objectives

At the end of this unit, you will be able to:

1. Demonstrate different types of Kriya

# 3.6.1 Different Types of Kriya -

Kriyas are cleansing practices performed daily. For instance, bathing, washing face, brushing teeth are all examples of daily kriyas. *Yoga kriyas* refer to special yoga technique developed by yogis, which are meant to cleanse the internal organs. Few specific forms of Kriya have been listed below:

- 1. Tratka for eyesight
- 2. Neti for the upper nasal track (from throat to nostrils)

Ø

- 3. Kapalbhati for the lower respiratory track (from nostril to lungs)
- 4. Dhouti for upper gastro intestinal tract (GIT)
- 5. Nauli for abdominal viscera (Agnisara is the preparatory phase for nauli)
- 6. Basti for lower gastrointestinal (GIT) especially the rectum.
- 1. **Kapalbhati:** Kapalbhati is an important Shatkarma in Yoga, which helps in purifying the internal body systems. It is a powerful breathing exercise which not only helps in losing weight but also brings the entire body system in a state of balance.

The steps for performing Kapalbhati are as follows:

- Sit in any meditative posture.
- Keep your head, neck, and spine straight .
- Close your eyes and collapse the shoulder.
- Breathe normally.
- Relax the whole body.
- Practice rapid breathing with passive inhalation and forceful exhalation.
- Exhale the air out by vigorous flapping movements of the abdomen in quick succession.
- Inhale passively by relaxing the abdominal muscles at the end of exhalation.
- Repeat the exhalation at the rate of 60 strokes in 1 minute.

#### **Benefits of Kapalbhati:**

- Stimulates the brain cells.
- Improves blood circulation.
- Its balances and strengthen the nervous system.
- It aids digestion and removes gas and acidity
- Regular practices of Kapal Bhati is also beneficial for belly fats loss
- It activates the body and removes lethargy.
- It is an effective cure for asthma.

### Limitations of Kapalbhati:

An individual suffering from any one or combination of the following conditions should refrain from the Practice of Kapalbhati:

- High blood pressure
- Ischemic heart disease
- Vertigo
- Epilepsy
- Hernia
- Gastric ulcer
- Slip disc
- Spondylitis
- women during menses
- Pregnancy



Fig. 3.6.1: A man performing Kapalbhati

#### 2. Vyutkarma Kapalbhati

Vyutkarma Kapalbhati is one of the variations of Kapalbhati. It is also known as the skull shining breathing technique. In vyutkarma Kapalbhati water is sucked through the nose and expelled through the mouth. The different steps of performing the Vyutkarma Kapalbhati are as follows:

- Add a tablespoon of salt to a bowl of lukewarm water. The warm water cleanses the mucous lining of the nasal cavity.
- It is performed in a standing position
- Cup your palms and collect water in it. Take the palms close to your nostrils.
- Tilt the head at an angle and pour water into the nostrils. A vessel or even a glass can be used to pour water inside the nostrils.
- With practice, the water will flow down the throat and is expelled through the mouth
- Repeat the process a few times to get the cleaning effect

#### Benefits of vyutkarma Kapalbhati:

The different health benefits of Vyutkarma Kapalbhati are as follows:

- It cleanses the mucus from the nasal cavity and throat.
- As per Gheranda Samhita, the practice of Vyutkarma Kapalbhati removes Kapha Dosha and gives good health and vigour to the body.
- Practising the asana activates the energy centres in the brain. It activates the Bindu Chakra at the back of the head

VYUTKRAMA KAPALBHATI SINUS CLEANING KRIYA



Fig. 3.6.2: Vyutkarma Kapalbhati helps in curing sinus (Source: www.yogicwayoflife.com)

- **3.** Anunasika Breathing: It is a preparatory kriya for Pranayama. In Anunasika Breathing cleansing is done by deep inhalation and exhalation. The different steps of performing Anunasika Breathing are as follows:
  - Exhale completely
  - Inhale through both the nostrils
  - Hold the breath for few seconds
  - Blast out the air through both nostrils in short bursts till the lungs are completely empty
  - Close the right nostril using the thumb of the right hand
  - Inhale and blast out the air through the left nostril
  - In the next step, close the left nostril using the ring and little fingers of the right hand in Anunasika Mudra
  - Repeat the process several times using alternate nostrils
  - This type of breathing practice clears the respiratory passage

#### Health benefits of Anunasika Breathing:

- Controls high blood pressure
- Cures migraine problems and headache
- Reduces the risk of coronary stroke
- Reduces stress and anxiety within an individual

- **4.** Jal Neti: Jal Neti is a nasal hygiene technique, which uses water to purify and clean the nasal path. It is one of the six purification procedures or 'Shatkarmas' mentioned in the Hatha Yoga Pradipika. The steps of performing Jal Neti are as follows:
  - Take a mug of lukewarm water.
  - Add 1-2 teaspoon of salt to the neti pot.
  - Hold the neti pot in the right hand.
  - Inserts the nozzle of the neti pot into right nostril.
  - Keep the mouth open and breathe through the mouth.
  - Slightly tilt your head to the left , let the water from the nett flow through the right nostril and come out through the left nostril.
  - Continue the process until the pot is empty.
  - Repeat the same procedure this time from the left nostril.

#### Benefits:

The different benefits of performing Jal Neti are as follows:

- It helps to clear nasal passage.
- Cures the problem of cough and cold
- Controls Hypersensitivity
- Useful in curing Headaches
- Useful in curing Sinusitis

# Limitations:

The activity cannot be performed under the following conditions:

- Ear infection
- Nasal septum operation.
- Eye operation



Fig. 3.6.3: Jal Neti cleans the nasal pathway

- 5. Sutra Neti: Sutra Neti is a Hatha Yoga technique which is used to clean the nasal cavity. It is one of the six purification methods as mentioned in Hatha Yoga Pradipika. The different steps of performing Sutra Neti are as follows:
  - Insert the end of a soft and thin rubber catheter into the nostril horizontally
  - Lift your head slightly back
  - Insert the index finger and the middle finger of the right hand inside your mouth and catch the catheter at the back of the throat
  - Take out the last part of catherer through the mouth and give a gentle message to the whole passage
  - Remove the catherer from the nose slowly

## **Benefits:**

The different benefits of Sutra Neti are as follows:

- It clears the nose and pharynx
- Performing the activity increases will power
- Controls nasal allergy

### Limitations:

This particular activity cannot be performed under the following conditions:

- Back pain
- High blood pressure
- Cardiac problem
- Pregnancy
- Menses



Fig. 3.6.4: Sutra Neti helps in clearing the nasal passage

- **6.** Vaman Dhouti: Vaman Dhaauti or Kunjal Kriya is the process of purification of the upper digestive tract. The different steps of performing the Vaman Dhouti are as follows:
  - Boil 1 litre of drinking water and let it cool down to lukewarm temperature
  - Add equal proportions of salt and sodium bicarbonate and stir well
  - Stand or sit comfortably
  - Keep drinking the mixture till you feel the stomach is full and can take no more
  - Exhale completely and draw the belly in , that is towards the spine
  - After 5-10 second relax the abdomen
  - Inhale and let the stomach get inflated like a balloon

- Apply slight pressure with your palms on the pit of the stomach and vomit the water out
- If you are unable to vomit insert the forefinger and touch the palate
- Rest for a few seconds and repeat the step above
- Keep doing it till the water comes out
- Do not strain yourself at any point in time.

#### **Recommended practice:**

- Practise daily for two weeks early in the morning then on alternate days for one month
- After that follow up the practice with once a fortnight or a month as required
- Rest well after the practice
- Have light sattvic diet for the rest of the day

#### Limitations:

The Vaman dhauti should not be practised by people with high B.P., Stomach ulcers, colitis, acidity and other heart ailments.

### Benefits:

- The benefits of Vaman Dhauti are as follows:
- It has a favourable effect on the functioning of the kidneys, liver and intestines.
- The Kriya helps to reduce excess phlegm, gastric and bile juices
- Vaman Dhauti offers relief in case of gas , flatulence, constipation , obesity ,etc
- It detoxifies the digestive system and organs
- **7. Shankaprakshalana:** In Shankaprakshalana the yogi drinks two glasses of warm salty water while in a sitting or squatting position. In this particular yoga kriya, five asanas are practised. Each of the asanas is practised eight times.
  - Tadasana (mountain pose)



Fig. 3.6.3: Mountain pose (Tadasana)

Tiryaka tadasana (swaying palm tree pose)



Fig. 3.6.4: Swaying Palm Tree Pose

• Kati chakrasana (standing spinal twist)



Fig. 3.6.5: A woman performing Standing Spinal Twist

• Tiryaka bhujangasana (twisting cobra pose)



Fig. 3.6.6: A yogi performing Twisting Cobra Pose

• Udarakarshasana (abdominal twist pose)



Fig. 3.6.7: A Yogi performing abdominal twist pose

The cycle repeats drinking water and performing the asana until the bowel movement becomes clear. Following this, the yogi should rest in Shavasana for 105 minutes. A meal of rice and mung daal with ghee can be eaten.

The stomach is one of the largest endocrine organs in the body producing as many as 30 different hormones. Some of these hormones play a very important role such as delayed gastric emptying (GLP-1), inhibits gastric emptying (Glicentin), inhibits intestinal motility, stimulates mucous production (PYY), stimulates colonic peristalsis, etc. Therefore, any kind of gastrointestinal disorder may result in diarrhoea or constipation, unpleasant taste in the mouth, gas building, flatulence, belching, etc. The health benefits of performing kriya are as follows:

- It is a natural way of removing toxins and rejuvenating the intestine
- Reduces problems related to the digestive system such as indigestion, constipation, gas, bloating and acidity
- Helps burn extra calories
- Practising the asana can make one feel energetic and also boosts confidence
- 8. Nauli: The *Nauli Kriya* is a powerful Hatha Yoga technique, which messages all organs in the abdomen. The different steps of performing the Nauli are as follows:
- Stand upright with your legs slightly apart
- Inhale deeply through the nose
- Exhale through the mouth
- Bend the knees slightly
- Place both hands on the thighs
- Draw the muscles along the sides of the abdomen
- Contract the muscles that run parallel to each other in the centre of the abdomen. This creates a strong suction effect within the whole abdominal cavity.
- Repeat the process 5-6 times

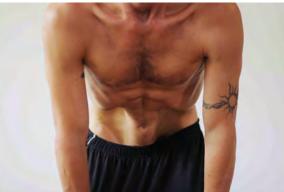


Fig. 3.6.8: A Yogi practising Nauli Kriya

The different health benefits of performing the Nauli Kriya are as follows:

- Strengthens the abdominal muscles
- Massages the internal organs
- Regulates blood pressure
- It is helpful for curing heartburn and skin diseases

Nauli Kriya should not be performed under the following conditions:

- Pregnancy
- Empty stomach
- In case of having kidney gallstones
- **9. Pranayama**: **Pranayama** is the conscious awareness of one's breathing. The controlled breathing helps in relaxing the mind during meditation. Pranayama is the fourth aspect of Astanga Yoga practice. Pranayama consists of the following stages:
  - a. Puraka (inhalation)
  - b. Abhyantarakumbhaka (The state of mindful pause after inhalation)

- c. Rechaka (Exhalation)
- d. BahyaKumbhaka (the mindful pause after exhalation)

**Importance of pranayama:** Day to day stress, physical habits and tensions restrict the flow of energy in our bodies. It can affect our breathing patterns making our breaths more restricted and shallow. Therefore, breathing consciously can relax our minds as well as maintain the right energy flow within the body.

#### **Benefits of Pranayama**

Some of the benefits of performing Pranayama on a regular basis are as follows:

- It strengthens the respiratory organs
- It stimulates the parasympathetic system which controls our emotional response
- The slow and calm breathing patterns can help relax the mind and focus in the present moment

#### **Different types of Pranayama:**

**A. Bhastrika Pranayama: Bhastrika** is an important breathing exercise performed in Yoga. It is treated as a cleaning exercise and helps clear the mind of worries and stress. It should be performed at the beginning of Pranayama practice and must be followed by Kapalbhati. It helps in relieving the symptoms of depression and anxiety.

#### Steps to perform a Bhastrika Pranayama:

- Sit in any meditative pose
- Take a deep breath
- keep the mind and body calm
- Keep your body , neck and head straight
- Quickly inhale and exhale ten times

#### **Benefits:**

- Relives inflammation of the throat
- Reduce gastric problems
- Good for curing asthma
- Purifies nadis
- Good for muscular dystrophy ailment
- Reduces fat from the body
- Good for the treatment of cold and cough

#### **Precautions:**

- Since the Bhastrika Pranayama stimulates the nervous system, the process should not be performed at night
- People with hypertension and heart issues should not perform the Bhastrika Pranayam
- Pregnant women should refrain themselves from performing the Bhastrika Pranayam



Fig. 3.6.9: Different steps of Bhastrika Pranayama

B. Sectional Breathing (Vibhagiya Pranayama): Vibhagha Pranayama is known as lobular or sectional breathing. It is the ABC of Pranayama and acts as good breathing control. The control is excised over the three major portions of the lungs which is the Adhama (inferior or lower abdominal area), Madhyama (Mid or Intercostal area) and dhyana (Superior or Clavicular area).

*Adham Pranayama* is performed to control the breathing lower lobe of the lungs. The steps to perform an Adham Pranayama have been detailed below:

- Place the palms on the chest in the region of the diaphragm
- Breathe deeply by first using the front section of the lower lungs
- Breathe following the side section of the lungs
- Follow this by using the back section
- Breathe out following the back section first, then the side section and finally the front section of the lower lung area
- Repeat the activity at least 9 times
- Move your hands from front to side to back as it helps you to focus your mind on those areas

*Madhyam Pranayama* is performed to control the breathing in the middle portion of the lungs. The steps to perform a Madhyam Pranayama have been discussed below as:

- Place your hands on the chest over the breast region
- Breathe using the middle lobe of the lungs
- First, breathe using the front of the mid lung area
- Follow the breathing using the side and back section
- Breathe out first using the back, then the side and finally using the front section of the middle portion of the lungs
- Repeat this 9 times
- While performing the exercise move the hands from the front to the back to the side

*Adhyam Pranayama* is performed to control the breathing of the superior lobes of the lungs. The different steps for performing anAdhyam Pranayama are as follows:

- Place the hands on the upper chest, just below the collar bones that is the Clavicle.
- Breathe deeply so that the breathing inflates the upper lobes situated under the armpit
- Place the palms of the hands on the upper back lung area
- Breathe deeply so that the force of the breath raises the hands
- Repeat the activity for at least 9 times.

#### **Benefits:**

The different health benefits of performing a Vibhaga Pranayama are as follows:

- The deep breathing exercises help in improving the capacity of lungs
- Performing the exercise improves blood circulation to different parts of the lungs
- The deep breathing exercises produce a calming effect on the brain and nerves
- Deep breathing exercises help in the treatment of hypertension
- **C.** Surya anulomaviloma: The main characteristic of this type of pranayama is that an individual breathes through alternate nostrils. The steps to performing an *AnulomViloma Pranayama* are as follows:
  - Sit in any meditative pose
  - Close your eyes and keep your spine and head aligned in a straight line
  - Relax your body by taking few deep breaths
  - Position your right hands in Nasika Mudra
  - Close the left nostril with the little and right fingers of nasika mudra
  - Inhale and exhale using the right nostril only (suryanadi)
  - Keep the left nostril closed during the entire practice



Fig. 3.6.10: Performing Pranayama using Nasika Mudra (Source: Researchgate)

- One cycle comprises of inhalation and an exhalation
- Practice nine rounds of the anulomaviloma

#### Indication and contraindication:

- Time taken for exhalation should be longer than inhalation
- Patients suffering from depression may practice 27 rounds of the anulomaviloma before breakfast, lunch, dinner and sleep
- People who are underweight and suffering from heart disease or high blood pressure should avoid practising the asana



Fig. 3.6.11: Performing a Surya AnulomaViloma (Source: www. sarvyoga.com)

#### Benefits:

The following are the benefits of performing Surya AnulomVilomaon a daily basis:

- The practice of Surya AnulomViloma ensures proper supply of life energy to all organs boosting the overall health of an individual
- Performing the exercise on regular basis balances both the hemispheres of the brain bringing a state of peace and tranquillity
- It acts as a cleansing technique and helps in the removal of toxins from the body
- It can help an individual in reducing weight
- Performing the Surya AnulomViloma helps to cure mental problems such as depression, tension and anxiety
- It improves the functioning of lungs
- **D.** Chandra AnulomaViloma: The *Chandra AnulomaViloma* is similar to Surya Anulomaviloma excepting the nostrils, which are used for the breathing exercises. The steps to performing a Chandra AnulomaViloma are as follows:
  - Sit in any meditative pose
  - Perform Nasarga Mudra with your right hand
  - Close your right nostril with the thumb
  - Inhale slowly using the left nostril (Chandra Nadi)
  - Count till eight
  - Keep the right nostril closed for a continuous period
  - Repeat the practice for a total of 9 rounds

#### Indication and contraindication:

- Time taken for exhalation should be longer than inhalation
- Patients suffering from depression may practice 27 rounds of the anulomaviloma before breakfast, lunch, dinner and sleep
- People who are underweight and suffering from heart disease or high blood pressure should avoid practising the asana

#### **Benefits:**

- Regulates body heat
- Reduces problems of heartburn
- Refreshes the mind and makes one active
- Helpful in controlling high blood pressure
- Useful in reducing stress, tension and mental problems



Fig. 3.6.12: Chandra AnulomaViloma

- E. Nadi Suddhi Pranayama: 'Nadis' refer to different energy channels which are present within the human body. The *NadiShodhan Pranayama* or Nadi Suddhi helps clear the blocked energy channels and brings about a calming effect.
  - When should an individual perform a Nadi Shodhan Pranayama?

An individual should practice a NadiShodhan Pranayama under the following conditions:

- 1. Cold
- 2. Depression
- 3. Low Mental Energy
- 4. Sluggish Digestion
- 5. Blocked left nostril

The different steps of performing a Nadi Shuddhi Pranayama are as follows:

- Sit comfortably with spine and shoulders relaxed
- Place the tip of the index finger and middle finger of the right hand in between the eyebrows, the ring finger and little finger on the left nostril and the thumb on the right nostril
- Use the ring finger and little finger to open or close the left nostril and thumb for the right nostril
- Press your thumb on the right nostril and breathe out gently through the left nostril
- Next, breathe in from the left nostril
- Then press the left nostril gently with the ring finger and little finger
- Then remove the right thumb from the right nostril

- Breathe out through the right nostril
- Thus, you have completed one round of NadiShodhan Pranayama

#### Benefits

- Strengthens the lungs
- Improves blood circulation
- Calms the nervous system
- Reduces stress and anxiety
- Reduces body odour
- Boosts the immune system
- Regulates body temperature
- Nadi Suddhi pranayama helps in weight loss by increasing the rate of metabolism
- It helps to calm the nervous system
- Regular practice helps reduce stress
- Alternate Nostril breathing helps to release excess body heat
- It can help improve appetite
- Alternate Nostril breathing can help reduce body odour



Fig. 3.6.13: Different Steps of Nadi Shodhana Pranayama

- **F.** Sithili Pranayama: Sithili Pranayama is the type of pranayama, which is used for cooling the restless mind. Thus, performing the pranayama brings the mind and the physical body in a state of harmony. The steps of performing Sithili pranayama are as follows:
  - Sit in any meditative pose
  - Place the hands on the knees in Gyan Mudra
  - Roll the tongue from the sides and make a slight "o" with your mouth
  - Inhale deeply through the tongue and mouth
  - Fill the lungs to the maximum capacity
  - Close the mouth
  - Slowly exhale through the nostrils

### A word of caution:

The one suffering from cold, cough and tonsillitis should refrain from performing the Sithili Pranayama

#### Benefits of Sithili Pranayama:

- Practising the asana helps in purifying the blood
- Practising the asana helps control high blood pressure
- Relieves indigestion and chronic cough
- Cures skin disease
- Reduces tension
- Keeps teeth and gum healthy
- It helps in reducing spleen and other related diseases



Fig. 3.6.14: Sithili Pranayama induces cooling within the body

- **G.** Sithkari Pranayama: Sitkari Pranayama is a type of yogic breathing exercise, which calms both the mind and the body. Sitkati and Sitali Pranayama are different from the rest of the Pranayama in that they cool the body instead of heating it. The steps to performing a Sitkari Pranayama are as follows:
  - Sit on the ground in a position of Padmasana or Sukhasana
  - Breathe normally for a few minutes
  - Touch the upper and lower teeth together
  - Touch your tongue upwards
  - Open your lips and inhale deeply which produces a hissing sound
  - Hold your breath
  - Exhale slowly through the nose
  - Ensure the duration of exhalation is twice that of inhalation
  - Repeat the process 10-15 times

Precautions for performing Sitkari pranayama:

- Should be avoided in a winter season
- Should be avoided in AC rooms
- The exercise should be performed in an empty stomach
- Low blood pressure patients should refrain from practising sitkari pranayama
- Sitkari Pranayama should be avoided by the ones suffering from cold, cough, constipation

## **Benefits:**

The benefits of performing a Sitkari Pranayama are:

- Cools down the body
- Monitors and regulates the blood pressure
- Reduces excessive stomach heat
- Produces a calming effect on the mind

- Reduces stress
- Improves dental health



Fig. 3.6.15: Sithkari Pranayama is also a cooling exercise

#### H. Satanta-Cooling Pranayama:



Fig: 3.6.16: A yogi performing Satanata (cooling) Pranayama

UJJAI PRANAYAMA: Ujjayi Pranayama is a part of Ashtanga Yoga practices used by ancient Yogis of India. The practice of this kind of Pranayama involves deep inhalation using both nostrils with a half-closed glottis. The different steps of performing an Ujjayi Pranayama are as follows:

- Sit in any comfortable position like Padmasana, Siddhasana or Virasana.
- Keep the back rigid and erect.
- Lower the hand to the trunk.
- Rest the chin at the notch between the collar-bones.
- Stretch the arms out straight and rest the back of the wrists on the knees.
- Join the tips of the index fingers to the thumb tips, keeping the other fingers extended.
- Keep your eyes closed.
- Take a slow, deep, steady breath through both nostrils. The incoming air should be felt hard against the roof palette.
- Pull the abdomen back, towards the spine.
- Hold the breath for a second or two. This internal retention is called *antara Kumbhaka*.
- Exhale slowly, deeply and steadily, until the lungs are completely empty. While exhaling the passing of the outgoing air should be felt on the roof of the palate. The brushing of the air on the palate makes as aspirate sound called *Rechaka*.

- Wait for a second before drawing in the fresh air. The waiting period is called **bahya Kumbhaka**.
- This completes one cycle of Ujjayi Pranayama.
- Repeat the cycles for five to ten minutes keeping the eyes closed throughout.
- Lie on the floor in Savasana.

#### Benefits of Ujjayi Pranayama

- Ujjayi Pranayama aerates the lungs, removes phlegm, gives endurance, soothes the nerves and tones the entire system.
- Ujjayi Pranayama without Kumbhaka, done in a reclining position, is ideal for persons suffering from high blood pressure or coronary troubles.
- Ujjayi Pranayama exercises diaphragm muscles improving flexibility.
- Ujjayi Pranayama helps calm the body, as it increases the circulation of blood.
- Ujjayi provides meditative effects by maintaining the tempo of the workout session
- Ujjayi Pranayama helps strengthen the digestive and Nervous system.
- Ujjayi Pranayama improves the functioning of the excretory system.
- Ujjayi Pranayama helps clear the lungs and nasal cavity.
- This forms of Pranayama helps to cure the issues related to irritable bowel syndrome.
- This form of exercise helps develop concentration powers.
- Ujjayi Pranayama can also be effectively used for pain reduction, insomnia, and migraines.

#### **Precautions:**

- A person suffering from Hypertension should refrain from the practice of Ujjayi Pranayama
- Forced breathing should be avoided
- If you feel dizzy while performing this kind of Pranayama, immediately discontinue it



Fig. 3.6.17: A yogi performing Ujjayi Pranayama

- I. Brahmari Pranayama: Brahmari Pranayama is made from the Hindi word Brahma which means "bumblebee". More commonly it is known as *Bumble Bee meditation*. The practice of this kind of meditation helps in calming the mind immediately. The steps of performing a Bhramari Pranayama are as follows:
  - Sit in Padmasana
  - Close your eyes, breathe deeply
  - Close your ear lids with your thumbs
  - Place your index finger just above your eyebrows and the rest of your fingers on your eyes
  - Focus on the area between your eyebrows
  - Breathe out slowly through your nose along with making a humming sound "om."
  - Repeat the process 5 times

## **Precautions:**

- The ear cartilage should not be placed too hard
- This kind of Pranayama should be done in the morning in the empty stomach only
- This kind of Pranayama should be performed under a Yoga expert only

The benefits of performing Brahmari Yoga are as follows:

- Helps in improving concentration and memory
- Relieves hypertension
- Helps in relaxing the mind and lowering stress
- Helpful in curing migraine and paralysis
- Regulates the functioning of the endocrine system
- Provides easy childbirth



Fig. 3.6.18: Trainers performing Brahmari Pranayama (Source: www.vedicgrace.in)

# UNIT 3.7: Nada Anusandhana

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# - Unit Objectives

At the end of this unit, you will be able to:

1. Demonstrate different breathing practices

# - 3.7.1 Breathing Practices -

Yoga takes into consideration the process of mindful breathing which helps in relaxation of the mind and body. The breathing practices in yoga can be explained with the help of a few simple exercises

## 1. Hands in and out

- I. Starting Position: Tadasana
- II. Practice

Step-1: Stand erect with feet, and knees close together

Step-2: Place your hands by the side of your body with fingers stretched out

Step-3: Align legs, head and trunk in a straight line



**Step-4:** Stretch your arms in front in level with your shoulders **Step-5:** Bring your palms together





Step-7: Bring your arms forward with palms touching each other and breathe out



**Step-8:** Repeat the process five times synchronising the breathing with the movement of the arms

#### Benefits:

- Increased arms flexibility
- Increased hands strength
- Improved grip

## 2. Hands Stretch Breathing

The Hands Stretch breathing can be performed through the following stages:

• Starting position



# Stage 1: 90 degrees

- Inhale, stretch the arms straight in front of your body so that the arms are at the shoulder level
- Twist the arms so that the palms face outwards
- Fully stretch the arms



• Relax, exhale, bring the arms back onto the chest



• Relax your shoulders again



Repeat 5 times

### Stage 2: 135 degrees

- Inhale, Stretch the arms above the forehead at an angle of 135 degrees
- Fully stretch the arms



• Relax, exhale, bring the arms back onto the chest



• Collapse the shoulders again



• Repeat 5 times

# Stage 3: 180 degrees

• Stretch your arms vertically above the head



- Move your arms up and down to the nose tip
- Inhale while moving up
- Exhale while moving down
- Press your palms close to your chest



- Relax in StithiTadasana, observe the changes in your body
- Repeat the process 5 times

#### Benefits:

- Strengthens muscles of wrists, arms and shoulders
- Improves blood circulation to the fingers
- Improved flexibility

### 3. Ankle Stretch Breathing

The different steps of performing an Ankle Stretch Breathing are as follows:

#### Tadasana

**Step-1:** Stand erect with feet close together, knees together.

**Step-2:** Hands along the thighs with fingers stretched out.

Step-3: The legs, trunk and the head aligned in a straight line.



- I. Starting position (Sthiti): Tadasana
- II. Practice

Step-5: Place the palms in front of your thighs.Step-6: Inhale, raise your hands and stretch the ankles.



Step-7: Exhale and bring your hands down.



**Step-8:** Repeat the process five times, breathing in synchronization. Feel the stretch, from your ankles to your fingers as you reach upwards.



Step-9: Relax in standing position, hands by the side of the thighs.



#### **Benefits:**

The benefits of performing the ankle stretch breathing are as follows:

- Improved Flexibility
- Improved muscle strength
- Improved endurance
- Reduces stress and anxiety
- Improved breathing patterns

#### 4. Rabbit Breathing

Rabbit Breathing is the kind of breathing exercise which provides great benefits for asthmatic patients. It is also beneficial for people with diabetes. In children, performing Rabbit Breathing can calm them down. Additionally, it helps in easing breathing difficulties. The different steps of performing Rabbit Breathing are as follows:

Step 1: Sit in a position of Vajrasana

Step 2: Keep your heels apart and well tucked under your buttocks

Step 3: Keep the head, shoulders and buttocks in a straight line

Step 4: Bend forward and rest the forearms on the floor



Step 5: Place the elbow by the side of the knees and palms flat on the ground

Step 6: Maintain your head at a distance of one hand length from the ground to the chin

Step 7: Open your mouth partially and protrude the tongue with its tip just touching the lower lip

Step 8: Pant like a rabbit, using only the upper part of your chest

Step 9: Feel the air going in and out of the lungs

Step 10: Feel the expansion and contraction of the chest muscles

Step 11: Close your mouth and relax

Step 12: Stretch your hands forward, resting your forehead on the ground



Step 13: Come back to the original sitting positionStep 14: Feel the relaxation of chest and thorax

#### NOTE:

- Breathe rapidly through the mouth only, using the chest (thoracic) muscles
- Make sure that the abdomen presses on your thighs, preventing any abdominal movement
- Do not drop your head on to the floor.

### **Benefits:**

The benefits of Rabbit breathing are as follows:

- It produces a calming effect on children when they are upset
- Beneficial for people with asthma as it helps in regulating their breathing pattern
- Also recommended for people with diabetes and nasal allergy as it helps in clearing the respiratory system.

#### **Precautions:**

It should be avoided by people suffering from epilepsy and high blood pressure.

#### 5. Tiger Breathing

The different steps of tiger breathing are as follows:

#### I. Starting position: Dandasana

- The Dandasana is a type of warm-up pose which is performed before practising other asanas. The different steps of performing Dandasana are as follows:
- Sit erect on the ground with your back straight and legs stretched out
- Press your buttocks on the floor and align your head in a manner so that the crown faces the ceiling

- Flex your feet and press your heels
- Place your palms next to your hips on the floor
- Ground the lower half of the body firmly to the floor
- Breathe normally and hold the posture for 20-30 seconds

# II. Practice

- Lean forward, maintaining a distance of one arm from the knees
- Press the palms on the ground
- Stand with the help of your knees
- While inhaling maintain the spine in a concave position



- Raise your head and look up
- While exhaling arch the spine upwards
- Slowly bend the head down
- Bring the chin closer to the chest



Fig. 3.7.1: Arch your back upwards making it convex

• Repeat the practice for five rounds

## **Benefits**:

Helps in the cure of asthma, back pain, hypertension, headache, neck pain, menstrual issues

#### Limitations:

People with severe back pain, injury in hips and knees should avoid performing this asana

- 6. Shashankasana (Hare pose): The Shashankasana is also known as the "Hare Pose" as the asana resembles a hare in the final position. The different steps of performing a Shashankasana are as follows:
  - Sit in Vajrasana or kneel down pose
  - Place your hands on the thighs and breathe in a relaxed manner
  - Raise both your hands above the head with palms facing forward
  - Slowly bend down and bring the hand forward, till the forehead and arms touch the ground
  - Rest in this position for as long as you are comfortable
  - Exhale slowly and come back to the starting position
  - Repeat the process for 5-10 rounds

The different benefits of performing Shashankasana are as follows:

- The practice of the asana relaxes the mind and reduces depression
- It tones the pelvic muscles and relieves sciatic pain
- The asana helps in the treatment of sexual disorders
- Practising the asana gives a relaxing stretch to the upper body



Fig. 3.7.2: Practising the Shashankasana helps in reducing stress

## 7. Straight Leg Rising Breathing (ALTERNATIVE AND BOTH LEG)

The different steps of performing the straight leg raising are as follows:

- Sit or lie down on your back with legs straight
- Bend the knee of the operated leg to a 90-degree angle keeping your foot flat on the floor
- Tighten the muscles on your straight leg by contracting your quadriceps
- Keep your quad tightened
- Slowly lift the operated leg six inches off the floor
- Hold for three seconds
- Slowly lower your leg to the floor
- Relax and repeat 10 more times

#### Tips:

- Continue to inhale and exhale throughout the exercise
- Concentrate on contracting the muscles on the front of the thigh



Fig. 3.7.3: A yogi performing Straight Leg Rising Breathing

### 8. Sethubandhasana Breathing

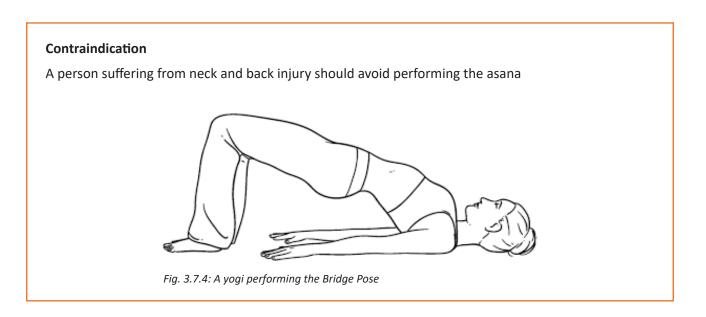
The Sethubandhasana is also known as the Bridge Pose. The different steps of performing Setubandhasaana breathing are as follows:

- Lie on your back
- Fold your knees and keep your feet hip distance apart
- Keep arms beside your body palms facing down
- Inhale and slowly lift your lower back followed by middle and upper back off the floor
- Roll in the shoulders
- Touch the chest to the chin without bringing the chin down
- Support your weight with the help of shoulders, arms and feet
- Put both the thigh parallel to each other on the floor
- Interlock the fingers and push the hands on the floor to lift the torso up
- Hold the pose
- Exhale as you slowly release the pose

## Benefits of the bridge pose:

The benefits of the Bridge pose are as follows:

- Strengthens the muscles of the back
- Relieves the tired back
- Gives a good stretch to the chest, neck and spine
- Calms the brain reducing stress, depression and anxiety
- Open up the lungs and reduces thyroid problems
- Improves digestion
- Relieves symptoms of menstrual pain
- Helpful in asthma, high blood pressure, osteoporosis



# UNIT 3.8: Sithili Vyama

# - Unit Objectives

At the end of this unit, participant will be able to:

1. Identify different types of Sithili Vyama

# 3.8.1 Different Types of Sitali Vyayama

1. Toe Bending: Toe bending is also known as *PadangulinNaman* as per the Indian Yoga terminology. The toes play an important role in maintaining body balance. The toes play an important role in shifting the body weight towards the Centre of Gravity. Hence, performing the toe bending on a regular basis can help an individual attain more flexibility while performing the exercises. The steps for performing the toe bending exercises have been discussed below:

Step-1: Sit with your legs stretched

Step-2: Maintain some distance between the legs

Step-3: Shift the focus to the toes



Step-4: Inhale deeply and move the toes backwards



Step-5: Exhale while moving the toes forward



Step-6: Do not move your ankleKeep your eyes closed while practising



Step-7: Keep your eyes closed while practising

Step-8: Repeat 10 times

## Benefits of Toe bending exercise:

- Promotes mobility of the toes and stimulates the circulation of blood into the feet
- Stretches the lower leg and foot muscles
- Helps to relieve varicose veins, tiredness and swelling in the legs
- Strengthens the foot muscles and promotes mobility of the ankles
- Promotes blood circulation and relaxation of the ankles
- 2. Ankle bending: The Ankle Bending is also known as GulfNaman as per Indian translation. The steps can be discussed below as:

Step-1: Sit with your legs stretched

Step-2: Maintain some distance between your legs



- Step-3: Shift your focus towards the ankles
- Step-4: Touch the heel with the floor
- Step-5: Inhale deeply while moving the feet backwards



Step-6: Exhale when moving the feet forward



Step-7: Concentrate on the movement of the ankles Step-8: Repeat the exercise ten times

**3.** Ankle rotation: The Ankle Rotation is also known as *Gulf chakra* as per the Indian Yogic literature. The steps of ankle rotation have been detailed below as:

Step-1: Sit on the floor with your legs stretched out

Step-2: Set the legs little apart and straight



Step-3: Rotate your feet clockwise and anti-clockwise, with the heels touching the floor



Step-4: Rotate your foot simultaneously or alternatively



- Step-5: Breath in a relaxed manner
- Step-6: Practice this for ten times
- Step-7: Do not allow the knees to be stirred
- Step-8: Keep your body straight and erect
- Step-9: keep your eyes closed
- Step-10: Remain attentive of your breathing pattern

#### Benefits of ankle bending and ankle rotation:

- The practice of the asana loosens the tendons and muscles in leg and foot
- Improves flexibility while walking, standing
- Enhances core strength and endurance
- Improves the blood circulation in the upper part of the legs
- Strengthens the ligaments and tendons
- Reduces the chances of injury and 'wearing out' of ligaments while running



Fig. 3.8.1: How to perform an ankle rotation

- **4. Knee bending:** The knee bending exercise is also known as JanuNaman in Indian translation. The Steps of Knee bending are as follows:
  - Bend your right knee and lift it above the floor
  - Interlock your fingers below your thighs



- Hold the thighs up to the chest level
- Keep the heels near the thighs
- Inhale slowly while straightening your legs



- Do not allow the heel or toes to touch the floor
- As you exhale, the thighs should get back to the chest level
- Practice this 5-10 times with both the legs alternatively
- **5.** Knee Rotation: The knee is composed of a ball and socket joint which allows free and all around the rotation. The knee rotation can be performed in a few simple, easy and steps as below:
  - Sit with your legs stretched
  - Bend the right leg at the knee as described in practice
  - Place the hands under the right thigh and interlock the fingers or cross the arms holding the elbows.
  - Lift your right leg from the knee area
  - Clasp your knee with the help of your hands interlocking your fingers around the knee



- Inhale while moving the legs from clockwise to an anti-clockwise direction
- Exhale while moving the legs back from an anti-clockwise to the clockwise direction
- Repeat the process with the left leg



#### Benefits of knee exercises:

The different benefits of performing knee exercises are as follows:

- It helps in strengthening muscles around the knee
- Reduces stress across the joint
- Improves flexibility around the knee and supporting muscles
- Regular warm-ups and stretches can further enhance flexibility
- 6. Knee Cap tightening: The knee cap tightening can be performed in two simple and easy steps as follows:
  - Slowly pull the kneecaps upwards and then release them.



• Repeat this practice 20 times with normal breathing.

The benefits of performing Knee Cap Tightening exercise are as follows:

- It helps in reducing joint pain
- Reduces the problem of frozen knee
- It makes the calf muscles more flexible

## 7. Half Butterfly

The half butterfly position is also known as **Ardha Title Asana**. It is beneficial for young women as well as pregnant ladies. Thus, performing the exercise regularly has been seen to reduce menstruation related pain in women along with loosening the muscles of the hips and knee. It helps in improving flexibility and enables faster delivery in pregnant women. The various steps of performing half butterfly are as follows:

• Sit with your back and legs straight



- Place your right foot on top of the left thigh
- Hold the toes of the right foot with your left hand



- Inhale slowly while moving the knees up
- Exhale while moving the knees down
- Use your right hand for support
- Return to the initial position
- Repeat the exercise with the left leg



## Benefits of a half butterfly position:

The benefits of a half butterfly position are as follows:

- Stretches the muscles of the inner hips and thighs
- Enhances blood circulation to the hips
- Good preparation for meditation posture
- Improves mobility of the hip joint
- 8. Full butterfly: Full Butterfly is a hatha yoga pose and is also known as *BaddhaKonsana* as per the Indian yogic texts and literature. It involves deep, relaxed breathing coordinated with leg movements. The detailed steps of performing a full butterfly position are as follows:
  - Start the pose by sitting on the floor



- Exhale, bend the knees
- Bring the heels to close the pelvic region
- Touch the soles of the feet together



- Clasp the hands around the toes
- Inhale and slowly bring the knees up



- Exhale bring the knees down
- Keep the toes touched together
- Repeat the up and down movement of the knees 5-10 times

#### Benefits:

The different benefits of performing the Badha Konasana are as follows:

- It places stress on the connective tissue of the groin making the ligaments and tendons healthier.
- The Baddhakonsana can be modified by resting the head on the ground and breathing deeply, as it helps in relieving the tensions
- Practising the asana opens the Sacral Chakra, which is the energy centre for creativity, pleasure, sensuality etc.
- The asana is extremely beneficial to be moms-to-be as it improves blood circulation, strengthens the pelvic muscles and helps in the safe delivery
- The butterfly pose activates the kidney and abdominal glands
- **9.** Wrist Rotation: The wrist joint rotation is also known as Manibandha Chakra as per the Indian Yogic text and literature. The Asana can be performed in a sitting position. The steps could be detailed below as:
  - Remain in the sitting pose.
  - Keep the neck and spine straight.
  - Stretch both your hands forward to the shoulder level.
  - Keep the elbow straight and erect.
  - Form a clenched fist with the right hand, placing the thumb inside.
  - Grasp the wrist joint of the right hand firmly with the left palm.
  - Now rotate the clenched fist clockwise and then anti-clockwise.
  - Repeat this ten times with alternate hands.
  - Perform the activity with both the hands in a circular motion.
  - Do not allow the elbows to bend.
  - Repeat this ten times.
  - Get back in Sukhasana once the exercise is over.
  - Keep your eyes closed and concentrate on the breathing pattern.

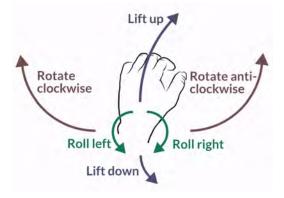


Fig. 3.8.2: Different positions of wrist rotation

The benefits of performing wrist rotation are as follows:

- Improves the grip
- Reduces the chances of Tendonitis
- Reduces the chances of contracting Tennis elbow
- Improve wrist mobility
- **10. Shoulder rotation:** The shoulder rotation pose is also known as **Skandh Chakra** as per the Indian Yogic texts and literature. It helps in loosening the muscles around the shoulders and enables free or unrestricted movement. The different steps of shoulder rotation are as follows:
  - Stand straight with your legs apart
  - Put your hands on the shoulders



- Breathe normally
- Start rotating your arms in big circles to the back



- Repeat the rotation to the front
- Release the hands
- Get back to an initial standing pose

Benefits of Shoulder rotation are as follows:

- Practising the shoulder rotations on a regular basis improves the flexibility of the joint
- Practising the shoulder rotation removes the muscle strain
- Reduces the chances of contracting a frozen shoulder

- **11. Neck rotation:** The neck movement is also known as *Griva Sanchalana* as per Indian translation. The asana can be performed on a regular basis for improving flexibility in the neck region. The steps of performing a neck movement are as follows:
  - Keep your spine and neck straight
  - Close your eyes and keep your palms on your knees
  - Concentrate on your neck
  - Inhale, move your neck backwards



- Remain in the position for 2-3 seconds
- Come back to the center, then exhale
- Inhale then move your head to the left



- Remain the position for 2-3 seconds
- Again come back to the center
- Repeat the exercise 10-12 times

#### Benefits of performing the exercise are as follows:

- Makes the neck more flexible
- Makes the neck muscles strong
- Improves blood circulation
- Useful for the one who works in bent neck positions for long hours
- Removes fat from the neck and shoulder region

- **12. Neck Bending:** The neck movement is also known as *Griva Sanchalana* as per Indian translation. The asana can be performed on a regular basis for improving flexibility in the neck region. The steps of performing a neck movement are as follows:
  - Keep your spine and neck straight
  - Close your eyes and keep your palms on your knees
  - Concentrate on your neck
  - Inhale, move your neck backwards



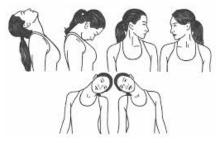
- Remain in the position for 2-3 seconds
- Move the neck downward and touch your collarbone with your chin



- Exhale, while bringing the neck downwards
- Repeat this exercise for 10-15 minutes

#### Benefits of performing the exercise are as follows:

- Makes the neck more flexible
- Makes the neck muscles strong
- Improves blood circulation
- Useful for the one who works in bent neck positions for long hours
- Removes fat from the neck and shoulder region



*Fig. 3.8.3: Different steps of neck rotation and bending exercis* 

# **UNIT 3.9: Instant Relaxation Technique**

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# - Unit Objectives

At the end of this unit, you will be able to:

- 1. Demonstrate how to perform Sakti Vikasaka
- 2. Practise different loosening practices

The *Instant Relaxation Technique (IRT)* is an effective way of bringing the body and mind to rest instantaneously. IRT is usually performed at the beginning of yoga practice. The detailed steps of practising the IRT are as follows:

- Keep the face relaxed and smiling all throughout
- Tighten the toes, ankle joints and calf muscles
- Pull up the knee caps
- Tighten the thigh muscles and buttocks
- Exhale and pull the abdomen inside
- Make fists and tighten the arms
- Inhale and expand the chest
- Tighten neck, shoulder and facial muscles
- Tighten the whole body from toes to head
- Relax the whole body instantaneously
- Relax the whole body

## 3.9.1 Sakti Vikasaka

**Sakti Vikasaka** is known as strengthening practice. It is performed by an individual for the purpose of developing core strength and endurance. There are different types of Sakti Vikasaka practices, which have been discussed in the following sections:

#### A. Mani Bandha Sakti Vikasaka

The Mani Bandha Sakti Vikasaka can be performed as per the following steps:

#### Tadasana

- Stand erect with feet and knees pressed together.
- Place your hands along the thighs with fingers stretched out.
- The head, trunk and legs should be aligned in a straight line.
  - I. Starting position (Sthiti): Tadasana

II. Practice

#### Stage 1 (Arms stretched in front)

- Stretch your arms to the front, keeping them parallel to the ground.
- Turn your palms into fists (palms facing down).

Now, move the fists up and down from the wrist vigorously. Repeat 10 rounds.

## Stage 2 (Arms bent)

- Stretch your arms sideways at the shoulder level, keeping them parallel to the ground.
- Bend your arms at the elbows and bring them closer to the chest.
- Your palms should face downwards.
- Make loose fists with your hands and move them up and down from the wrist with force.

#### NOTE:

- The movement should be from the wrists
- The movements should be vigorous and forceful
- Keep the arms as stiff as possible
- Keep the breathing normal



Fig. 3.9.1: Moving the fists up from the wrists with a jerk

#### **Benefits:**

- Improves flexibility
- Improves grip
- Reduces the chance of tendonitis

#### B. Karaprashtha Sakti Vikasaka (Back of hand)

The different steps of performing the Karaprashtha Sakti Vikasaka are as follows:

## Tadasana

- Stand erect with feet and knees pressed together.
- Place your hands along the thighs with your fingers stretched out.
- Align the legs, trunk and head in a straight line.

#### I. Starting position (Sthiti): Tadasana

II. Practice

### Stage 1 (Arms stretched in front)

- Stretch the arms in front of the chest at shoulder level.
- Your palms should be open and face downwards.
- Move the palms up and down forcefully from the wrist.
- Repeat ten times.

#### Stage 2 (Arms bent)

- Stretch your arms sideways at the shoulder level, keeping them parallel to the ground.
- Now bend them at the elbows and bring the hands near the chest
- Your palms should be facing downwards.
- Keep the palms open and fingers together.
- Now move the palms up and down, forcefully from the wrist.
- Repeat ten times.

#### Note:

- The movement should be from the wrist.
- Movement should be forceful and vigorous.
- Try touching the forearms while bringing the palms up and down.
- Keep the arms as stiff as possible.
- Keep the breathing Normal



## C. Anguli Sakti Vikasaka (Fingers)

The different steps of performing the Anguli Sakti Vikasaka are as follows:

### Tadasana

- Stand erect with feet and knees pressed together.
- Place your hands along the thighs with your fingers stretched out.
- The legs, trunk and the head aligned in a straight line.

#### Stage 1 (Arms in front)

- Stretch your arms in front, keeping them parallel to the ground.
- Give the fingers of both hands the shape of the hood of a cobra.
- Stiffen the entire length of the arms from the shoulder joints to the fingertips.
- Hold the position for 1-2 minutes.



Fig: 3.9.2: Fingers should be stretched out to give it the shape of the hood of a

#### cobra

### Stage 2 (Arms bent)

• Bring the hands near to the chest by bending the arms at the elbows. Repeat the same practice.

#### NOTE:

- Tighten the arms
- Repeat it for a few rounds.

#### D. Khaponi Sakti Vikasaka (elbows)

The different steps of performing the Khaponi Sakti Vikasaka are as follows:

#### Tadasana

- Stand erect with your feet and knees together.
- Place your hands along the thighs with your fingers stretched out.
- Align the legs, trunk and head in a straight line.
  - I. Starting position (Sthiti): Tadasana

II. Practice

## Stage 1 (With fists)

- Stretch your arms beside the body
- Make the palms into tight fists with palms facing forward

• Bend the arms at the elbows and raise your clenched fists to the shoulder level with a jerk.



- Then stretch them down again with a jerk.
- Repeat 10-15 times.

## Stage 2 (With open palms)

- Keep your palms open with the fingers close together.
- Repeat jerking your arms up and down from the elbows.
- Repeat 10-15 times.



## NOTE:

- The elbows should remain stationary.
- The fists / palms must come up to the level of the shoulders and then down straight.
- The fists / palms must neither touch the shoulders when going up nor touch the thighs when coming down.

#### Benefits:

- Practising the asana strengthens the elbows
- It improves the circulation of blood to the arteries.
- It helps in developing strength and symmetry with constant practice.

## E. Bhuja Bandha Sakti Vikasaka (Upper arms)

The different steps of performing the Bhuja Banda Sakti Vikasaka are as follows:

## Tadasana

- Stand erect with feet close together, knees together.
- Place your hands along the thighs with fingers stretched out.
- Align the legs, trunk and head in a straight line.

## I. Starting position (Sthiti): Tadasana

- Turn your hands into tight fists with the thumbs tucked in.
- Bend the elbows and raise the forearms, so that they are parallel to the ground.



#### II. Practice

## Stage 1 (Alternate arms)

- Push the right arm vigorously and forcefully forward to the level of the shoulder.
- Then, pull it back to the starting position.
- Next, push the left arm forward and pull it back in the same manner.
- Thus, move the arms vigorously and alternately.
- Repeat 20 times.
- Keep breathing normally.

#### Stage 2 (Both arms)

• Do the same movement as above with both the arms together.



• Repeat twenty times.

#### NOTE:

- Push and pull the arms forcefully and vigorously.
- During the forward movement, the arms should be parallel to the ground and palms facing up.
- Ensure the elbows must not go back beyond the body while pulling back (i.e. the starting position).

### Benefits:

- This practice develops the arms muscles.
- Strengthen elbow joints.

#### F. Skanda Sakti Vikasaka

The different steps of performing the Skanda Sakti Vikasaka are as follows:

## Tadasana

- Stand erect with your feet and knees together.
- Place your hands along the thighs with fingers stretched out.
- The legs, trunk and head should be aligned in a straight line.

#### I. Starting position (Sthiti): Tadasana

- Make tight fists with your hands with the thumbs tucked inside.
- Bend the elbows and raise the forearms till they are parallel to the ground.

#### II. Practice

- Give your mouth the shape of a crow's beak and suck in air through the mouth.
- Hold your breath by blowing the cheeks out



- Keep your eyes closed
- Keep your back straight and arms down
- Move the shoulders up and down vigorously.
- Repeat it ten times.

- Lift the head to normal position
- Keep your eyes open your eyes and exhale gradually through the nose

#### Note:

- The arms should be kept rigid, stiff and straight at the side.
- The up and down movement should be vigorous.
- In case of difficulty, perform normal breathing keeping the head straight.

#### **Benefits:**

• It tones the muscles of the bone, blood vessels, nerves, etc.

## G. Griva Sakti Vikasaka

The Griva Sakti Vikasaka has two different variants. Both of these variants have been discussed in details below:

#### Griva Sakti Vikasaka 1

- I. Starting position (Sthiti): Tadasana
  - Stand erect with feet and knees close together.
  - Place your hands along the thighs with fingers stretched out.
  - The legs, trunk and the head aligned in a straight line.
  - Relax your neck completely; keep your eyes open.
- II. Practice

#### Stage 1 (Turning or twisting)

• Turn your head with a jerk once towards your right, then towards the left.

## Step-1: Turn head to the right



Step 2- Turn head to the left



• Repeat this ten times.

## Stage 2 (Forward and backwards)

- Jerk your head first forward and then backwards.
- During forward movement, the chin should touch the area between the collar bones (sternal notch).



• When it goes back, it should touch the nape of your neck.



• Repeat this 10 times.

## NOTE:

- Movements are done with a jerk to produce the desired effect.
- The neck must be completely relaxed.
- Keep the mouth closed and eyes wide open throughout the practice.
- Keep the breathing pattern normal

## Griva Sakti Vikasaka 2

- I. Starting position (Sthiti): Tadasana
  - Stand erect with your feet and knees together.
  - Place your hands along the thighs with fingers stretched out.
  - Align the legs, trunk and the head in a straight line.
  - Relax your neck completely; keep your eyes open.

#### II. Practice

- Inhale and exhale through the nose ("Bellows effect") vigorously which stretches the veins of your neck.
- Blow your stomach outside during exhaling
- Draw it in while breathing out.
- Repeat twenty times.

## Benefits:

- Improves flexibility
- Strengthens and tones the muscles of the neck
- Reduces the chances of neck injury

## H. Kati Sakti Vikasaka (Back)

Kati Sakti vikasaka has two different variants. Each of the variants has been discussed in details below:

## Stage 1

## I. Starting position (Sthiti): Tadasana

- Stand erect with your feet and knees together.
- Place hands along the thighs with fingers stretched out.
- Align legs, trunk and head in a straight line.
- Clench your right hand to form a fist with the thumb tucked in and take to your back
- Now, hold the right wrist with the left hand.
- Both the hands should be in contact with the back.

## II. Practice

- Breathe in deeply; bend backwards as far as possible keeping the hands in contact with the back.
- Maintain this posture for a few moments.
- Then, while breathing out, bend forward trying to touch the knees with your head.
- Repeat the practice ten times.

## Stage 2

## I. Starting position

• Same as stage 1 except that the left hand should be formed into a fist and the right hand should hold the left wrist.

## II. Practice

• Same as in stage 1

#### NOTE:

- The hands at the back must always be in contact with the body.
- Hold the positions for a moment.

## J. Kati Shakti Vikasaka 2 (Back) Forward and backward bending

- I. Starting position (Sthiti): Tadasana
  - Spread your legs apart as far as possible.
  - Place your hands on the hips with the thumbs pointing forward and the fingers pointing backwards.

## II. Practice

- While inhaling bend backwards from the waist as far as possible.
- Hold the position for some time.



- Exhale; bend forward trying to touch the head to the ground without bending the knees.
- Repeat this for 10 rounds.

## NOTE:

- The hands should be placed on the hips all throughout.
- Do not bend the knees any time during the practice.
- Do not make forceful movements.

## **Benefits:**

- Improves flexibility
- Helps in removing belly fat
- Strengthens and tones waist muscles

## K. Janu Sakti Vikasaka (Knee)

The detailed steps of performing the Janu Sakti Vikasaka have been discussed as below:

## I. Starting position (Sthiti): Tadasana

- Stand erect with feet and knees together.
- Place hands along the thighs with fingers stretched out.
- The legs, trunk and the head aligned in a straight line.

## II. Practice

- Spread the legs one meter apart.
- While breathing in raise the hands sideways
- Place them parallel to the ground
- Exhale and bend to the right till the right-hand touch the right knee.
- The left palm should face forwards.
- Come up with breathing in.
- Repeat four to five times.

## Benefits:

- The asana is beneficial for the treatment of rheumatic conditions
- Practising the asana improves blood circulation in the knee region



Fig: 3.9.3: Janu Sakti Vikasaka

### L. Jangha Saktisakti Vikasaka

There are two different variants of the Jangha Sakti Vikasaka. Each of these has been discussed in details below:

#### M. Jangha Shakti Vikasaka 1 (Thighs)

- I. Starting position (Sthiti): Tadasana
  - Stand erect with feet close together, knees together.
  - Hands along the thighs with fingers stretched out.
  - The legs, trunk and the head aligned in a straight line.
- II. Practice

## Stage 1 (Chair sitting)

- Stretch out the arms straight in front at shoulder height, palms facing downwards.
- Inhale and bend your knees gradually till your thighs come parallel to the ground.
- Hold your breath and maintain the position for a while.
- Come up while breathing out.
- Repeat 5 times.

### NOTE:

- The knees must be together throughout the practice.
- Heels or toes must not be raised from the ground at any time during the practice.
- If you find it difficult to hold breath, you can do it with normal breathing initially.
- Keep the arms parallel to the ground all through.
- Keep the back, neck and head as erect as possible.

#### Stage 2 (Knee spreading)

- Spread your arms sideways at shoulder height.
- Raise your heels (both touching each other) and throw your entire weight on the toes.
- Breathe in, bend your knees and spread them apart.
- Hold your breath in this position.
- Exhale and begin to rise gradually.
- Repeat ten times.

#### Note:

- Never sit on the heels.
- Avoid breathing forcefully during the preliminary stage of practice

#### Benefits:

• Develop and strengthen the thighs.

## N. Jangha Shakti Vikasaka 2 (Thighs) Jumping up

### Stage 1

- I. Starting position (Sthiti): Tadasana
  - Breathe in, open up your arms and jump up simultaneously
  - Come down on your toes with the feet going apart.
  - Breathe out, reverse the whole process and get back to the starting position.
  - Repeat ten times.
- II. Practice

#### Stage 2

- Now, just reverse the breathing pattern and repeat the movements in the same manner.
   Note:
  - Palms should not touch each other or even thighs while going up.
  - While coming down (after jumping up), the legs should not bend at the knees.
  - Always come down on the toes.

### O. Pindali Sakti Vikasaka (Calves)

The different steps of performing the Pindali Sakti Vikasaka are as follows:

- I. Starting position (Sthiti): Tadasana
  - Stand erect with feet and knees together.
  - Place your hands along the thighs with fingers stretched out.
  - Legs, trunk and neck, should be aligned in a straight line.
  - Clench the fists and stretch your arms forward at shoulder height.

#### II. Practice

• Inhale and squat down as much as possible.

- Hold your breath, stand up while your arms describe one full circle in a manner of rowing the boat.
- On completion of the circle, the arms should be held before the chest, fists touching each other
- Exhale sharply while pulling the arms slightly backwards and expanding the chest.
- Repeat 10 times.

## NOTE:

- The knees should remain close to each other all throughout the practice.
- The feet should remain on the ground all throughout the practice.

# - 3.9.2 Losing Practices (Sithalikarana Vyama)

Sithilikarana Vyayama is loosening or warm-up practices, which help an individual, relax. The Sithilikarana Vyayama ends up Shavasana, which is a dead body position. There are different variants of loosening practices. Some of these have been discussed below as:

#### 1. Jogging:

There are different kinds of jogging practices. Some of these have been discussed below as:

a. Slow Jogging



Step-1: Make a loose fist of your hands and place them on the chest. Collapse and relax your shoulder



Step-2: Jog on your toes.Note: Repeat the practice 10-30 times

b. Backward Jogging



**Step-1:** Lean a little forward and increase the speed and do jogging gradually



**Step 2-** start hitting the buttocks with the heels **Note:** Repeat the practice 20 times

c. Forward Jogging



**Step-1:** Lean backward a little and increase your speed.



**Step-2:** Lift your knee till chest level **Note:** Repeat the practice 20 times

d. Side Jogging



Step 1: Slowly lift your leg sideways



**Step 2:** Make your speed fast and try to touch your heels to the buttocks **Note:** Repeat the practice 20 times

## 2. Forward Bending and Backward Bending:

The steps of performing forward and backward bend are as follows:



Step 1: Stretch the arms straight above your head with your arms facing forward



Step 2: Inhale and bend backwards with your arms stretched above the head



Step 3: Exhale and then bend forward as much as possible

Step 4: This completes a cycle

Step 5: Repeat the process 5-10 times

## Benefits:

- Improves flexibility
- Improves blood circulation
- Relives the mind of stress and anxiety
- Improves core strength and endurance
- Strengthens the muscles of legs and arms

## 3. Side Bending (standing):

The steps of performing a Side Bending are as follows:



Step 1: Keep legs one meter apart, raise your hands sideways parallel to the ground



Step 2: Exhale and bend to the right till the right-hand touch the right heelsStep 3: Breathe and remain in that position for 2-3 minutesStep 4: Exhale and come back to the straight position again



Step 5: Exhale and bend to the left till the left-hand touch the left heelsStep 6: Breathe and remain in that position for 2-3 minutesStep 7: Exhale and come back to the straight position again

#### Benefits:

- Acts as a detox
- Improves blood circulation
- Relieves the mind of stress and anxiety
- Improves core strength and endurance
- Strengthens the muscles of the arms and legs

## 4. Twisting

Twisting can be performed as a relaxation exercise. The different steps of twisting are as follows:



Step 1: Spread legs about one meter apart

Step 2: Inhale and raise your hands sideways parallel to the ground



Step 3-Twist to the right keeping the right hand straight

Step 4-Twist the neck and look at the tip of the fingers

Step 5- Bend the left hand at the elbow to bring the hands close to the chest

## **Benefits:**

The benefits of performing the twisting pose are as follows:

- Acts as a detox
- Improves blood circulation
- Relieves the mind of stress and anxiety
- Improves core strength and endurance
- Strengthens the muscles of legs and arms

## 5. Hip Rotation

The different steps of performing a hip twist exercise are as follows:



Step 1: Keep your legs apart at a distance of 1 meter



Step 2: Rest both your palms on the waist region

Step 3: Move your waist from right to left in a circling manner



Step 4: Move your waist in an anti-clockwise direction

The benefits of performing Hip Rotation are as follows:

- Relieves the mind of stress and anxiety
- Improves core strength and endurance
- Strengthens the muscles of the hip and thigh region

## 6. Alternate toe touching

The different steps for performing a toe touching exercise are as follows:



Step 1: Sit on the ground; stretch your legs keeping a distance of 2 metres in between them



Step 2: Inhale and bend forward, touch the toe of the right leg with the left hand



Step 3: Exhale and bend forward, touch the toe of the left leg with the right hand

### Benefits:

- Relieves the mind of stress and anxiety
- Improves core strength and endurance
- Strengthens the muscles of arms, legs and hip region

## 7. Sit-up

The different steps of performing a sit-up are as follows:

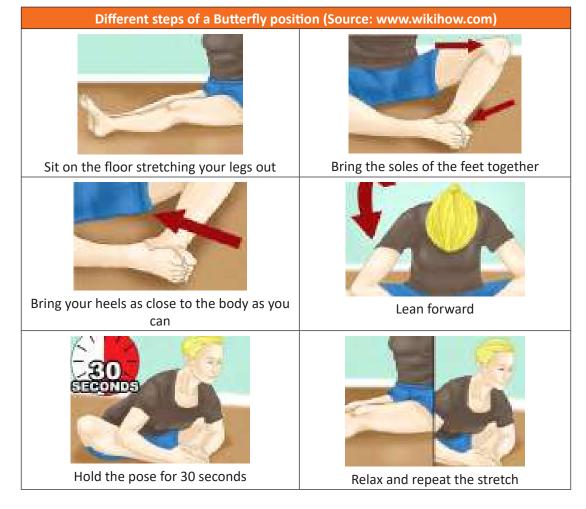


#### **Benefits:**

- Relieves the mind of stress and anxiety
- Improves core strength and endurance
- Strengthens the muscles of arms, legs and hip region
- Helps in reducing abdominal fat

## 8. Butterfly (sitting)

Full Butterfly is a hatha yoga posture and is also known as **BaddhaKonsana** as per the Indian yoga text and literature. It involves deep, relaxed breathing coordinated with leg movements.



Benefits:

- Relieves the mind of stress and anxiety
- Improves core strength and endurance
- Strengthens the muscles of arms, legs and hip region
- Reduce menstrual problems
- Improves blood circulation

# 9. Chapatti making (sitting)

The different steps of a chapatti making exercise are as follows:



Step 1: Sit on the ground and keep your legs wide part



Step 2: Keep both your palms on the ground and exhale while pushing your body forward



Step 3: Inhale and come back to normal position

# **Benefits:**

- Relieves the mind of stress and anxiety
- Improves core strength and endurance
- Strengthens the muscles of arms, legs and hip region

# 10. Rope Pulling (Rajju Karshasana)

The different steps of performing a Rope Pulling exercise are as follows:



Step 1: Sit on the ground



Step 2: Stretch both your hands in front of you



Step 3: Make your hands look like you are holding a rope



Step 4: Pull your hands as if you are pulling a rope

# **Benefits:**

- Relieves the mind of stress and anxiety
- Improves core strength and endurance
- Strengthens the muscles of arms, legs and hip region

#### 11. Bhunmana

The Bhunmanasana is a type of relaxation exercise. It is also known as 'greeting the earth in common English. The different steps of performing the asana are as follows:

- Sit with straight legs and relaxed back
- Rest your hands on your thighs
- Inhale and raise your arms to the shoulder height
- Exhale, tilt the upper body back slightly
- Twist left
- Place your hands beside your body
- Bend the arms and bring your forehead towards the floor
- Press the right buttock close to the floor
- Inhale and come up again with your arms stretched out into the front

- Exhale and return to the original position
- Repeat with the other side

The benefits of performing exercise are as follows:

- Strengthens the muscles of the chest
- Relaxes the muscles of the back
- Maintains the flexibility of the spine

## 12. Crow Walking

The different steps of performing a crow walk are as follows:



Step 1: Sit in a squatting position with your feet apart and buttocks above heels. Place your palms on the knees. Take small steps in squatting position.



Step 2: Walk on toes or soles of the feet, as you take a step forward bring your opposite knee to the floor

# **Benefits:**

- Relieves the mind of stress and anxiety
- Improves flexibility
- Improves core strength and endurance
- Strengthens the muscles of arms, legs and hip region

# 13. Straight leg and both leg rising

## Straight leg raising (single and both supine)

The different steps of single and both leg raising are as follows:

# Stage 1: Alternate legs

- Inhale and s raise the right leg slowly up (up to 90 degrees)
- Exhale and return the leg to the floor as slowly as possible
- Repeat the process with the left leg
- Perform the exercise 5-10 times

# Stage 2: Both legs

- Lie on the back with the legs together
- Inhale and slowly raise both your legs without bending them at the knees
- Exhale and slowly return your legs to the floor
- Perform the activity 5 times



*Fig. 3.9.4: Straight leg raising helps in strengthening pelvic floor muscles* 

## **Benefits:**

- Reduces abdominal fat
- Tones abdomen
- Messages intra-abdominal organs

# 14. Cycling (supine)

The Cycling Yoga pose is also known as **Pada Sanchalasana** as per Indian translation. The asana is performed for the improvement of the digestive system and abdominal organs. The different steps of performing cycling exercise are as follows:

- Lie down flat on your back.
- Raise both your legs
- Bring your knees close to the chest by bending them.
- Raise your right leg and keep it straight while staying in this position.
- In this forward position, bend your knee again.
- Bring the right thigh back to chest, straighten the left leg, bend the left knee and lower the leg in the forward movement.
- Move both legs alternatively in the fashion of paddling a bicycle.
- The heel of your feet should not touch the floor while practising Pada Sanchalanasana.
- Perform the cyclic movements alternatively 10 times in the forward direction and 10 times in the backward direction while practising Pada Sanchalanasana or Cycling yoga pose.
- This completes one cycle of Pada Sanchalana

## **Benefits:**

- The simple and best exercise for reducing fat
- Tones the stomach muscles
- Improves digestion
- Beneficial in reducing constipation and acidity



Fig. 3.9.5: Cycling practice helps in reducing abdominal fat

# 15. Rocking and rolling (supine)

The Rocking and Rolling posture of yoga is also known as *Jhulana Ludhakana* as per Indian translation. The different steps of performing the asana are as follows:

- 1. Get in the Shavasana pose
- 2. Bend your knees, keeping the soles above
- 3. Push your knees towards your chest
- 4. Spread your arms on both sides
- 5. Inhale, turn the upper part of your body to the left and legs towards the right
- 6. Exhale and come to the centre
- 7. Inhale, turn the upper part of the body to the right and legs towards the left
- 8. Remain in the position for 2-3 seconds
- 9. Come back to the centre
- 10. Come back to the Shavasana pose

# **Benefits:**

- Provides a good message to the entire back, buttocks and hip area
- Removes unnecessary fat from the waist

## **Contraindications:**

- Those with the spinal problem should not perform the asana
- Those with abdominal surgery shouldn't perform the asana
- The asana should not be performed in the 2nd or 3rd trimester of pregnancy



Fig. 3.9.6: Performing rocking and rolling improves blood circulation

# 16. Jathara Parivartana Kriya

Jathara Parivartana Kriya is also known as an Abdominal Twist. The detailed steps for performing an abdominal twist are as follows:

- Lie flat on the floor with your arms stretched wide onto the side
- Raise both your legs, fold them at the knee
- Press your legs close to the abdomen
- Inhale and slowly turn towards the right
- Exhale and come back to the centre
- Lift your legs straight up
- Inhale and turn slightly towards the right
- Exhale and come back to the centre
- This completes one cycle
- Repeat the exercise 10-15 times

## Benefits of Jathara Parivartanasana:

- Generates elasticity and strengthens the core muscles.
- The twist in the abdominal organs improves circulation throughout the gut.
- Improves digestion
- Stretches the oblique
- Relaxes the back
- Relieves lower back pain
- Increases the flexibility of the hips and lower back
- Releases the pent up emotions

# **Contra-indications:**

Avoid in case of stomach and hip surgeries.



Fig. 3.9.7: A yogi practising Jathara Parivaratana Kriya

# 17. Naukasana Swing (Supine)

The **Naukasana** is also known as the Boat pose in common English. Practising the asana helps in strengthening the core abdomen as well as the back muscles. The different steps of performing the Naukasana are as follows:

- Lie down on your yoga mat, with your feet together and your arms by the sides.
- Keep your arms straight, and your fingers stretched towards the toes.
- Inhale deeply and as you exhale, lift your chest and feet off the ground
- Feel the tension in your stomach area as the abdominal muscles contract.

- Rest the weight of your body entirely on your buttocks.
- Hold your breath and remain in the position for a few seconds.
- Now exhale and relax as you slowly bring the body back to the starting position.
- You can perform 3-4 repetitions daily but do not overdo it.

## **Benefits of Naukasana:**

The different benefits of performing Naukasana are as follows:

- Naukasana strengthens the abdominal muscles.
- It strengthens the muscles of the thighs, arms and shoulders.
- It improves the health of all abdominal organs including the liver, pancreas and kidneys.
- It helps in regulating blood sugar level.
- It toughens muscles of neck, shoulder and the legs.
- Practising the asana helps in reducing belly fat.
- Practising the asana improves digestion, removes excess gas and reduces constipation.
- Performing the asana relieves the mind of tension and anxiety.
- Asthma and heart patients are advised not to practice Naukasana.

#### **Contraindications:**

- The asana should not be performed with low blood pressure, migraine and severe headache.
- People suffering from chronic diseases or spinal disorders should not practise the asana
- The asana should be avoided during pregnancy and also during the first two days of the menstrual cycle.



Fig. 3.9.8: A yogi performing Naukasana Swing

# 18. Pavana Mukthasana Kriya

The different steps of performing the Pavana Muktasana Kriya are as follows:

- Sit with legs straight.
- Keep the back straight and relaxed.
- Clasp the fingers under the right knee and raise the right leg slightly off the floor.
- Inhale deeply.
- Exhaling and bend the right knee
- Pull the thigh towards the body.
- Ensure that the back is straight.
- Bend the head forward and touch the knee with the forehead or the nose.
- Bend back slightly at this stage.

- Inhale and raise the head, straighten the upper body and straighten out the leg.
- Do not touch the floor with the foot.
- Perform the exercise 5 times with the right leg and 5 times with the left.
- Then return to the starting position

# **Benefits:**

- The asana helps in stretching the muscles of the back and buttocks.
- Promotes spine flexibility and hips and relaxing the neck.
- Practising the asana improves blood circulation to different parts of the body.
- It is especially effective in relieving sciatic complaints.



Fig. 3.9.9: Vector diagram for performing Pawana Muktasana Kriya

#### 19. Bhujanga Parvarthasana Swing (prone)

Bhujangasana is also known as the *Cobra pose* in common English. The detailed steps to performing a Bhujangasana are as follows:

- Lie flat on your stomach.
- Place your hands at the side
- Move your hands to the front making sure they are at shoulder level
- Place your body weight on your palms
- Inhale and raise yourself up
- Hold the position for 10-15 minutes
- Exhale and lower yourself down

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#### Benefits:

- Makes spine stronger
- Cures female hormonal disorders
- Regulates metabolism
- Stimulates digestive system
- Releases stress

# **Precautions:**

It should not be performed with headache, hernia and back injury.



Fig. 3.9.10: A woman performing Bhujanagasana (Source: www.satyaliveyoga.com)

# 20. Naukasana Chalana (Prone)

The **Naukasana** is also known as "Oaring the boat' in common English. Practising the asana helps in strengthening the core abdomen as well as the back muscles. The different steps of performing the Naukasana are as follows:



Step -1: Lie down on your yoga mat with your feet together and your arms on the sides of your thighs



Step- 2: Bend forward and make a pose of rowing the boat



Step-3: Inhale, Holding the same pose go back as much as you can

Step-4: Inhale and come to the front again

Step- 5: Exhale, go back

Step-6: Repeat 5-10 times

## **Benefits:**

- Practising the Naukasana Chalana strengthens the abdominal muscles
- It strengthens the muscles of arms, thighs and shoulders
- It improves the health of organs in the abdomen such as liver, pancreas and kidney
- It toughens the muscles of neck, shoulders and legs
- Reduces belly fat
- Aids in curing PCOS

# 21. Dhanurasana Swing (Prone)

The Dhanurasana is also known as the *bridge pose*. The different steps of performing the Dhanurasana are as follows:

- Lie flat on your stomach with your feet hip-width apart and your arms by the side of the body.
- Fold your knees and hold your ankles with the help of your hands.
- Inhale deeply and lift your chest off the ground.
- Look straight ahead with a smile on your face.
- Hold the position for some time and remain mindful of your breathing.
- Your body should be curved like a bow.
- Ensure that you do not overstretch.
- As you exhale, bring your legs and chest to the ground.
- Release the ankles and relax.

The different health benefits of performing the Dhanurasana are as follows:

- Helps in reducing weight
- Improves appetite and digestion
- Practising Dhanurasana cures rheumatism and other gastrointestinal problems
- The practice of Dhanurasana improves blood circulation

- Practising Dhanurasana gives flexibility to the back
- Practising Dhanurasana strengthens the back muscles



Fig. 3.9.11: Practising Dhanurasana helps in reducing belly fat (Source: www.totalyoga.org)

## 22. Salabha Salabhasana (Prone)

The Salambha Salabhasana is also known as the Locust pose in common English and is a prone position asana. The steps to performing a Salabhasana are as follows:

- a. Lie flat on the stomach with legs straight
- b. Bring the palms under your thighs
- c. Inhale and using the back muscles raise both one of your legs as high as possible and fold the other leg close to the knee of the raised leg
- d. Hold the pose for 5 breaths
- e. Exhale and slowly lower your legs to the floor
- f. Return to the starting position and relax the body

# **Benefits of Salabhasana:**

Some of the benefits of performing Salabhasana are as follows:

- Toning and balancing the functions of the liver, stomach and other abdominal organs
- Regulates bowel movement
- Tightens the muscles of the buttocks
- Strengthens the lower back
- Improves posture
- Reduces stress



Fig. 3.9.12: A yogi performing Salabhasana

# **UNIT 3.10: Quick Relaxation Technique**



# At the end of this unit, you will be able to:

- 1. Demonstrate different types of quick relaxation techniques
- 2. Practise sitting position asana
- 3. Demonstrate asana in a prone position
- 4. Practise asana in the supine position
- 5. Demonstrate various asana in a standing position

The Quick Relaxation Techniques brings relaxation through deep awareness and regulation of breath. It takes around 3-5 minutes to perform and produces a calming effect over the mind. The detailed steps to performing a QRT are as follows:

- Lie down in Shavasana or sit on a chair
- Breathe in and out normally
- Observe the movements of the abdominal muscles going up and down
- Synchronise the movement with slow breathing
- Practise this for 5-7 cycles
- Feel the lightness in your entire body as you inhale slowly and deeply
- As you exhale release the tension and collapse the muscles
- Observe this for 5-7 cycles
- Chant A sound (A-Kara) during exhalation

Yoga has different asana specific to meditation, which helps reduce stress and focus on the present moment. Some of these asanas have been discussed in details below:

# - 3.10.1 Sitting Position Asana -

# 1. Padmasana

The Padmasana is sitting position yoga and is used for performing meditation. The Padmasana is also known as the *Lotus Pose Yoga*. The different steps of performing the Padmasana are as follows:

- a. Sit with your legs in front of the body
- b. Bend the left knee
- c. Place the left foot on the right thigh
- d. Bend the right knee
- e. Place the right foot on the left thigh
- f. The knees should be firmly on the floor
- g. Place your hands on your knees
- h. Close your eyes
- i. Arms should be relaxed and held in a mudra position
- j. Keep the head, neck and back in a straight line

- k. Inhale deeply and slowly
- I. Feel the breath while you exhale out
- m. Be in the position for 10-15 minutes

# **Benefits:**

The different benefits of performing Padmasana are as follows:

- Padmasana is a highly preferred asana for increasing focus and concentration.
- Performing the asana Calms the mind.
- Performing the asana boosts metabolism increasing hunger
- The asana helps the body and mind relax
- Practising the asana helps to strengthen the ankles and knees
- Helps stimulate the abdomen, spine and bladder
- This asana strengthens the hip and knee joints of the female
- It helps to reduce the unwanted fat in the hip and thigh region.



Fig. 3.10.1: practising Padmasana reduces stress (Source: www.yogajournal.com)

## 2. Vajrasana

The Vajrasana is also known as the Thunderbolt pose. The different steps of performing the asana are as follows:

# Steps:

- a. kneel on the floor with knees close to each other
- b. Bring the toes together separating the heels
- c. Rest the buttocks on the inside surface of your feet
- d. Place your hands on your thighs
- e. The back and head should be aligned in a straight line
- f. Close your eyes
- g. Feel your breath as you inhale and exhale deeply and slowly
- h. Relax your whole body

The different benefits of performing Vajrasana are as follows:

- 1. Calms the mind and reduces stress.
- 2. Cures constipation, acidity and boost the process of digestion.

- 3. Helps to get rid of back pain.
- 4. Helps cure stomach disorder.
- 5. It helps to cure urinary problems.
- 6. Strengthens sexual organs.
- 7. Improves blood circulation.
- 8. It is preferred for meditation and concentration.
- 9. Promotes weight loss.
- 10. Strengthens thigh muscles.
- 11. Acts as a pain killer for arthritis patients

The different precautions which should be followed for performing Vajrasana are as follows:

- 1. A person suffering from joint pain should not practice this asana.
- 2. The asana should be practised under the expert guidance

# 3. Sukhasana

Sukhasana is one of the most basic poses of Yoga and can be performed by anyone without much supervision or difficulty. The name is derived from Sanskrit where 'Sukha' means pleasure and 'asana' means pose.

## Steps:

- Sit on the floor
- Fold your left leg up on the right thigh
- Fold the right leg so that it touches the left thigh
- Rest your hands on your knees in a chin mudra position
- Keep the spine erect
- Be mindful of your breathing

## **Benefits:**

Some of the benefits of Sukhasana are as follows:

- The opening of the hips
- Lengthening of the spine
- Creates a calming effect on the person performing the asana



*Fig. 3.10.2: Sukhasana is one of the easiest postures of meditation* (*Source: www.yogatoday.com*)

# 4. Siddhasana

The *Siddhasana* improves the flexibility of the hips, knees, ankles, and strengthens the back. It differs from svastikasana, in that you tuck your feet into your thighs between the thighs and calves on both sides. The posture is considered the perfect meditation posture for anyone practising celibacy. Siddhasana is also beneficial for men with various prostate problems. The different steps of performing the Siddhasana are as follows:

- Sit on the floor with legs close to each other
- For males place the left foot between the anus and the testis( Perineum). For females place the left foot touching the labia majora of the vagina
- Take the right foot and place it over the left foot
- Slid your right foot toe in the space between the left calf muscles
- Press the chin against the chest
- Gaze at the space between your eyebrows and breathe mindfully
- The hands can be kept in a chin mudra position
- Maintain the position for 10-15 minutes

#### **Benefits:**

- Helps in maintaining the spinal cord in a straight and steady position
- Helps to convert the sexual energy into subtle energy known as 'ojas.'
- Helps an individual control sex urge and regulates the functioning of sexual organs
- Stabilises the nervous system and produces a calming effect



Fig. 3.10.3: Siddhasana can be performed for the reproductive well being

# 5. Siddi Yoni Asana

Siddha Yoni asana is a seated yoga pose for women. In common english, this posture is known as accomplished for women. It is the feminine counterpart for Siddhasana. The different steps of performing the Siddhi Yoni Asana are as follows:

Sit straight on the floor with your legs stretched out

Press the balls of your heels firmly to the ground.

Bend the left knee and bring the heel neat to the perineum.

Fold your right leg and rest it against the pubic bone with the toes pointing down.

Place one ankle on top of the other and allow both your knees to touch the floor.

Stretch your arms forward and place both your hands on each of the knees.

Touch the tip of your thumb with the index finger keeping the rest of the fingers straight Close your eyes and meditate.

# Modify:

- 1. If there is a pain in the ankle, a blanket or cloth could be used as support.
- 2. Beginners can sit on a blanket while performing the asana to keep their spine straight

## Benefits:

- 1. The Practice of the asana helps in keeping the mind alert
- 2. Increases blood circulation in the lumbar region and abdomen
- 3. It is beneficial in the cure of urinary continence.
- 4. Regulates cardiac function and controls blood pressure.
- 5. Cures piles and haemorrhoids.
- 6. Cures asthma and insomnia.

# **Contraindications:**

The asana should be avoided in case of:

- 1. Recent surgery, especially on the back or hip.
- 2. Lower back pain, and sciatica.
- 3. Knee pain, arthritis or recent knee injuries



Fig. 3.10.4: A yogi practising Siddhi Yoni Asana

## 6. Bhadrasana

**Bhadrasana** is also known as the Gracious Pose Yoga. The different steps of performing the Bhadrasana are as follows:

- Begin seated on a yoga mat
- Fold your feet backwards
- Draw them towards the pelvis
- Inhale deeply

- Exhale slowly
- Be in that position for 10-15 minutes
- Relax and return to the original position

Health Benefits of Bhadrasana (Gracious Pose):

- Develops flexibility of legs
- Improves digestion
- Strengthens backbone, thighs, hips and buttocks
- Activates Muladhara or root chakra
- Eases delivery, labour during childbirth
- Develops brain power
- Improves focus and concentration
- Combats fatigue
- Reduces stress and calms down the mind
- Bhadrasana is a good meditation pose for those who find it difficult to sit in more classical poses like *Padmasana and Siddhasana*.
- The asana can also be performed by people suffering from varicose veins, and aching leg.



Fig. 3.10.5: bhadrasana activates the reproductive organs

# 7. Dhyana Veerasana

DhyanaVirasana is also known as Hero's meditation pose. The Sanskrit name has been derived from three words, dhyana which means meditation, Veera which means hero, and Asana which means posture.

The different steps to performing a DhyanaVeerasana are as follows:

- Sit straight keeping the legs stretched out in front
- Place the left leg under the right one so that left heel touches the right buttock
- Next, place the right leg over the top of the left bent leg
- Place both the hands on the right knee
- Hold the head, neck and back in a straight line
- Close your eyes and relax
- Inhale and exhale deeply
- Be in that position for 1 minute
- People suffering from spinal or migraine disorder should avoid performing the asana

# Benefits of DhyanaVeerasana:

Some of the benefits of performing DhyanaVeerasana are as follows:

- Gives strength to the pelvic muscles
- Improves digestion, relieves gastric troubles
- Relieves the muscle cramps
- Strengthen leg muscles
- Messages the pelvic and reproductive organs
- Enhances concentration and memory



Fig. 3.10.6: Dhyana veersana helps in increasing focus (Source: www.yogajournal.com)

# 8. Paschimottanasana

The Paschimottasana is an asana in hatha yoga. It is also known as the Seated forward bend. The different steps of performing the Paschimottanasana are as follows:

- Sit with your legs straight
- Inhale and stretch your arms over your shoulder
- Exhale and bend forward
- Your chin should touch your toes
- Keep your knees as straight as possible
- Place your head on your legs
- Hold the pose for 2-3 minutes
- Inhale and return to the original position with your arms stretched out
- Exhale and lower your arms

# Benefits of Paschimottanasana:

- The asana helps in reducing stress.
- Reduces fat deposits in the abdomen.
- Calms the mind and reduces anxiety.
- Helps in coping with anger and irritability
- Stretches the spine and brings flexibility.
- Good for constipation and digestive disorder.
- Useful for increasing height.
- Regular practice cures impotency and improves sexual function.
- Tones the pelvic organs.
- Balance the menstrual cycles.

## **Precautions:**

- Pregnant women should not practice Paschimottanasana.
- A person suffering from slip disc or sciatica problem, asthma should avoid Paschimottanasana.
- Ulcer patient should not practice.



Fig. 3.10.7: Performing Paschimottanasana

## 9. Gomukhasana

*Gomukhasana* is a seated asana in hatha yoga. It is also known as Cow face pose in modern English. The different steps for performing a Gomukhasana are as follows:

- 1. Sit straight on the ground with your legs stretched out
- 2. Gently bend your left leg and place it under your right buttock
- 3. Place the right leg over your left thigh
- 4. Fold your left arm and place it behind your back
- 5. Take your right arm over your right shoulder
- 6. Stretch it over till you can actually hold your left hand
- 7. Keep the trunk erect and expand your chest
- 8. Hold this pose for around 2-3 minutes
- 9. Focus on your breathing

## Precautions:

- 1. People suffering from shoulder, neck and knee pain must refrain from practising the Gomukhasana
- 2. The ones with frozen shoulders should abstain from performing the exercise

# **Benefits:**

- 1. Practising the asana helps to fix the back making it more elastic
- 2. Performing the asana reduces backaches
- 3. Practising the asana helps in the treatment of Sciatica
- 4. It enhances the working of the kidneys
- 5. Reduce stress and anxiety
- 6. The asana also works as an effective cure for sexual ailments



Fig. 3.10.8: Front and Backward view of Gomukhasana

# 10. Vakrasana

Vakrasana is also known as the *HalfSpinal Twist Posture* in common English. The different steps of performing Vakrasana are as follows:

- Sit on the mat with your legs stretched
- keep your hands parallel to your hips or thighs
- Bend your left knee at 90 degrees with knee pointing towards the sky
- Place your right hand on the outer side of the folded left knee while twisting your waist
- Ensure that your right elbow touches the left knee
- Hold your left ankle with your right hand
- Turn your head towards your left and place your left hand on the floor just behind the hip
- Hold the position for a count of 30
- Release your hand holding the right ankle and your left twist
- Turn your head and stretch your legs
- Keep your hands on the mat in a relaxed position and rest for 10 seconds

# **Benefits of Vakrasana:**

The different health benefits of Vakrasana are as follows:

- Increases spine elasticity and tones the spinal nerves.
- Stretches and strengthens the muscles.
- Helps relief stiffness of the vertebrae.
- Massages the abdominal organs.
- Reduces belly fat.
- Regulates the secretion of digestive juices.
- Loosens the hip joints, relieving stiffness.
- Reduces belly fat.
- Stimulates Navel chakra or Manipur chakra.



Fig. 3.10.9: Practising Vakrasana

# 11. Ardha Matsyendrasena

The AardhaMatsyendrasana is also known as the *Half Lord of the Fishes Pose*. The different steps of performing the Ardha Matsyendrasena are as follows:

- 1. Keep the right foot by the side of the left buttock
- 2. Keep the left foot on top, with the foot in front of the right knee and the left knee raised upward
- 3. Inhale and raise the arms shoulder high, keeping the elbows straight
- 4. Exhale, twist to the left, place the right arm by the outer side of the left knee and hold the left ankle with the right hand
- 5. Take the left arm behind the back and rest the back of the left hand against the right side of the waist

# **Precautions:**

- The asana must be avoided during pregnancy and menstruation
- One who has undergone recent heart, abdomen and brain surgery should avoid performing this asana
- Those with hernia or peptic ulcers should avoid performing the asana
- People with a slipped disc problem should avoid performing the asana

# **Benefits:**

- The asana makes the spine more flexible
- It improves the way of functioning of spinal cord
- Practising the asana helps relieve stiffness and back pain
- Practising the asana boost the functioning of the digestive organs
- The asana regulates the secretion of adrenalin and bile
- The asana helps to reduce stress and tension



Fig. 3.10.10: Practising Ardha Maysyendrasena

# 12. Ustrasana (Camel Pose)

The Ushtrasana is also known as the *Camel Pose*. Practising the asana helps in strengthening the back.

The different steps of performing an Ushtrasana are as follows:

- Sit in Vajrasana with your feet and knees slightly apart
- Stand on your knees and stretch the arms to the sides
- Lean backwards and put the hands on the heels
- Stretch the neck backwards and let the body weight rest on the arms
- The arch as far back as possible
- Return to kneeling position then back to vajrasana

# Precautions:

- A person with a back injury should not perform the asana
- A person with high or low blood pressure should not perform the asana
- The asana should be performed under expert supervision only

The different benefits of practising the Ustrasana are as follows:

- Ustrasana stretches the anterior muscles of the body.
- Improves flexibility of the spine and strengthens it.

- Camel Pose Improves digestion
- Gives relaxation to the lower back.
- Useful as an initial practice for back bending.

# **Contraindications:**

• People suffering from severe back and neck injury, high or low blood pressure, migraine



Fig. 3.10.11: Ustrasana improves the flexibility of the spine

# 13. Mandukasana

The Madukasana is also known as *Frog Pose* in common english. Practising the asana helps in toning the abdominal region as well as messages the internal organs. The different steps of performing the Manduksana are as follows:

# Steps of Mandukasana (Method 1): -

- Comfortably sit in Vajrasana (Thunderbolt Pose)
- Close the fists of your hands.
- While clinching the fists press your thumb inside with the fingers.
- Press the navel with your fists, exhale and bend forward.
- Hold the breath while bending forward and look straight.
- Stay in this position for some time, inhale and come back to starting position (Vajrasana).
- Repeat this for three to four times.

## Steps of Mandukasana (Method -2): -

- Sit in Vajrasana pose.
- Place your right palm on your left palm
- keep them on the navel.
- Now press your stomach inwards.
- Exhale and bend forward, look straight.
- Hold your breath and position for some time.
- Slowly inhale and come back to Starting Position.

# Repeat this for 3 to 4 times.

# Benefits of Mandukasana:-

- Boosts the secretion of insulin.
- Cure the problems related to stomach.
- It is beneficial in cardiovascular diseases.

- Useful for flexibility of thighs and legs.
- It improves the functioning of the digestive system and excretory system.
- It cures the pain of ankles, knees and back.

# Precaution: -

Those People who are suffering from abdominal injuries and any kind of back pain do not perform the Manduk asana. In case of knee injury avoid performing Mandukasana.



Fig. 3.10.12: The Mandukasana improves the functioning of the digestive system

#### 14. Veerasana

The Veerasana is also known as the *Hero's Pose* in yoga. Practising the asana stretches the arches of the foot. The different steps of performing the Veerasana are as follows:

- Take the left foot forward
- Keep it a significant distance apart from the right foot
- Join the palms of your hands and place them on the knees of the left leg
- Bend the left leg in such a way that the thigh and the calf come in a perpendicular line
- Raise the joined hands and take it above the head
- Tilt your head backwards, keep the sight backwards down

#### Precautions:

- The process of backward bending should not be slow in nature. Otherwise, it may become difficult to maintain balance
- It should not be performed by those with severe backache
- Ones with a knee injury should avoid performing the asana
- Ones with an ankle injury should avoid practising the asana

#### **Benefits:**

- The benefits of performing asana are as follows:
- Improves blood circulation
- Increases the flexibility of the spinal cord
- Performing the asana messages the inner abdominal organs

# 15. Shankhasana

Shankasana is also known as *hare pose* in common english. Practising the asana helps in stretching the spinal cord and relieving back pain. The different steps of performing the Shankasana are as follows:

- Sit in Vajrasana or the Thunderbolt pose.
- Place your hands on the thighs and breathe in a relaxed manner.
- Hold the right hand with the left hand.
- Inhale deeply as your chest expands.
- When you exhale bend forward and touch your forehead to the ground.
- Rest the forehead on the ground in the final position.
- Remain in this position for as long as possible.
- Exhale slowly and come back to the starting position
- Repeat the process for 5 to 10 rounds.

## Benefits of Shashankasana:

- This asana helps to relax the mind and relieves depression.
- It tones the pelvic muscles
- The asana cures sexual disorders.
- It gives a good relaxing stretch to the upper body.



*Fig. 3.10.13: The Shankhasana is an effective yoga pose for relieving the mind and curing depression* 

## 16. Janusirasana

It is also known as a head-to-knee pose in common English. Practising the asana helps in strengthening the back and gives a good stretch to the shoulder and vertebral column. The different steps for performing the posture are as follows:

- Sit on the floor with your back erect
- Stretch out your left leg
- Bend your right knee, placing the bottom of the right foot against the inner side of the left thigh
- Bend your head and reach towards your toe
- Hold your toe with both your hands
- Hold on to that position for 2-3 minutes
- Inhale and release the pose

# Precautions:

- Avoid performing the asana if you have asthma or diarrhoea
- Avoid performing the asana with a knee injury
- Avoid performing the asana if you have a lumbar disc herniation

# **Benefits:**

The different benefits of performing Janurisana are as follows:

- Cures constipation
- Enhances the flexibility of the ribs.
- Enhances the functional capacity of kidneys.
- Stretches and strengthens the blood vessel.
- Improves blood circulation to the liver, spleen and pancreas.
- It stimulates different glands and secretory organs.
- Practising the asana improves the flexibility of the trapezius muscle, deltoid muscle, thighbone and bicep muscles.
- Energizes and strengthens the digestive organs, cures constipation and other troubles.
- Janusirasana is very beneficial for patients with diabetes.
- Helps short control temper, regulates bowel movement and improves digestion
- Provides adequate flexibility to the back muscles.
- Janusirasana helps oneself to balance the level of blood sugar and also the metabolic process.
- Relieves compression of the spine and sciatica
- This asana improves concentration capacity and intellectual endurance of the body



Fig. 3.10.14: The Janurisana messages the internal digestive organs

## 17. Maytasana

Matyasena is a back bending asana in hatha yoga. It is also known as the *Fish pose* in common english. The different steps of performing the Matyasana are as follows:

- Sit comfortably in any position which suits you
- Cross your legs such that your feet cross each other at your middle
- Breathe in and lift your chest up
- Your crown should touch the floor
- Slightly pressurize your shoulder blade by lifting your chest up

# **Contraindications and Cautions:**

The asana should not be performed under the following conditions:

- High or low blood pressure
- Migraine
- Insomnia
- Serious lower-back or neck injury

# **Therapeutic Applications**

The Practice of Matyasana helps to cure the following problems:

- Constipation
- Respiratory ailments
- Mild backache
- Fatigue
- Anxiety
- Menstrual pain



Fig. 3.10.15: A yogi performing Matyasana

## 18. Lolasana

Lolasana is a hand balancing asana in modern-day yoga. In common english, it is also known as the *Pendant Pose*. The different steps of performing the Lolasana are as follows:

- Sit comfortably in any position which suits you
- Cross your legs such that your feet cross each other at your middle
- Try and raise yourself from that position with the help of your hands
- Be in that position for 2-3 minutes
- Exhale, and slowly come back to the original position

# **Benefits:**

The different benefits of performing Lolasana are as follows:

- Strengthens wrists
- Tones arms
- Develops abdominal muscles
- Strengthens back muscles

# **Contraindications:**

An individual with the following conditions should not perform the asana:

- Wrist injuries
- Shoulder pain
- Neck problems



*Fig. 3.10.16: Lolasana helps to strengthen wrists and back muscles* 

# 19. Garbhasana

Garbhasana is a balancing asana in a seating position in modern-day yoga. In common English it is known as the *Embryo in womb pose*.

The different steps of performing a Garbhasana are as follows:

- Sit in Padmasana or the lotus pose
- Insert the hands in the gap within the thighs and calf muscles
- Bend the elbows around the calf muscles to hold the legs
- Lift up the legs with the hands
- Exhale during the process
- Hold your ears with the help of your hands
- This is the final position
- Put the entire weight of the body on the buttocks
- Concentrate on maintaining the balance of the body

#### **Precautions:**

- Persons with skip disc or spondylitis should avoid performing the asana
- A person with hip, the back injury should avoid performing the asana

#### **Benefits:**

- Cures colic pain
- Removes abdominal fat
- Cures gas trouble
- Improves digestion power



Fig. 3.10.17: Practising the asana improves digestion power

## 20. Simhasana

The simhasana is also known as *Lion's pose* in common English. Practising the asana helps in strengthening the throat, lung and human voice. The different steps of performing the Simhasana are as follows:

- Sit in vajrasana
- Tuck the toes under
- Place the hands on the knees and straighten the arms
- Inhaling deeply through the nose raise the shoulders slightly upwards
- Exhale strongly through the mouth
- Press the hands firmly on the knees and spread the fingers wide apart
- Open the eyes wide and look up
- Stretch the tongue out and vocalise a lion's roar, say "ahh."

• Ensure the "ahh" sound comes from the abdomen and not the throat

# **Precautions:**

People with weak wrists may practice Simhasana while sitting in Vajrasana

#### **Benefits:**

- Beneficial for attaining good health of ears, nose, throat and eyes
- Reduces emotional stress and frustration
- Useful for shy, nervous people, who are introvert in nature
- Beneficial for those who stutter
- Removes tension from the chest



*Fig. 3.10.18: Simhasana is a detoxification exercise which cleanses and strengthens the lungs* 

The SuptaVajrasana is modern day yoga and is also known as *Recline Hero Pose* in common english. The different steps of performing the Supta Vajrasana are as follows:

- Sit in an upright position
- Rest your hands on the thighs
- Breathe normally and place your hands on the floor beside the buttocks
- Lean the body back until the elbows rest on the floor
- Lower the head backwards until the top of the head touches the floor
- Bring the palms together in front of the chest and hold the posture
- Inhale through the nose and exhale through the mouth
- With the help of the elbows slowly return to the starting position

#### **Benefits:**

- Increases the flexibility of the spine
- Stretches the hips and thigh muscles
- Strengthens the lungs and is useful for the treatment of bronchitis

#### Caution:

- Avoid performing the asana during an asthma attack
- An individual who has undergone knee or underground injury should avoid performing the asana
- 21. Gaumukhasana

The Gaumukhasana is also known as the *cow face pose*. The different steps of performing the Gaumukhasana are as follows:

- Sit on the yoga mat with your back straight and legs extended
- Put your feet together and place your palms next to your hips.
- Bend your right leg and place the right feet under your left buttock.
- Stack your left knee over your right knee.
- Raise the left arm above your head and bend the elbow.
- Simultaneously, bring the right arm behind your back and interlock both hands.
- Take deep ujjayi breaths and stay as long as you are comfortable.
- Now, as you exhale, release your arms.
- Uncross your legs and repeat for the other leg.

Benefits of Gomukhasana:

- Cures sciatica
- Helps in high blood-pressure
- Reproductive organs are toned and massaged with regular practice
- Cures stiff shoulders
- Elongates spine
- Beneficial for those with bad posture
- Reduces stress and anxiety
- Strengthens back muscles
- Stimulates kidneys
- Strengthens muscles of ankles, hips, thighs, shoulders, triceps, inner armpits and chest

# **Contraindications:**

The asana should not be performed under the following conditions:

- Shoulder pain or injury
- Pain in any particular area of the body
- Soft tissue injury in the leg
- Muscle tear or pain in thighs
- Bleeding piles
- Spondylitis

## 22. Gupta Padmasana

The Gupta Padmasana is also known as the hidden lotus pose in common english. The different steps for performing a Gupta Padmasana are as follows:

- Sit in Padmasana
- Bend down towards your abdomen
- Bend more, try and place your chin on the floor
- Bring your arms at the back

- Place your palms together with the fingers pointing towards the head
- Lie completely on the floor, try and relax the whole body
- Breathe quietly, hold onto the position for sometime
- Return to the starting position

#### **Precautions:**

- An individual with a cervical spine should not perform the asana.
- The asana should not be performed with pain in the knee, shoulders and hips

#### **Benefits:**

- It is helpful for curing migraine
- The asana has a positive influence on the entire spine
- Practising the asana is beneficial for rounded back and hip displacement



Fig. 3.10.19: Practising the Gupta Padmasana helps improve spine flexibility

# 23. Pada Prasar Paschimottanasana

The PadaPrasarPaschimostasana is also known as forwarding Bend with legs wide in common english. The various steps of performing PadhaPrasarPaschimostasana are as follows:

- Sit with your legs straight and wide apart
- Rest your hands on the thighs
- Inhale, raise both arms above the head
- Exhale, bend forward
- Keep the back straight
- Grasp the toes
- Touch the floor with your forehead
- Inhale and bring the body back to the original position

# **Precautions:**

- An individual who has undergone abdominal surgery should not perform the asana
- An individual with hip or knee injury should not perform the asana

## **Benefits:**

• Practising the asana helps in stretching the muscles of the inner groin



*Fig. 3.10.20: The Pada Prasar Paschimottanasana helps in strengthening the muscles of the inner groin* 

# 24. Ek Pada Padosthanasana

The *Eka Pada Padmottanasana* is also known as the "one leg raised to head pose". The various steps for performing the asana are as follows:

- Sit with your legs stretched forward
- Bend the left foot and place its foot flat on the ground in front of the left buttock
- Fold the right leg keeping the knee on the ground
- Place the right heel under the perineum
- Interlock the fingers under the left foot
- Raise the left foot and straighten the knee
- Bring the knee up to the nose
- Keep the leg straight
- Stretch each leg a maximum of 5 times
- Inhale while seated
- Retain while raising and lowering the leg
- Exhale when seated
- Practising the asana makes hamstring muscles strong and hip joints flexible
- It should be avoided by individuals suffering from back pain or injury

## **Precautions:**

• Practising the asana makes hamstring muscles strong and hip joints flexible

# Benefits:

• An individual suffering from back pain or injury should refrain from performing the asana

# 3.10.2 Prone Position Asana

# What is a prone position?

Prone refers to a body position in which the person lies flat on the chest with their backside up. Anatomically, the dorsal side is up, and the ventral side is down. Any prone position asana should be maintained for 30 seconds.

## Importance of prone position

There are different asana of yoga which is performed in a prone position. The prone position is used increasingly for the treatment of patients with Acute Respiratory Distress Syndrome. Some of the physiological benefits of the prone position are as follows:

- Improves oxygenation
- Improves respiratory mechanics
- Homogenises the pleural pressure gradient
- Increases lung volume
- Facilitates the drainage of secretions

The different asana performed under prone position have been discussed below as:

# 1. Navasana

The Navasana is also known as the Boat pose and is performed for improving abdominal and core strength. It also helps in toning the deep hip flexors. The step by step instructions for performing a Navasana is as follows:

Step 1: Sit with your legs stretched out on the floor

Step 2: Lift your feet off the floor

Step 3: Keep your knees bent at first

Step 4: Inhale and slowly relax your knees so that your legs are parallel to the floor

Step 5: Keep the straight spine throughout

Step 6: Straighten your legs to a 45-degree angle so that it makes a V shape

Step 7: Straighten your arms with the palms opened and fingers pointing

Step 8: Stay in that position for at least 5 breaths

Step 9: Exhale as you slowly bring your legs down



Fig. 3.10.21: Steps of Navasana (Source: www.indianyoga.com)

# Benefits of Naukasana:-

- Strengthens the back and abdominal muscles.
- Tones the leg and arm muscles.
- Useful for people with a hernia.
- It helps to remove belly fat.
- It improves digestion.

#### **Precaution:**

The Asana should not be practised under the following conditions:

- Low blood pressure
- Severe headache
- Migraine
- Spinal disorder
- Asthma
- Cardiac disorder
- Pregnancy
- First two days of the menstrual cycle

## 2. Bhujangasana

Bhujanaga means snake or cobra. In this asana, the body of an individual is raised like the hood of a snake. The steps of performing a Bhujangasana are as follows:

Step 1- Lie flat on the stomach and rest your head on your hands

Step 2- Join the legs and stretch your arms

Step 3-Keep the forehead on the ground

Step 4- Inhale and slowly lift your head up

Step 5- Raise your head and come up to the level of the navel

- Step 6- Stay in that position for a minute or two
- Step 7- Exhale and bring your head back to the ground
- Step 8- This is Bhujangasana

## A word of caution:

- The asana should be avoided by the ones who have undergone abdominal surgery for at least 2-3 months
- It should be practised by the ones suffering from a hernia, ulcers, etc.

The different benefits of Bhujanagasana are as follows:

- The Asana helps stretch the muscles in the shoulders, chest and abdomen.
- The Bhujangasana decreases the stiffness of the lower back and strengthens the arms and shoulders.
- It increases flexibility, improves menstrual irregularities in women.
- The practice of the Bhujangasana elevates mood, reduces stress and depression
- Bhujangasana improves blood circulation in the body

- The Bhujangasna improves digestion , messages the abdominal organs
- It also helps to cure the symptoms of asthma.
- The Bhujangasana helps strengthen the spinal cord



Fig. 3.10.22: The different steps of Bhujangasana (Step 1)



Fig. 3.10.23: The different steps of Bhujangasana (Step 2)

## 3. Sarpasana

Sarpasana is a prone position asana that is similar to bhujanagasana. 'Sarpa' comes from Sanskrit meaning Snake and 'asana' means pose. The steps of performing a sarpasana are as follows:

- Lie flat on the stomach with your legs straight and feet together.
- Interlock the fingers and place the hands on top of the buttocks.
- Place the chin on the floor.
- Using lower back muscles raise the chest from the floor as far as possible.
- Push the hands backwards and raise the arms as high as possible.
- Raise the body as high as possible without straining.
- Squeeze the shoulder blades together and look forward.
- Hold the position as long as possible.
- Slowly return to the starting position.

# **Contra-indications**

- People with heart conditions and high blood pressure should avoid performing the asana
- The asana should not be performed during periods
- People with severe back pain should avoid performing sarpasana

The benefits of performing a Sarpasana are:

- a. It strengthens the back
- b. The posture helps in stretching the abdominal cavity and the chest
- c. Performing the asana exercises the internal organs such as pancreas, liver, intestines,
- d. Performing the asana on a regular basis helps control gynaecological problems
- e. Performing the asana stimulates appetite and alleviates constipation

# 6. Ardha Shalbhasana

Ardha Salabhasana is an intermediate pose of salabhasana. It is also known as the *half locust pose* in English. The steps for performing an ArdhaSalabhasana are as follows:

- Lie flat on the stomach with legs straight
- Bring the palms under your thighs
- Inhale and using your back muscles raise only one of your legs as high as possible.
- Hold the pose for 5 breaths
- Exhale and slowly lower your legs
- Return to the starting position and relax

# Benefits of Ardha Shalabhasana:

- It is beneficial to incurring most spine disorders.
- It is helpful for curing backache and sciatica pain.
- Useful for removing unwanted fats around the abdomen, waist, hips and thighs.
- Daily practice of this Asana can cure cervical spondylitis and spinal cord ailments.
- Strengthening your wrists, hips, thighs, legs, lower abdomen and diaphragm.



Fig. 3.10.24: A yogi performing Ardha salabhasana

# 7. Shalabhasana

The Shalabhassana is also known as the Locust pose. The different steps of performing the Salabhasana are as follows:

- Lie down on your Stomach
- Place both hands underneath the thighs.
- Inhale and lift your right leg up.
- Rest your chin on the ground.
- Hold this position for 10-20 seconds.
- Exhale and bring your leg to the initial position.
- Repeat the practice with the left leg.
- Repeat this 5-7 times.
- Inhale and lift your both legs up

• Repeat the process with both legs 2-4 times.

# **Benefits of Shalabhasana**

- It helps in curing spine disorders.
- It is helpful for curing backache and sciatica pain.
- Useful for removing unwanted belly fat.
- Daily practice of this Asana can cure cervical spondylitis and other spine ailments.
- Strengthens the legs, thighs, wrists, hips, etc.
- Toughens back muscles.

#### Note: -

The asana should not be practised in case of recent surgery.



Fig. 3.10.25: Saralbhasana messages the internal abdominal organs

# 8. Saral Dhanurasana

The Saral Dhaurasana is also known as *Easy bow pose*. It is a prone position asana and could be performed in the following steps:

- Lie flat on your tummy
- Spread your legs a little apart
- Rest your forehead on the floor
- Put your arms alongside your body
- Bend the knees so that feet come towards the buttocks
- Reach back with hands and catch hold of the ankles
- Inhale and raise trunk off the floor
- Your head should look forward
- Push little back with your legs and stretch out your arms straight
- In this practice the knees and thighs remain on the floor and while breathing normally just work gently into the arching of the back.
- Hold the position for 2-3 minutes
- Release and come down slowly
- Repeat 5 times

## **Contraindications:**

Those with spine injury should not perform the asana. It should not be performed under menstruation.

## **Benefits:**

- Strengthens the back and abdominal muscles
- Adds greater flexibility to the back
- Relieves menstrual discomfort



Fig 3.10.26: Practising Dhanurasana helps in reducing belly fat (Source: www.totalyoga.org)

### 3.10.3 Supine Position Asana

The supine position means lying horizontally with one's face upwards. Supine yoga postures are performed lying on the back and are a great way to relax or promote flexibility. Some different asana could be performed in the supine position such as:

#### 1. Halasana

The *Halasana* is also known as the plough pose in common english. It derives its name from Sanskrit where *Hala* means bow and *Asana* means posture. The Halasana pose resembles a typical plough used in Indian and Tibet. The steps to performing a Halasana are as follows:

- Lie flat on your back with arms resting by the side of your body and palms facing downwards
- Inhale and lift your feet off the ground using abdominal muscles so that your legs are placed at a 90-degree angle
- Use your hands for supporting your hips and slowly lift them off the floor
- Try to remain in the position till a count of 50-100
- Ensure that your back is perpendicular to the ground
- Hold the position for a minute or two
- Exhale and slowly bring your legs down



Fig. 3.10.27: props can be used while performing Halasana (Source: www.abhyasayoga.in)

#### **Precautions:**

The asanas should not be performed by individual suffering from diarrhoea, neck injury or females undergoing mensuration

The ones suffering from high blood pressure and asthma should refrain themselves from performing the asana

Pregnant ladies should perform the asana only under expert supervision

#### Benefits:

The benefits of performing asana are as follows:

- Practising the asana aids in digestion
- The asana regulates metabolism and helps in weight loss
- The asana is excellent for diabetic patients, as it normalises blood sugar level
- The asana helps to relax the stress of the back muscles
- The asana is helpful in reducing stress and fatigue
- The asana cures backaches, infertility, sinusitis and insomnia
- Regular practice of the asana can cure problems like obesity, constipation, diabetes and menstrual disorders
- Halasana helps reduce belly fat and body fat

#### 2. Sarvangasana

Sarvangasana is also known as *Shoulder Stand Posture*. It used to strengthen the back muscles as well as develop good body balance. The steps of performing a Sarvangasana are as follows:

- Lie straight on the back
- Inhale and slowly raise your legs, buttocks and upper part of the body from the floor
- Support your back with the help of your hands
- slowly extend the legs and back fully upright
- Ensure that the chin touches the chest
- The back and legs should form a vertical line
- Remain in this position and breathe for about 1-5 minutes
- Exhale and then lower your legs slowly
- Return to the starting position

#### Variation of Sarvangasana:

- While remaining in the position of Sarvangasana turn the pelvis and the legs to the right
- Support the right buttock on the right hand
- Hold the position for approximately one minute
- In the next step, turn the pelvis and the legs to the left
- Support the left buttock on the left hand
- Hold the position for approximately one minute
- Return slowly to the starting position

#### Word of caution:

- The Asana should be avoided by one with high blood pressure, hyperactive thyroid gland and also by the ones with pain in the cervical spine.
- Children under the age of 14 years should not hold the position for a very long time

#### Benefits:

- Performing the asana detoxifies the body and calms the mind
- Regulates function of the thyroid gland and related organs

- The inverted postures stimulate blood supply in the body
- Performing the asana helps in curing swollen legs



Fig. 3.10.28: Practising the asana improves blood circulation Source: www.101yogasan.com

#### 3. Chakrasana

**Chakrasana** is also was known as **Urdhva Dhanurasana** is a backbend asana performed in the supine position. The wheel pose stimulates the flow of positive energy within the body. It is commonly known as the Upward Facing Bow Pose. It is also called the back bridge and gives sufficient flexibility to the spine. The various steps of performing a Chakrasana are as follows:

- Lie flat with your back on the floor
- Bend your knees so that the sole of your feet touch the floor
- Place your feet close to the buttocks
- Place your hands behind your shoulders
- Balance your weight on your knees
- Using your limbs lift your entire body off the mat
- Take deep breaths
- Hold the pose for a minute or two
- Gently lower your back on the ground
- Lie down in savasana

#### **Contraindications:**

- The individual performs the asana should not deal with tendonitis
- Ones with shoulder impingement should avoid performing the asana
- Those with high blood pressure should avoid performing the asana

#### **Benefits:**

The benefits of performing asana are as follows:

- Performing the asana gives your lungs and chest a good stretch
- Performing the asana strengthens your legs, abdomen, buttocks, spine, shoulder blades
- The asana stimulates the pituitary and thyroid glands
- Practising the asana gives a good stretch to hip flexors, core and wrist flexors
- Performing the asana cures infertility, asthma and osteoporosis
- It also reduces stress and depression in an individual



Fig. 3.10.29: Chakrasana improves body balance

#### 4. Setu Bandhasana

Setu Bandha Sarvangasana or Setu Bandhasana is also known as the bridge pose. The pose resembles the structure of a bridge. It helps in stretching the back, neck, chest and relaxes the entire body. The asana is best performed early in the morning in an empty stomach. It can also be performed in the evening. The steps of performing a SetuBandhasana have been discussed below as:

- Lie flat on your back
- Bend your knees and place the feet floor width apart
- Place the ankles and knees in a straight line
- Rest your arms beside your body with the palms facing downwards
- Inhale and lift your back off the floor
- Roll in your shoulders
- Make sure your chin touches your chest
- Let your shoulders, arms, feet support your weight
- Make sure your thighs are parallel to each other and to the floor
- Interlock your fingers and push your hands harder to the ground to lift your torso higher
- Hold the posture for at least a minute
- Exhale and release the pose



Fig. 3.10.30: Setu Bandhasana is also known as the Bridge Pose (Source: www.vyfhealth.com)

#### **Precautions:**

- People suffering from neck injury should avoid performing the asana
- Pregnant women may perform this asana but only under expert's guidance
- One with back problems should avoid performing the asana

The benefits of performing asana are as follows:

- The asana helps in strengthening the back muscles
- It also helps in stretching and toning the spine, neck and chest

- Practising the asana helps reduce stress, anxiety and depression
- Performing the asana helps control thyroid problems
- Practising the asana also relieves digestion problems
- Regular practice of the asana helps improve blood circulation

#### 5. Viparitha Karani

The *ViparithaKarani* is a mild inversion pose which is performed by resting one's legs against the wall. It is also known as the **Lake Pose** or **'Legs up the wall pose'**. The asana has anti-ageing effects on the body, as performing the asana reduces wrinkles. The asana should be performed in an empty stomach early in the morning. The different steps of performing a ViparithaKarani are as follows:

- Lie down on the floor making sure that the back of your legs press against the wall
- Place the sole of your feet upwards
- Make sure that your back and head are resting on the floor so that the body forms a 90-degree angle
- You can support tour hips with the help of a prop
- Keep your head and neck in a neutral position
- Close your eyes and breathe deeply



Fig. 3.10.31: Relaxing with legs up the wall (Source:www.dangdanghealth.blogspot.com)

#### **Precautions:**

- Since the asana has a mild inversion, it must be avoided during menstruation
- This asana should be avoided by an individual with severe eye problems such as Glaucoma
- The ones with back and neck problems should perform the asana under the supervision of an expert

#### **Benefits:**

The different benefits of performing ViparithaKarani are as follows:

- It helps to relax tired, cramped feet and legs
- It helps relieve mild backache
- Performing the asana produces a calming effect on the mind by reducing symptoms of anxiety, mild depression, insomnia, migraine and premenstrual syndrome

### - 3.10.4 Standing Position Asana

The standing yoga poses help an individual acquire both strength and flexibility. The standing poses are energetically more uplifting and are performed for the shorter duration of time compared to other yoga poses. Some of the different standing position asanas have been discussed below:

Asana	Steps	Precaution	Benefits
Trikonasana The Trikonasana is a Triangle pose asana. It is also known as UtthitaTrikonasana	<ol> <li>The different steps of performing a Trikonasana are as follows:</li> <li>Stand straight and separate your feet comfortably apart</li> <li>Turn your right foot out 90 degrees and left a foot in by 15 degrees</li> <li>Align the centre of your right heel with the centre of your arch of the left foot</li> <li>Deeply inhale and as you exhale bend your body to the right down the hips, keeping the waist straight, allow the left hand to come up in the air while your right hand comes down towards the floor.</li> <li>Stretch maximum and be steady</li> <li>Relax the body more and more with each exhalation</li> <li>As you inhale, come up, bring your arms down to your sides and straighten your feet</li> </ol>	The asana should not be performed by people suffering from : 1. Migraine 2. Diarrhoea 3. Low blood pressure 4. Neck and back injuries	<ul> <li>The benefits of performing a Trikonasana are as follows:</li> <li>Strengthens the legs, ankles, knees, arms and chest</li> <li>Sketches and opens the hips, groins, calves, hamstrings, shoulders</li> <li>Boosts mental, physical equilibrium</li> <li>Helps improve digestion, reduces anxiety, back pain, etc.</li> <li>S. S.Practising the asana helps in burning fat</li> <li>It helps growing children acquire good height</li> <li>The asana boosts the mobility of hip joints and neck</li> <li>Practising the asana gives proper stretch to the spine</li> <li>Practising the asana provides stamina, focus anxiety, back pain, etc.</li> <li>Practising the asana did body balance</li> <li>digestion, reduces anxiety, back pain, etc.</li> <li>Practising the asana gives proper stretch to the spine</li> <li>Practising the asana helps in burning fat</li> <li>It helps growing children acquire good height</li> <li>The asana boosts the mobility of hip joints and neck</li> <li>Practising the asana gives proper stretch to the spine</li> <li>Practising the asana helps in burning fat</li> <li>It helps growing children acquire good height</li> <li>The asana boosts the mobility of hip joints and neck</li> <li>Practising the asana helps in burning fat</li> <li>It helps growing children acquire good height</li> <li>The asana boosts the mobility of hip joints and neck</li> <li>Practising the asana gives proper stretch to the spine</li> <li>Practising the asana gives proper stretch to the spine</li> <li>Practising the asana gives proper stretch to the spine</li> <li>Practising the asana gives proper stretch to the spine</li> <li>Practising the asana gives proper stretch to the spine</li> <li>Practising the asana gives proper stretch to the spine</li> <li>Practising the asana gives proper stretch to the spine</li> <li>Practising the asana gives proper stretch to the spine</li> <li>Practising the asana gives proper stretch to the spine</li> </ul>

Asana	Steps	Precaution	Benefits
Ardhachakrasana	<ul> <li>The Steps of performing an ArdhaChakrasana are as follows:</li> <li>1. Stand straight with feet together and arms alongside the body</li> <li>2. Balance your weight equally on both feet</li> <li>3. Breath in and extend your arms overhead</li> <li>4. Breath out, gently bend backwards pushing the pelvis forward</li> <li>5. Keep your arms in line with the ears</li> <li>6. Keep your albows and knees straight, head up and lift your chest toward the ceiling</li> <li>7. hold the position</li> <li>8. Breathe in and come back up</li> <li>9. Breathe out, bring the arms down and relax</li> </ul>	The asana should not be performed by people suffering with: 1. Serious hip and spinal problems 2. High blood pressure and brain ailments 3. Peptic ulcers 4. Hernia 5. Pregnant women	<ul> <li>The benefits of performing asana are as follows:</li> <li>1. Tones the arms and shoulder muscles</li> <li>2. Helps in stretching the upper front upper torso</li> </ul>
Garudasana Garudasana is a standing balancing asana and is also known as the Eagle Pose. The asana strengthens the calf and ankle muscles.	<ul> <li>The steps of performing the Garudasana are as follows:</li> <li>1. Stand with your feet together and arms by your side</li> <li>2. Draw your left foot upward, bending the knees as you lift it</li> <li>3. Wrap the left foot around the right leg</li> </ul>	The asana should not be performed under the following condition: • Ankle injury • Shoulder injury • high or low blood pressure • asthma	<ul> <li>The benefits of performing asana are as follows:</li> <li>Strengthens and stretches the calf muscles</li> <li>stretches hips, thighs and shoulders</li> <li>improves the sense of balance</li> <li>Helps alleviate sciatica and rheumatism</li> </ul>

Asana	Steps	Precaution	Benefits
	<ol> <li>Rest the back of the left thigh on the right thigh</li> <li>Cross the arms at the elbow, left over right</li> <li>Join the palms of the hands together, pointing the fingers upward</li> <li>inhale and hold the posture for 1-2 minutes</li> <li>Exhale and return to the Tadasana position</li> <li>Repeat the posture with the</li> </ol>		
Parshwakonasana	right leg The steps of performing a Parshwakonasana are as follows: 1. stand straight 2. Exhale, step your feet 3-4 feet apart 3. Turn your right foot out and left foot slightly in about 45 degrees		
Utthita Parshwakona- sana or extended Side angle pose is modern-day yoga. It involves the use of different muscle groups of legs, ankles, groin, chest, lungs, shoulders, etc.	<ul> <li>about 45 degrees</li> <li>4. Bend your right knee to bring your right leg and thigh to a 90-degree angle with your right kneecap in line with your right ankle</li> <li>5. Exhale, extend your body over</li> </ul>		
	<ul> <li>buy over the right leg and bring your right arm down</li> <li>6. Reach your left arm over your head</li> </ul>		

Asana	Steps	Precaution	Benefits
	<ol> <li>Revolve the rib cage towards the ceiling</li> <li>Look up from underneath the left armpit towards the ceiling</li> <li>hold the position for 5-15 breaths</li> <li>Inhale and come back to the original position</li> </ol>		
Pada Hastasana Final Alexandric	<ul> <li>The gorilla position</li> <li>The gorilla pose can be performed using the following basic steps:</li> <li>1. Stand erect on a Yoga mat hip – distance apart</li> <li>2. Exhale and fold forward at the hips keeping the back straight</li> <li>3. Reach down with the hands and slid the fingers under the feet</li> <li>4. Resting the palms under the feet, lift the head, lengthen the spine and look forward</li> <li>5. Breathe out, bend forward with the chest on the thighs</li> <li>6. Hold the pose for 5-6 breaths</li> </ul>	The asana should not be performed under the following conditions: 1. In case of severe back problems and spinal disorder 2. In the case of high blood pressure 3. It should not be performed in case an individual is suffering from ulcer 4. People suffering from heart problems should not practice the	<ul> <li>The benefits of performing PadaHastasana are as follows:</li> <li>1. Increases flexibility</li> <li>2. Stimulates the functioning of the pineal and adrenal glands</li> <li>3. It activates the energy zones that rest at the spine</li> <li>4. Performing the asana provides relief from physical and mental exhaustion</li> <li>5. The asana speeds up the process of digestion</li> <li>6. The asana is helpful in removing fat from the abdomen</li> </ul>

Asana	Steps	Precaution	Benefits
ParivarthaTrikonasana	<ul> <li>The steps for forming a revolved triangle pose are as follows:</li> <li>1. Stand with your legs widely spaced apart</li> <li>2. Stretch both your legs as far as possible so that your body weight is balanced through the Centre of Gravity</li> <li>3. Point both your feet towards the same direction</li> <li>4. Flex your body from the torso</li> <li>5. Revolve and bend down</li> <li>6. Place your right hands in front of your right legs</li> <li>7. Lift your left hand up</li> <li>8. Exhale, return to the original position</li> </ul>	The asana should not be performed under the following conditions: 1. Neck pain or injury 2. Low blood pressure 3. Insomnia 4. Headache 5. Diarrhoea	<ul> <li>The benefits of performing asana are as follows:</li> <li>1. The asana helps in expanding chest and shoulders</li> <li>2. The asana improves the mobility of the neck</li> <li>3. The asana helps in strengthening and toning the spine</li> <li>4. The asana helps to improve digestion and relieves constipation</li> <li>5. Performing the asana soothes and stills the mind</li> </ul>
Natavar Asana Internet State S	<ul> <li>The different steps of performing the Natavara asana are as follows:</li> <li>Stand erect</li> <li>Place the right foot to the left of the left leg with the toes slightly above the ground and the sole almost vertical</li> <li>Rest the right calf against the left leg</li> <li>Raise both hands in the pose of playing the flute</li> <li>Reverse the legs and repeat the same steps</li> </ul>		<ul> <li>The benefits of performing Natavara asana are as follows:</li> <li>1. Controls the nerves</li> <li>2. Improves concentration</li> <li>3. Is a good preparatory pose for meditation</li> <li>4. Boosts metabolic rate which helps in fat shedding</li> <li>5. Practising the asana makes the arms and legs stronger</li> <li>6. Improves body balance</li> <li>7. Practising the asana is good for digestion</li> <li>8. The asana helps reduce stress and develop stamina</li> </ul>

Asana	Steps	Precaution	Benefits
Asana Virshasana The Vrikshasana is also known as the <i>Tree Pose</i> . Practising the pose helps an individual gain body balance	<ul> <li>The different steps of performing the Vrikshasana are as follows:</li> <li>1. Stand tall and straight with arms by the side of the body</li> <li>2. Bend your right knee and place your right foot high up on your left thigh</li> <li>3. Find your balance</li> <li>4. Take a deep breath in</li> <li>5. Gracefully raise your arms above your head and bring it to the front in a 'Namaste' mudra</li> <li>6. Ensure that your</li> </ul>	Precaution The asana should not be practised under the following conditions: 1. High blood pressure 2. Migraine 3. Insomnia 4. Acute knee problems 5. Hip injury	<ul> <li>The benefits of performing asana are as follows:</li> <li>1. It stretches the entire body from toes to fingers</li> <li>2. Performing the asana increases stamina and immunity</li> <li>3. Performing the asana boost the flexibility of legs, chest and back muscles</li> <li>4. It makes your ankle stronger</li> <li>5. Calms and relaxes the Central Nervous System</li> <li>6. Helps cure rheumatic pain</li> <li>7. It helps in strengthening the ligament and tendon</li> <li>8. Practising the asana brings balance and equilibrium to mind</li> <li>9. Helps alleviate Sciatia</li> </ul>
	spine is straight 7. With slow exhalation return back to the original position		10. Makes legs strong, improves body balance

### UNIT 3.11: Bandha

### – Unit Objectives 🛛 🎯

At the end of this unit, you will be able to:

- 1. Demonstrate Jalandhar Bandha
- 2. Practise Mula Bandha
- 3. Practise Uddiyan Bandha

### - Jalandhar Bandha

Jalandhar Bandha is one of the energetic locks used in Hatha yoga. Jalandhar Bandha is a subtler process which works on internal energy systems. Performing the JalandharBandha activates the visuddha (throat) chakra, which aids in communication, self-expression and freedom. The different steps of performing the Jalandhar Bandha are as follows:

- Inhale deeply and hold the breath
- Place the hands on the knees
- Lift the shoulders and tilt the body forward, keeping the back straight
- Press the chin between the collarbones exerting pressure on the windpipe and oesophagus
- Concentrate on the throat and hold the breath for as long as possible
- With a long exhalation return to the starting position
- The ones with a thyroid problem should refrain from practising the asana

The benefits of performing Jalandhar Bandha are as follows:

- Practising the asana awakens the inner energy centres
- Improves the ability to retain the breath for a long time
- Beneficial for throat diseases
- Regulates thyroid function
- Enhances the ability to concentrate



Fig. 3.11.1: Jalandhar Bandha (Source:www.fivepillarsyoga.com)

### Mula Bandha

The mulabandha is also known as the Root Lock technique, which unlocks the vital energy force along with reducing bodily ailments. The MulaBandha technique can be performed with any sitting posture asana. In most of the seating posture asanas the pelvic floor experiences pressure from the heels. The pelvic floor muscles are an integral part of performing the MulBandhaasanas. The steps to performing a MulBandha asana are as follows:

- Sit down in any position
- Inhale deeply filling your lungs from bottom to top
- Lock your chin against the chest
- Retain your breath
- Slowly contract and pull the pelvic floor muscles
- Hold the lock position but do not overstrain it
- Hold the bandha as long as possible
- To end the root lock practice, relax the pelvic floor muscles
- Slowly raise your head and exhale
- Mulabandha is the contraction of certain pelvic floor muscles, not the entire perineum
- People with heart disease should not practice this bandha

The benefits of performing MulaBandhas are as follows:

- It facilitates the correct flow of life energy
- It tones the urogenital and excretory systems
- Asthma, bronchitis and arthritis can also be controlled or reduced by performing this asana



Fig. 3.11.2: Performing a MulaBandha (Source: www.yogajournal.com)

## Uddiyan Bandha \_\_\_\_\_

The UddiyanBandas is also known as Upward Abdominal Lock. The different steps of performing an Uddiyan Banda are as follows:

- Sit in a relaxed position
- Inhale deeply through your nose
- Exhale quickly and forcibly through the nose
- Contract your abdominal muscles fully to push as much air out of lungs as possible
- Perform a 'Mock Inhalation'
- Expand the rib cage as much as possible without actually inhaling air
- Hold the bandhas for 10-15 minutes
- Slowly release the abdominal grip and inhale normally

#### **Precautions:**

It should not be performed by individual suffering from:

- Stomach or intestinal ulcers
- Hernia
- High blood pressure
- Heart disease
- Glaucoma
- Menstruation
- Pregnancy

The benefits of performing aUddiyanBandas are as follows:

- It helps in relieving constipation
- It helps in reducing digestion related problems
- It tones the urogenital and excretory systems
- Asthma, bronchitis and arthritis can also be controlled by performing this asana



Fig. 3.11.3: UddiyanBandha (Source: www.yogajournal.com)

### UNIT 3.12: Mudra

## – Unit Objectives

At the end of this unit, you will be able to:

1. Recognise the importance of different types of mudra

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MUDRA is a hand gesture that guides the energy flow to specific areas of the brain. The MUDRA is performed along with breathing to increase the flow of prana in the body. By performing various MUDRAS, a connection is established with patterns in the brain that controls the unconscious reflexes.

Different types of Mudra			
Nasaga Mudra	<ul> <li>Nasaga Mudra is a yogic hand position used in Pranayama known as NadiShodana, which is also known as alternate nostril breathing common English.</li> <li>The Yogi places the middle finger and forefinger at a point between the eyebrows.</li> <li>The thumb is used to close off the right nostril, and the ring finger is used to close off the left nostril.</li> <li>The right hand is used in Nasaga Mudra as it is associated with giving and enlightenment.</li> <li>Nasaga Mudra is known to harmonise the left and right hemispheres of the mind when the practice in conjunction with Pranayama</li> </ul>		
Gyan Mudra	<ul> <li>Sit down in any meditative pose such as Vajra Asana (Diamond Pose), Sukha Asana (Easy Pose), or Padma Asana (Lotus Pose).</li> <li>You may even perform the Gyan Mudra while or sitting comfortably on a chair.</li> <li>Ensure that your back is held straight and your chest and head are held high.</li> <li>Rest your hands on your knees with your palms facing upwards.</li> <li>Touch the tip of the index finger to the tip of the thumb.</li> <li>The rest of the finger should be held straight and parallel to each other.</li> <li>Perform the Mudra with both hands.</li> <li>Close your eyes and focus on your breath.</li> <li>To further enhance the effectiveness of the Gyan Mudra, chant the word Om (Aum) in conjunction with every exhale.</li> </ul>		

	Different types of Mudra	
	<ul> <li>Benefits:</li> <li>One of the main benefits of the Gyan Mudra is its ability to relax the body and focus the mind to the task of meditation.</li> <li>It also helps to relieve stress and worldly problems.</li> </ul>	
Chin Mudra	<ul> <li>The Chin Mudra is formed by joining the tip of the index finger with the tip of the hand to form a circle</li> <li>Extend the middle, ring and little fingers straight</li> <li>Rest the hands with the palms down onto the middle of thighs while sitting in a Vajrasana</li> <li>The mudra activates the diaphragm which results in deep stomach breathing</li> <li>The breathing is executed in a ratio of 4:5:5:2 (where 4 is inhalation, 5 is holding the breath in, 5 is exhalation, and 2 is holding the breath out)</li> <li>The Chin Mudra enhances memory and intellectual power, calms anger, gives relief from migraine and headache</li> <li>Used for relieving leg pain</li> <li>Energises the nervous system</li> </ul>	
Chinmaya Mudra	<ul> <li>Curl the middle, little and ring fingers into the palm</li> <li>Rest the hands with the palms down in the middle of the thighs while sitting in a Vajrasana</li> <li>The mudra activates the ribs making them expand sideways on inhalation</li> <li>The slow rhythmic breathing is executed in a 4:5:5:2 ratio</li> <li>Facilitates breathing in the middle lobe of the lungs</li> <li>Reduces stress and blood pressure</li> <li>Used when feeling low energy or under sluggish digestion</li> </ul>	
Adi Mudra	<ul> <li>The thumb is folded into the palm</li> <li>The rest of the fingers are folded over the thumb making a fist</li> <li>Rest the palms of the hand onto the middle of the thighs</li> <li>The Mudra activates the pectoral muscles making the chest expand upwards on inhalation</li> <li>Slow rhythmic breathing occurs in a ration of 4:5:5:2</li> </ul>	

	Different types of Mudra	
	<ul> <li>Clams the nervous system</li> <li>Facilitates breathing in the upper lobe</li> <li>Use when feeling anxious</li> </ul>	
Maduki Mudra	<ul> <li>The different steps of performing the Maduki Mudra are as follows:</li> <li>Sit in Vajrasana or thunderbolt position.</li> <li>The perineum should touch the yoga mat</li> <li>Keep the body erect with the spine</li> <li>Keep the eyes closed.</li> <li>Keep the mouth closed throughout the practice. Rotate the tongue inside the palate. This will stimulate certain centres in the head which will facilitate the secretion of nectar or amrita.</li> </ul>	
	<ul> <li>Benefits of the MaduKi Mudra are as follows:</li> <li>The pressure on the Perineum activates the Mooladhara Chakra</li> <li>The secreted nectar has a rejuvenating effect on the entire body</li> <li>The nectar keeps the yogi healthy</li> </ul>	
Buchuri Mudra	• This kind of Yoga mudra is associated with the organ of perception. During practising the mudra, one needs to focus their entire attention to the tip of their nose. Sadhakas who gain success in Buchuri Mudra gain incredible control over their sense of smell.	
Aakashi Mudra	<ul> <li>The Askashi Mudra can be performed using the following steps:</li> <li>Inhale deeply, bend the head back</li> <li>Look up</li> <li>Retain the breath as long as possible</li> <li>Exhale, return to the starting position</li> <li>Remain in the meditative pose for sometime</li> </ul>	
	<ul> <li>The benefits of performing Mudra are as follows:</li> <li>Activates the thyroid gland</li> <li>Balances the nadis</li> <li>Guides energy down the Sahasrara Chakra</li> <li>Calms the mind and uplifts the thoughts</li> </ul>	

	Different types of Mudra	
Traghi Mudra	<ul> <li>The different steps of performing the Traghi Mudra are as follows:</li> <li>Sit in Padmasana</li> <li>Place the fingertips on the floor</li> <li>Raise the body and hold it briefly</li> <li>Support the body weight on fingertips only</li> <li>Return to the starting position</li> </ul>	
	<ul> <li>Cures depression</li> <li>Improves digestion</li> <li>Strengthens finger, arms, shoulder, chest</li> </ul>	
	<ul> <li>The asana should not be practised during menstruation, pregnancy or with haemorrhoids</li> </ul>	
Kaki Mudra	<ul> <li>The different steps of performing the Kaki Mudra are as follows:</li> <li>Keep the nostrils closed with the help of the thumbs.</li> <li>Keep your eyes open</li> <li>Roll your lips forming a beak and inhale deeply</li> <li>Keep your mouth closed and hold the breath.</li> <li>Touch the chin with the throat.</li> <li>Lift the neck upwards and exhale through the nostrils.</li> <li>Practice this for at least two to three minutes.</li> </ul> Benefits of Kaki Mudra <ul> <li>Tones the face</li> <li>Strengthens the nasal system</li> <li>rejuvenates the skin</li> <li>Reduces skin blemishes</li> <li>Boost the glow on the face and skin</li> <li>boost the function of the thyroid and parathyroid gland</li> <li>Cleanses the 5th Chakra</li> </ul>	
Bhujangi Mudra	<ul> <li>The different steps of performing the Bhujangi Mudra are as follows:</li> <li>Sit in any meditative pose</li> <li>Inhale air through the mouth in gulps so that it reaches the stomach</li> <li>It can be performed 3-5 times in a day in the context of one feeling excessively hungry</li> </ul>	

	Different types of Mudra	
Ashwini Mudra	<ul> <li>Ashwini Mudra is often practised in a comfortable seated position</li> <li>The Yogi inhales and holds the breath then contacts the sphincter four to five times before exhaling</li> <li>The Ashwini Mudra helps in increasing energy and awareness</li> <li>It also produces a calming effect on the mind</li> <li>A Chin Mudra or a Jnana Mudra can be adopted for the Ashwini Mudra</li> </ul>	
	<ul> <li>The different benefits of Ashwini Mudra are as follows:</li> <li>Ashwini Mudra gives control of the anal muscles</li> <li>The Mudra helps in preserving the vital energy forces of the body</li> <li>It is good for curing piles and prolapse of rectum and uterus</li> <li>The asana helps to cure constipation</li> <li>Practising the Mudra awakens the dormant Kundalini Shakti</li> <li>It gives strength and vigour to prevent premature death</li> </ul>	
Kechri Mudra	<ul> <li>The different steps of performing the Kechri Mudra are as follows:</li> <li>Sit in any meditative pose</li> <li>Close the mouth and roll the tongue up to touch the upper palate</li> <li>With practice, the tongue will be able to touch the uvula at the back of the throat</li> <li>Once the tongue enters the nasal cavity, try and hold it for a few minutes</li> <li>The tongue on entering the nasal cavity can stimulate certain areas of the brain as constant churning of the tongue produces a liquid which emanates from the roof of the cavity</li> <li>This is the nectar or <i>Amriti</i> produced and has a nourishing effect on the body</li> </ul>	

	Different types of Mudra	
Yog Mudra	<ul> <li>The different steps of performing the Yog Mudra are as follows:</li> <li>Sit in Vajrasana or any other meditative pose</li> <li>Inhale and stretch the arms above the head</li> <li>Then bring them behind the back, grasp the left wrist using the right hand</li> <li>Exhale , bend the body forward from the hips</li> <li>Keep the back straight till the forehead touches the floor</li> <li>Bring the body forward inhaling slowly</li> <li>At the same time stretch the arms above the head</li> <li>Exhale and return to the starting position</li> </ul> The different benefits of performing the Yog Mudra are as follows: <ul> <li>It calms the mind and nerves</li> <li>Increase blood supply to the head</li> <li>Increases the ability to concentrate</li> <li>Stimulates the function of the digestive system</li> </ul>	
Brahma Mudra	<ul> <li>Make a fist with the thumb tucked inside</li> <li>Press the knuckles against each other</li> <li>Straighten both hands and bring it as close to the chest as possible</li> <li>Shoulders and both arms should be in front pushing the chest back</li> <li>The slow rhythmic breathing happens in the ration of 4:5:5:2</li> <li>Activates metabolism</li> <li>Allows the flow of energy to the entire body</li> </ul>	
Bhairava Mudra	<ul> <li>Bhairava Mudra is a ritualistic gesture of the hands used in spiritual Yoga practices to produce a balanced energy flow</li> <li>In this mudra, the right hand is placed on the top of the left hand</li> <li>It is believed to activate consciousness in an individual</li> </ul>	

### UNIT 3.13: Surya Namaskar with Prayer and Bhija Mantra

## – Unit Objectives 🛛 🙆

At the end of this unit, you will be able to:

- 1. Demonstrate different steps of Surya Namaskar
- 2. Recognise the benefits of Surya Namaskar
- 3. Restate the importance of Bhija Mantra

#### Steps of Surya Namaskar

The *Surya Namaskar* or sun salutations consist of a sequence of 12 powerful yoga poses. It is great cardio and produces a positive impact on the mind and body. An individual should preferably start their day with SuryaNamaskar. The activity should be performed in an empty stomach. There are 13 different poses of Surya Namaskar, and each has a different health benefit. This has been further represented in a tabular format.

Different ste	ps of Surya Namaskar
Pranamasana (Prayer pose)	<ul> <li>Stand straight</li> <li>Bring your feet together</li> <li>Bring your palms together and rest it on the chest</li> <li>Breathe normally</li> </ul>
Hastauttanasana (Raised arms pose)	<ul> <li>Breathe in, lift the arms up and back</li> <li>Keep the biceps close to the ears</li> <li>Stretch the whole body from the heels to the tips of the fingers</li> </ul>
Hastapadasana (Standing forward bend)	<ul> <li>Exhale, bend forward from the waist keeping the spine erect</li> <li>Exhale, bring the hands down to the floor beside the feet</li> </ul>
AshwaSanchalasana (Equestrian pose)	<ul> <li>Breathe in, push your right leg back, as far as possible</li> <li>Bring the right knee to the floor and look up</li> </ul>
Dandasana (Stick pose)	<ul> <li>Breathe in</li> <li>Take the left leg back</li> <li>Bring the whole body in a straight line</li> </ul>
AshtangaNamaskara (Salute with eight parts)	<ul> <li>Bring your knees down to the floor and exhale</li> <li>Take the hips back slightly</li> <li>Slide forward, rest your chin on the floor</li> <li>Raise your posterior little bit</li> <li>Touch the floor with your hands, feet, knees, chest and chin (eight parts of the body; hence the name Ashtanga)</li> </ul>

Different steps of Surya Namaskar		
Bhujangasana (Cobra Pose)	<ul> <li>Slide forward</li> <li>Raise the chest in a cobra pose</li> <li>Keep your elbows bent</li> <li>Keep your shoulders away from the ears</li> <li>Look towards the ceiling</li> </ul>	
AdhoMukhaSvanasana (Downward facing dog pose)	<ul> <li>Breathe out</li> <li>Lift the hips and the tailor bone up</li> <li>Bring the body in an inverted V pose</li> </ul>	
AshwaSanchalasana (Equestrian pose)	<ul> <li>Breathe in</li> <li>Bring the right foot forward in between the two hands</li> <li>Press the left knee down to the floor</li> <li>Press the hips down and right calf perpendicular to the floor</li> <li>Look up</li> </ul>	
Hastapadasana (Standing forward bend)	<ul> <li>Breathe out</li> <li>Keep the palms on the floor</li> <li>Try and keep the knees as straight as possible</li> <li>Try and touch your nose to the knees</li> <li>Keep breathing</li> </ul>	
Hastauttanasana (Raised arms pose)	<ul> <li>Breathe in</li> <li>Roll the spine up</li> <li>Hands go up and bend backwards a little bit</li> <li>Keep your biceps beside your ears</li> </ul>	
Tadasana (Mountain Pose)	<ul> <li>Exhale, straighten the body</li> <li>Bring the arms down</li> <li>Relax in this position</li> </ul>	



Fig. 3.13.1: (Source: www. yoginrainbow.com)

#### **Benefits of Surya Namaskar**

The different benefits of performing Surya Namaskar are as follows:

- Practising the Surya Namaskar on a regular basis improves blood circulation in the body
- Performing the exercises increases the capacity of the lungs
- The Surya Namaskar acts as a great way to detox your body by helping to get rid of excess carbon dioxide and other toxic gases
- It is a great cardiovascular activity that helps in stretching the abdominal muscles
- Practising the asana helps in the toning of arms, abs along with giving flexibility to the spine
- It helps to strengthen the entire skeletal system including the ligaments and tendons
- Practising the Surya Namaskar on a regular basis helps in regulating the menstrual cycle
- Practising the asana regularly prevents the onset of wrinkles

#### **Bija Mantra**

A *Bija Mantra* is also known as a seed mantra used in meditation or yoga practice. The best known Bija Mantra is Om (Aum). Some of the other common Bija Mantras are:

Krim- It is believed to awaken the lower chakras

Shrim- It is thought to promote health, joy and beauty

Hrim-It is associated with creativity, purification of the heart and healing

Hum- chanting the mantra energises the body and eliminates negativity

The Bija Mantra is as follows: Om HramMitrayaNamah Om HrimRavayeNama Om HrumSuryayaNamah Om HraimBhanvayeNamah Om HroumKhagayeNamah Om HroumKhagayeNamah Om HramHiranyaGarbhayaNamah Om HramHiranyaGarbhayaNamah Om HrimMarichayenamah Om HrumAdityayaNamah Om HroumArkayaNamah Om HrahBhaskarayaNamah

### Deep Relaxation Technique (DRT) -

The Deep Relaxation technique is a more intense form of relaxation and is performed at the end of yoga practice. This form of relaxation brings the mind and body together. The steps for performing a Deep Relaxation Technique (DRT) have been detailed below:

- 1. Starting Position: Shavasana
- 2. Practice

Be comfortable and relax completely.

#### Phase 1

- Move your toes
- Slowly and subsequently relax the shoes, ankle joints, calf muscles
- Gently pull up the knee caps
- Relax the thigh muscles, hip joints, pelvic region and Waist region
- Relax the lower part of the body completely

#### Phase 2

- Relax the middle part of the body
- Relax your abdominal and chest muscles
- Relax your lower back and loosen all the vertebral joints one by one
- Shift your awareness to the tips of the fingers
- Relax your fingers one by one. Relax your forearms and palms
- Loosen the elbows and wrist joints
- Relax your arm and shoulders
- Relax the muscles and nerves of the neck

#### Phase 3

- Shift your focus to the head region
- Relax slowly and subsequently the chin, lower jaw, upper jaw, lower gums, upper gums, lower and upper teeth
- Gently deviate your attention to the lips
- Relax the lower and upper lip
- Shift your awareness to your nose
- Be mindful of your breathing pattern
- Relax the cheek muscles and keep a gentle smile on the face
- Relax your eyeball muscles, relax your eyelids, eyebrows and the region in between the eyebrows
- Chant M-kara and feel the vibrations in your head region

#### Phase 4

- Chant an AUM in a single breath
- Feel the changes throughout your body from head to toe and then relax

#### Phase 5

• Slowly come out of your body consciousness and visualise your body lying on the floor completely relaxed.

#### Phase 6

- Expand the horizon of your awareness as vast as the blue sky
- Feel yourself to be part of the blue sky
- Enjoy the blissful state of silence

#### Phase 7

- Slowly come back to body consciousness
- Inhale deeply
- Chant AUM-kara
- Feel the vibrations throughout your body
- Feel the smoothening and massaging effect from toes to head

#### Phase 8

- Move your whole body
- Feel lightness, awareness and movement of energy throughout the body
- Bring your legs together
- Place your hands by the side of the body
- Turn over to the left or right side
- Get up when you are completely relaxed.

## - Summary

- The principles of Yoga are based on the Patanjali Sutras as written by the sage Patanjali.
- Yoga emphasises on the idea of being honest with others as well as oneself.
- A yogi should be rich inwardly and live modestly from outside.
- The Bhagwad Gita has been based on the epic story of Mahabharata.
- The brief and succinct definition of Yoga was provided by Sage Patanjali in his book 'Patanjali Yoga Sutra' more than three thousand years ago.
- The **Yoga Sutra** is composed of 195 196 different sutras or aphorisms, of Indian origin, which deal with the conception, theoretical and the practical aspects of Yoga.
- In the nineteenth century, the importance of this text was revived by Swami Vivekananda, with the help of the Theosophical Society.
- In Sanskrit, the word "sutra" means "threads" the Patanjali Yoga Sutras are divided into four parts or books, where each one is called a "pada.
- Samadhi is the final stage when the individual is lost in meditation and becomes one with the universe.
- The Hatha Yoga Pradipika is one of the three main scripts written on the Hatha Yoga and its practices.
- Hatha Yoga postures assist in keeping the body and mind in a peaceful state.
- The text of the Gheranda is a yoga manual which is taught to the king Chandakapali by the sage Gheranda.
- The Shiva Samhita is a text on yoga, written in Sanskrit, during the sixteenth or seventeenth century.
- The Rig Veda provides a detailed account of the political, social, religious and economic background of the civilisation of that time.
- The hymns in the Sama Veda used as musical notes were mostly drawn from Rig Veda.
- Upanishad refers to mystic teaching and has been derived from upa (near), ni (down) and shad (to sit).
- The sternum, or breastbone, is a thin, knife-shaped bone located along the midline of the anterior side of the thoracic region of the skeleton.
- The Pelvic Girdle formed by the left and right hip bones connects the lower limb (leg) bones to the axial skeleton.
- There are 700 muscles attached to the bones of the skeletal system and makeup roughly half of a person's body weight.
- The Liver is an accessory organ of the digestive system, located at the right side of the stomach, inferior to the diaphragm and superior to the small intestine.
- The pancreas is a large gland located just inferior and posterior to the stomach.
- Yoga believes that three basic forms of energy can be seen in all aspects of life including our bodies, our thoughts, our feelings, and our food.
- A healthy brain resides in a healthy body, and a healthy body is dependent on the kind of diet we eat.
- Yogis have stressed upon the concept of *Relative fast,* that is choosing a form of eating that is simple yet comfortable.
- Kapalbhati is an important Shatkarma in Yoga, which helps in purifying the internal body systems.
- Jal Neti is a nasal hygiene technique, which uses water to purify and clean the nasal path.
- Sutra Neti is a Hatha Yoga technique which is used to clean the nasal cavity.
- The controlled breathing helps in relaxing the mind during meditation.
- Vibhagha Pranayama is known as lobular or sectional breathing. It is the ABC of Pranayama and acts as good breathing control.

- The practice of Surya AnulomViloma ensures proper supply of life energy to all organs boosting the overall health of an individual
- Sithili Pranayama is the type of pranayama, which is used for cooling the restless mind.
- Sitkari Pranayama is a type of yogic breathing exercise, which calms both the mind and the body.
- The Dandasana is a type of warm-up pose which is performed before practising other asanas.
- The half butterfly position is also known as Ardha Title Asana.
- Full Butterfly is a hatha yoga pose and is also known as **BaddhaKonsana** as per the Indian yogic texts and literature.
- The neck movement is also known as *Griva Sanchalana* as per Indian translation.
- Sakti Vikasaka is known as strengthening practice.
- Sithilikarana Vyayama is loosening or warm-up practices, which help an individual, relax.
- Full Butterfly is a hatha yoga posture and is also known as *BaddhaKonsana* as per the Indian yoga text and literature.
- The Bhunmanasana is a type of relaxation exercise. It is also known as 'greeting the earth in common English.
- The Cycling Yoga pose is also known as *Pada Sanchalasana*
- Jathara Parivartana Kriya is also known as an Abdominal Twist
- Bhujangasana is also known as the *Cobra pose* in common English
- The Naukasana is also known as "Oaring the boat' in common English
- The Dhanurasana is also known as the bridge pose
- The Salambha Salabhasana is also known as the Locust pose in common English and is a prone position asana
- The siddhasana improves the flexibility of the hips, knees, ankles, and strengthens the back.
- The AardhaMatsyendrasana is also known as the *Half Lord of the Fishes Pose*.
- The Ushtrasana is also known as the *Camel Pose*.
- Practising the asana helps in toning the abdominal region as well as messages the internal organs.
- Lolasana is a hand balancing asana in modern-day yoga. In common english, it is also known as the Pendant Pose
- The Halasana pose resembles a typical plough used in Indian and Tibet. The
- The ParivarthaTrikonasana is known as the *Revolved Triangle Pose*. It helps in strengthening the leg, hip and vertebral column
- The Surya Namaskar or sun salutations consist of a sequence of 12 powerful yoga poses.
- It is a great cardio and produces a positive impact on the mind and body

## Activity

Prepare a list of four different detoxification yoga practices. Write down the benefits of each and also mention the contraindications. On completion of the activity submit the practical notebook to the trainer





Mr X is a 64- year old man suffering from digestion issues. Suggest three different Yoga asana which can be performed by him and also mention the precautions.

### Activity

- Prepare a poster of sattvic food items and also mention their health benefits
- Make the poster as colourful as possible
- On completion, submit the poster for evaluation

- Activity

- Identify different asanas which can be performed for curing hormonal imbalance in women
- List the asanas in a piece of paper
- Then try performing them one by one
- Make a list of the challenges faced while performing the asanas
- Discuss them with your supervisor

## - Activity

- Practise the different steps of a sit-up
- Try performing it once with a prop (e.g. pillow)and once without a prop
- Notice the change in your energy levels
- Discuss the same with your trainer

## Activity

Mr Y is an 84-year old man suffering from tennis elbow and frozen shoulders. What Yoga asana will you suggest to him? Try performing the asanas at your home. Discuss the challenges faced with your trainer.

### Activity 3

- Make a list of different meditation poses (Hint: Vajrasana, Padmasana, Siddhasana)
- Try performing them one by one
- Identify the challenges while performing each pose
- Discuss the challenges with your trainer

## - Activity

- Prepare a poster
- Make a list of different asana performed in a sitting position
- Mention the stepwise details of performing each asana
- Also, mention the different health benefits
- On completion submit the poster to the trainer

## - Activity

- Identify five different asanas performed in the supine position
- Practice them one by one
- Write down the inhalation and exhalation pattern followed for each
- Identify the mistakes as highlighted by your supervisor and try performing the asanas again without repeating the mistakes

## Activity

- Follow a one-month exercise plan
- In the first week perform Jalandhar Bandha only
- In the second week perform Mul Bandha
- In the third week perform Uddiyan Bandha
- In the fourth and final week perform all the three different type of Bandhas
- Notice the change in your physical and mental energy levels
- Discuss the same with your superior

## - Activity

- Perform the different steps of Surya Namaskar
- Identify the challenges in shifting from one pose to the next
- Discuss the same with your supervisor

Votes	
<b>VOICS</b>	

## - Exercise

#### A. Fill in the blanks:

- 1. The Principles of Yoga are based on \_\_\_\_\_.
  - Patanjali Sutra
  - Philosophy of Swami Vivekananda
  - Narad Bhakti Sutra
- 2. The Revolved chair pose Yoga is also known as \_\_\_\_\_.
  - ParivrttaUtkatasana
  - Garuda-asana
  - UrdhavaDhanurasana
- 3. The brain is located within the \_\_\_\_\_\_.
  - Cranial Cavity
  - Pleural Cavity
  - Dorsal Cavity
    - \_\_\_\_\_\_refers to negative energy which is expressed in the form of anger of agitation.
  - Rajas

4. \_\_\_\_\_

- Tamas
- Sattvas
- 5. There are two forms of meditation \_\_\_\_\_\_ and \_\_\_\_\_.
  - Concentrative meditation and Mindfulness meditation
  - Breathing medication and Concentrative meditation
  - Concentrative meditation and Relaxing meditation
- 6. The Paschimottanasana is also known as the \_\_\_\_\_
  - Seated forward bend
  - Cow face pose
  - Downward dog face
- 7. The Mula Bandha is also known as the \_\_\_\_\_---.
  - Root lock technique
  - Door lock Technique
  - Jalandhar Bandha
- 8. Performing \_\_\_\_\_\_ mudra creates a balance between the left and right hemisphere of the brain
  - Nasaga Mudra
  - Chin Mudra
  - Chinmaya mudra
- 9. \_\_\_\_\_ is performed to improve the flexibility of the spine
  - Ardha Matstyendarsana
  - Bhujangasana
  - All of the above

#### B. Match the following:

Column A	Column B
Ardha Matsyendrasana	Gomukhasna
Jalandhar Bandha	lobular or sectional breathing
Vibhagha Pranayama	Half lord of the fishes pose
Gastritis	cures respiratory disorder
Suryanamaskar	Pawanamuktasana
Cow face pose	Uddiyan Bandha
Upward abdominal lock	Detox practices
Rabbit breathing	Hastapadasana
Dog breathing	Strengthens pelvic floor muscles
Mula Bandha	Awakens inner energy centres

#### C. Descriptive questions:

- 1. Describe three health benefits of Sattvic foods.
- 2. Explain the health benefits of jogging.
- 3. Tell three exercises which can be performed for strengthening joints.
- 4. Why can Bhastrika Pranayama not be performed at night?
- 5. An individual is suffering from the following conditions- Cold, depression and low mental energy.6. Which particular form of Pranayama can be performed by them?
- 6. Tell three exercises which can be performed for relaxation of joints.
- 7. Which Mudra helps in creating a balance between both the hemispheres of the brain?
- 8. Tell three asana which helps in improving blood circulation within the body.



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# 4. Maintain Health And Safety Of Workplace

Unit 4.1 - Identify Applicable Legislation Relating to the Workplace

- Unit 4.2 Safety during Yoga
- Unit 4.3 Handling Fire and Other Emergencies



**BWS/N9002** 

## 🛛 Key Learning Outcomes

At the end of this module, participant will be able to:

- 1. Define Hazard
- 2. Identify various safety hazards associated with Yoga
- 3. Demonstrate various safety precautions to be adopted during Yoga
- 4. Illustrate various emergency situations at the workplace
- 5. Recognise common injuries at the workplace
- 6. Use the First Aid box
- 7. Demonstrate the process of handling Fire Emergencies

# UNIT 4.1: Identify Applicable Legislation Relating to the Workplace

## Unit Objectives 🙆

At the end of this unit, participant will be able to:

- 1. Define hazard
- 2. Identify Hazards at a Yoga Center
- 3. Describe Safety Precautions to be taken at a Yoga Center

### 4.1.1. Define Hazard

All places of work have their own set of rules, regulations and guidelines. All the employees are bound to abide by this legislation relating to the workplace. Alongside these, each place of work also has its own set of hazards, precautions and safety measures associated with it.

Hazards are a set of conditions, which pose as risks to health or life. It can be an atmosphere of the workplace, or construction of a machine, or working procedure, or any emergency situation, etc.

Let us look at an example to understand the concept in a better way.

If there is an oil spillage on the floor, there is a potential risk of a slip hazard. The use of Asbestos causes Cancer and other breathing problem disorders and health hazards. Use of broken electric wires creates electrocution hazard and fire hazard, through the sparks that emit out of them.



Fig. 4.1.1.1: Signage of Hazard

### - 4.1.2 Hazards in the Workplace

Apart from some common hazards of working areas, the Yoga industry has some exclusive hazard, which is associated with making postures during Yoga. First, we will learn the common hazards of the workplace in detail –

#### Manual Handling

Around 40% of the total accident at workplaces is reported due to this cause.



Fig. 4.1.1: Safety during manual handling is essential to prevent hazards

#### • Accident by Moving or Falling Objects

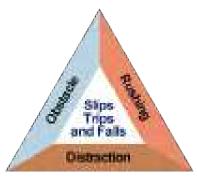
This is one of the other big hazards in the workplace. There are many big and heavy things at workplaces which are difficult to manage manually. During transportation also, if they are not secured properly, then there is a chance that they may fall from moving the vehicle or can fall on the person who opens the door of the closed transportation vehicle. Special safety arrangement should be made to load heavy objects.

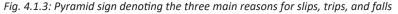


Fig. 4.1.2: Sign denoting the danger of falling objects

#### • Slips and Falls

This is also one of the biggest reasons for workplace accidents. The floor of the workplace should be free from any oil or slippery material. Also, aisles should be clutter-free so that the movement of persons and trolleys remains smooth.





### • Other Hazards

Apart from the above hazards, there are some other hazards which are very dangerous. These are the following –

- a. Physical Hazard
- b. Chemical Hazard
- c. Ergonomic Hazard

### a. Physical Hazard

Physical hazards are the type of energies that may be hazardous to workers. Following are examples of physical hazards –

- i. Noise
- ii. Vibration
- iii. High temperature
- iv. Very low temperature



Fig. 4.1.4: Types of physical hazards

### b. Chemical Hazard

There are many chemicals that are used in workplaces. Prolonged exposure to chemicals, without using effective Personal Protective Equipment (PPE), can affect the human body adversely, causing chemical hazards. There are three ways of getting affected by chemicals.

- i. Inhalation
- ii. Ingestion
- iii. Absorption



Fig. 4.1.5: Sign denoting chemical hazards

### c. Ergonomic Hazards

Ergonomic hazards can cause painful and disabling injuries to joints and muscles. These can occur from:

- Repetitive tasks
- Heavy, frequent, or awkward lifting
- Awkward grips, postures
- Using excessive force
- Overexertion
- Using wrong tools for the job or using tools improperly
- Using improperly maintained tools
- Hand-intensive work



Fig. 4.1.6: Ergonomic hazards may occur while performing difficult yoga poses

### **Correct Lifting position**

The correct ways to lift a heavy object involve the following positions -

- Chin tucked in
- Comfortably straight back
- Leaning slightly forward
- Arms close to the body
- Secure grip
- Bent knees
- Proper foot positioning

# - 4.1.3 Special Hazards in Yoga Center

Following are some special Hazards associated with Yoga Center -

- Falling hazard while doing upside down Yoga poses, like Shirshasana or Sarvangasana
- The ergonomic hazard of Muscle pulling while doing difficult poses with a stiff body, like Paschimottanasana
- Neck pain hazards while doing difficult poses like- Sarvangasana
- Severe Back pain or Slip disc hazard while doing difficult poses like- Halasana
- Tearing ligament while doing some special asanas
- Sprained ankle hazard while doing some asanas, like Vajrasana

# 4.1.4 Safety Precautions during Yoga

Following are the precautions to be taken while doing yoga -

First and foremost precaution is to do Yoga in the supervision of some trained Yoga Trainer only.

Get a doctor's advice before starting Yoga, especially after the age of 30 years.

Do not push yourself beyond your body's flexibility limit.

Never compete with anybody while doing difficult poses or holding a yoga pose for longer durations. Every person has different ability to do yoga, and everyone should respect its own body's endurance limit.

Do not attempt Yoga immediately after eating or drinking something; there should be a gap of minimum 3 to 5 hours after your last meal.



Fig. 4.1.7: For safety, it is best to perform yoga under a trainer's guidance

# UNIT 4.2: Safety during Yoga

# Unit Objectives

### At the end of this unit, you will be able to:

- 1. Identify various Safety Hazards associated with Yoga
- 2. Illustrate various safety precautions to be adopted during Yoga

# - 4.2.1 Safety Hazard during Practicing Yoga

Although Yoga is for improving one's health, if not done correctly it may cause harm to the body also. During Shirshasana, one may fall and get injured. Similarly, Sarvangasana has the same hazard. In some asanas, like Halasana - one may overstretch one's back and may get injured. The threat of Back injury is also present in the forward and backward bend and during Paschimottasana.

New practitioners may pull their muscles if the warm-up is not done properly or difficult posture asana is done without precautions.

One may get dehydrated if one is sweating too much during Yoga. There is a chance of vomiting if yoga is practised immediately after having a meal.

There is also a risk of Heart attack if a person is suffering from Heart disease and him/ she does very exhaustive Yoga, which increases their heart rate very high.



Fig. 4.2.1: Safety is needed during difficult asanas – like the Dhanurasana

# **4.2.2** Safety Precautions While Practicing Yoga

There are many threats present while practising Yoga, but these all can be avoided if it is done under supervision and with some precautions. Following are the precaution one must take during Yoga exercises –

### Medical Condition of Yoga Practitioner

A new Yoga Practitioner must get himself/herself medically checked completely. One must take one's doctor's advice before taking up Yoga exercises.

There are certain Yoga exercises, which should not be done by Heart patients or person suffering from other diseases. On review of medical reports, Yoga Trainer can advise properly which exercises needs to be avoided.

Starting Yoga, without knowing your medical condition may harm you very severely. We need to understand that all yoga postures are not advisable to all the persons.

#### • Yoga under Supervision

New Practitioner must start yoga under good supervision only. Yoga Trainer is required to give continuous advice for improvement. Yoga Trainer is also helpful in giving initial support while taking up difficult yoga postures. It is alright to practice some easy Yoga Postures after reading the book or by seeing the video. But, in the case of difficult postures, such as Shrisasan or Halasana, one must take the advice of a Yoga Trainer and perform the asanas under his/her supervision only.

### Do not Push the Body Too Much

Initially, the body of Yoga Practitioner would be stiff, and he/she might be over-enthusiastic for doing difficult yoga postures by seeing videos or fellow yoga practitioner. In that scenario, he/she might want to push his / her body to its limits of bending or straining. But you should not let him/ her cross the limit and should allow his / her body to adjust. You should increase the intensity of Yoga Posture, gradually. You should continuously council them to have patience in doing difficult yoga postures.

#### Practising Yoga with Empty Stomach

You should ensure that yoga should be practised with an empty stomach. There are many yoga postures in which you pose upside down or put pressure on your stomach. If you are not empty stomach, you could vomit, or there could be a pain in the stomach. Ideally, you should keep a gap of 3 to 5 hours as your last meal.

#### Do not Drink Too Much Water during Yoga Practice

You should avoid drinking too much water during Yoga practice. The temperature of the room plays a great role in this. If there is too much heat in the Yoga room, then you tend to sweat more and feel thirstier. Hence you should do yoga at a comfortable temperature. If you really have to drink water then take only a few sips of water.

#### Take Precautions in Practicing Yoga during Pregnancy

You can practice Yoga during pregnancy, but you need to take expert Yoga Trainers advice on the type of Yoga to be done and for other precautions. If precautions are not taken, there could be a complication in pregnancy, and the person may face abortion also.

#### Precautions in Practicing Yoga during Menstruation

You should avoid asanas in which you have to elevate your pelvis higher than your heart. You should also avoid the postures which put pressure on your lower abdomen.

#### Precautions during Back Bending Yoga

Never bend your back too much in initial attempts. Gradually increase the intensity. Bending your back too much or bending it with a jerk may cause harm to your back.

### • Precautions During Upside Down Yoga Poses

Initially, always take the support doing upside down yoga. There is a big risk of falling, till the time you master these bodily poses. Also always do these asanas under supervision.

### • Precautions for Heart Patients

There are some yoga poses which are prohibited for Heart patients. Persons undergone Bypass Surgery or Angioplasty must avoid all upside down poses and yoga postures which put Heart under strain.

### • Duration of Yoga Poses

You should immediately leave a Yoga pose if you are feeling uncomfortable or feeling unbearable pain in any of your body part. Putting your body under undue stress may cause more harm than benefit.

### • Avoid Competition

When doing Yoga in a group, it is natural to have a feeling of competition in doing a difficult pose or doing it for a longer period. You need to understand one thing that everybody has the different ability for bending or enduring the pain. Everyone gets the benefit of yoga (some less and some more), even if it is done for a shorter period. You should give your body some of me to adapt to Yoga. In competition, you may harm your body.

# **UNIT 4.3: Handling Fire and Other Emergencies**



At the end of this unit, you will be able to:

- 1. Define emergency
- 2. Identify various emergency situations at the workplace
- 3. Identify common injuries at the workplace
- 4. Use the First Aid box and its constituents
- 5. Demonstrate the process of handling Fire Emergencies
- 6. Demonstrate the process of using a multipurpose Fire Extinguisher
- 7. Categorise Fire into different classes
- 8. Use suitable fire extinguisher as per fire type and class

### 4.3.1 Define Emergency

An Emergency is a sudden or unexpected state of the situation, which, if not tackled properly, will lead to loss of property, health or life. In cases where any mitigation is not possible, immediate evacuation is needed.



Fig. 4.3.1: Signage indicating an Emergency situation

# 4.3.2 Emergency Situations at Work Place

There are various emergency situations in the workplace. Some of them are -

- a. Accident emergency
- b. Electric shock emergency
- c. Medical emergency
- d. Emergency due to natural disasters, like flood, earthquake, tsunami, etc.
- e. Fire emergency

For first 3 emergencies, we need to give first aid and immediately call Ambulance. For Natural Disaster we should take shelter at a safe place or follow the company's emergency procedure. For Fire Emergencies we will discuss in detail. First, we will understand about common Injuries at the workplace and their First Aid.

# - 4.3.3 Common Injuries at Work -

As per the nature of the workplace, it is very difficult to eliminate the threat of accidents at workplaces. However, by using safety precautions, we can minimise the occurrence of accidents. Following are common injuries and their First Aid instructions –

#### • Abrasions and Small Cuts

Clean wound with soap and water. Apply antibiotic cream or Providone-iodine solution. Bandage and check to dress daily. See your doctor if there are signs of infection: increased redness, pus or red lines running from the wound.



Fig. 4.3.2: Abrasion or small cuts

#### • Splinters

Remove with sharp, pointed tweezers. (They should be sharp enough to pick up a single hair.) If the splinter is completely under the skin, expose splinter end with sewing needle doused in alcohol, and then remove with tweezers.



Fig. 4.3.3: Splinters

#### • Lacerations

Clean wound with soap and water.

Assess the damage: If the laceration is gaping or more than 1/4 inches deep, seek emergency help. Otherwise, apply pressure to stop bleeding. Close wound with butterfly closures or adhesive strips. Check to dress daily.

Fig. 4.3.4 Lacerations

### • Fractures

Signs include extreme pain, swelling, bruising and an inability to move an adjacent joint. If you have any of these signs, you should be seen by a doctor to see whether you need an X-ray to evaluate for a fracture.



Fig. 4.3.5: Fractures

### • Amputation

Apply pressure to the wounded area with a clean bandage. Don't panic. Call for help. Raise the wounded area above the heart. Wrap amputated appendage in a plastic bag. Keep appendage cool, not directly on ice. Sit in a chair near the door, and await help.



Fig. 4.3.6: Amputation

• Eye Injuries

Look in the mirror to assess eye. If foreign matter is embedded in the eye, go to the emergency room. If foreign matter is on the surface, flush it out with water, or use eyewash and cup. For chemical splashes, flush with running water for five to 10 minutes. If it hurts too much to open your eye, go to the emergency room.



Fig. 4.3.7: Eye injury

### • Fumes and Dust

If you feel dizzy or are having trouble breathing, leave the area, and go to fresh air. If normal breathing doesn't return in 15 minutes, go to the emergency room.



Fig. 4.3.8: Fumes and dust affecting the lungs

# 4.3.4 Basic Things in First Aid Box

Top shelf: An asthma inhaler to counteract allergic reactions of fumes and dust; sharp scissors for cutting bandages; adhesive tape for bandaging; an elastic bandage for securing dressings.

Middle shelf: Needles for splinter removal are stored in sterile alcohol; splinter tweezers, precise enough to pick up a single hair; 4-inch by 4-inch gauze pads for bandaging; assorted adhesive strips for small cuts; a clean plastic bag for amputated parts; sterile rolled gauze for bandaging; butterfly bandages for drawing together larger lacerations.

Bottom shelf: Providone-iodine solution for killing germs; eyewash and cup; a small mirror for eye inspections; instant ice packs to reduce swelling or for transporting amputated parts to the hospital; latex gloves for eye examinations.



Fig. 4.3.9: First Aid kit

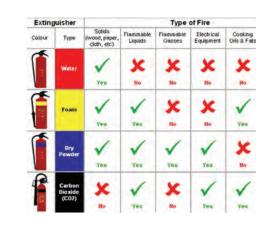
### 4.3.5 Handling Fire Emergencies

Fires and explosions can severely damage or destroy the premises or plant, resulting in emergency situations. There have been cases numerous fires started due to either badly maintained cables at the workplace, electric sparks, or due to open wood burning stoves and cigarettes. Make sure that all electric equipment is cleaned, and that dust is not allowed to accumulate. Report any defects you see in equipment.

# - 4.3.6 Type of Fire Extinguishers

- **1.** Water Extinguishers: It is used to extinguish the fire on wood, paper, cloth, etc. It should not be used to extinguish the fire over electrical equipment.
- **2.** Foam Extinguishers: It is used to extinguish the fire caused by kerosene, spirit, thinner, etc. It also should not be used to extinguish the fire caused by electrical equipment.
- **3.** Dry Powder Extinguishers: This is used to extinguish the fire evolving due to flammable liquids such as petrol, diesel, etc.
- 4. Carbon dioxide Fire Extinguisher: Carbon Dioxide evolves from this fire extinguisher, and it can be used to extinguish fire over electric equipment, liquid gases, or fluids.

These fire-extinguishing equipment should be installed at the proper place, and it should be inspected, repaired and refilled regularly.



# 4.3.7 Fire Extinguishers Chart

Fig. 4.3.10: Colour coding for fire safety

# - 4.3.8 Class and Type of Fires

Class	Туре
A	Wood, Paper, Ordinary Combustibles Extinguished by Cooling and Quenching Using Water or Dry Chemicals
В	Gasoline, Oil, Grease, Other Greasy Liquids Extinguished by Smothering, Cooling or Heat Shielding using Carbon Dioxide or Dry Chemicals

Class	Туре
С	Electrical Equipment Fires Extinguished with Non-conducting Agents such as Carbon Dioxide or Dry Chemicals. DO NOT USE WATER.
D	Fires in Combustible Metals Extinguished by Using Specialized Extinguishing Powders

# - 4.3.9 Class and Type of Fire Extinguisher to be used

Class of Fire	Type of Fire Extinguisher
B or C	Regular Dry Chemical
A, B, C, or D	Multi - Purpose Dry Chemical
D	Purple K Dry Chemical
B or C	KCL Dry Chemical
D	Dry Powder Special Compound
B or C	Carbon Dioxide (Dry)
B or C	Halogenated Agent (Gas)
А	Water
А	Water with Anti - Freeze
A or B	Water, Loaded Steam Style
В	Foam

# - 4.3.10 How to Respond in Case of Fire -

When fires occur, the role of a person is to minimise the damage, he/she should be -

- Extinguishing small fires
- Assisting in evacuations
- Notifying the local Fire Brigade promptly

# - 4.3.11 How to Operate a Multipurpose Fire Extinguisher

Remember PASS

Class	Туре
P – Pull the pin	In some models, you may have to remove a locking pin.
A – Aim	Aim low. Direct the hose or cone to the base of the fire.
S – Squeeze	Squeeze the handle. This will release the contents of the extinguisher.
S – Sweep	Sweep from side to side. Don't lessen the pressure on the handle. Try to keep it constant.



Fig. 4.3.11: PASS technique for operating fire extinguishers



Scan this QR Code to access the related PPT

# - Summary

- Hazards are a set of conditions, which pose as risks to health or life. It can be an atmosphere of the workplace, or construction of a machine, or working procedure, or any emergency situation, etc.
- If there is an oil spillage on the floor, there is a potential risk of a slip hazard.
- Apart from some common hazards of working areas, the Yoga industry has some exclusive hazards, which are associated with making postures during Yoga.
- Physical hazards are the type of energies that may be hazardous to workers.
- Prolonged exposure to chemicals, without using effective Personal Protective Equipment (PPE), can affect the human body adversely, causing chemical hazards.
- Ergonomic hazards can cause painful and disabling injuries to joints and muscles.
- Although Yoga is for improving one's health, if not done correctly it may cause harm to the body also.
- An Emergency is a sudden or unexpected state of the situation, which, if not tackled properly, will lead to loss of property, health or life.
- Fires and explosions can severely damage or destroy the premises or plant, resulting in emergency situations.

# - Activity

- The students will be given two scenarios upon which they will have to react.
- Scenario 1: In a yoga centre, there is a sudden outbreak of fire due to a short circuit. How will the Yoga Trainer react to the situation and help in combating the fire, ensuring minimum damage?
- Scenario 2: A young lady has joined in the Yoga class. She is new to this field and has to learn everything from scratch. How will the Yoga Trainer assist her and ensure her safety while performing the yoga poses?
- The students will be divided into two big groups, according to the total batch strength.
- Each group will enact the scenarios and demonstrate the ways to handle each scenario.
- The total time allotted for this activity will be 30 minutes.

⊢ Notes 🔲

# - Exercise

### A. Choose the correct options:

- 1. Identify the correct meaning of hazard.
  - a. It is a set of good conditions at work
  - b. Hazard is a set of conditions which can be a risk to health or life
  - c. The condition of no production is called hazard
  - d. None of the above
- 2. Name the main hazard of a workplace, from the following
  - a. Manual handling
  - b. Accident by moving or falling object
  - c. Slips and falls
  - d. Dust and fumes
- 3. Recognise which of these should be a part of the First Aid Box?
  - a. Sharp scissors
  - b. Adhesive tape
  - c. Providone iodine solution
  - d. All of the above
- 4. State which kind of fire can be used by water.
  - a. B type
  - b. C type
  - c. D type
  - d. All of the above
- 5. Express which of these is not a part of the Safety Procedure of an Organisation?
  - a. Safety equipment to be used in the organization
  - b. Maximum leave an employee can take in a month/year
  - c. Emergency Evacuation Plan
  - d. Hazards of different processes of the organization

### B. Answer in brief:

- 1. Discuss the different hazards which you may encounter in the workplace.
- 2. Identify the special hazards which you may come across in a yoga centre.
- 3. Explain the safety precautions you should follow while practising yoga.
- 4. Demonstrate how you would deal with common injuries at the workplace.
- 5. Illustrate the way you would combat a fire emergency in the workplace.



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# BEAUTY & WELLNESS SECTOR SKILL COUNCIL

# 5. Create A Positive Impression At The Workplace

- Unit 5.1 Personal Health and Hygiene
- Unit 5.2 Communication Skills
- Unit 5.3 Following the Organisation's Rules and Instructions



# **BWS/N9003**

# - Key Learning Outcomes 💆

### At the end of this module, participant will be able to:

- 1. Define Hygiene
- 2. Explain how to maintain good Hygiene
- 3. Describe Grooming Tips for men and women
- 4. Describe the communication process
- 5. Define points of good wring skill
- 6. Define meaning of Policies and Guidelines
- 7. Explain Organisational Procedures for Reporting and Documentation

# **UNIT 5.1: Personal Health and Hygiene**

# - Unit Objectives 🛯 🙆

### At the end of this unit, you will be able to:

- 1. Define Hygiene
- 2. Explain how to maintain good Hygiene
- 3. Explain about Grooming
- 4. Describe Grooming Tips for men and women
- 5. Define consequences of not grooming well
- 6. Describe the importance of grooming

### **5.1.1 Define Hygiene**

Hygiene, It is the process of maintaining good health through maintaining a clean body and environment around us. Good hygiene is one of the most important practices to help with the prevention and spreading of infections and diseases.

Good physical and emotional health helps our bodies and minds to function properly without pain, anxiety, depression or discomfort. Improper hygiene can cause diseases, which can negatively impact our physical & mental well-being.

Poor hygiene causes us to smell bad (due to bacteria), develop infections, and contract diseases such as flu, common cold, E. Coli, Salmonella, and skin diseases such as ringworm, and scabies. Other problems such as tooth decay, lice in the hair, and foot infections are also caused due to poor hygiene.

### **5.1.2** How to Maintain Good Hygiene?

The ways to maintain good hygiene may be discussed as -

- 1. Washing hands, face, hair and other parts of the body, frequently.
- 2. Brushing/cleaning teeth at least once a day.
- 3. Cleaning the living quarters including frequent change of bed sheets, pillow covers, and changing personal clothes and undergarments frequently.
- 4. Taking care to avoid soiling of clothes and body parts, when urinating, vomiting or relieving oneself in the toilet.
- 5. Washing hands before eating- especially after touching animals.
- 6. Holding a tissue/handkerchief over the mouth when coughing or sneezing; if you use hands, make sure to wash them afterwards.
- 7. Suppression of habits such as nose-picking, touching the face, etc.
- 8. Not biting nails.
- 9. Washing hands after using the toilet.
- 10. Shower every day with soap/body wash. Remember to also wash under armpits and feet with soap. It's important to be clean. Always clean your private areas (the hair traps sweat and can stink if not washed regularly).
- 11. Shampoo and condition hair as needed. Most people have to wash their hair every day to prevent smell and grease. Remember to scrub your scalp and rinse all the product out of your hair until it is "squeaky" clean. Use a good smelling hair product. Keep it nice and neat.

- 12. Use roll-on, not spray deodorant to prevent armpit odour. [Use the deodorant when you are clean, not instead of getting clean.] Put deodorant on in the morning or any me you get sweaty.
- 13. Use a loon to smooth out dry skin. This is optional and isn't essential, but it's good for your skin and to prevent the look of ugly, dry, cracked skin.
- 14. Make sure to clean and clip your fingernails whenever they start getting white ends. Girls especially will notice if you have long, dirty nails. This counts for toenails, too.
- 15. Brush your teeth after every meal and floss them at least once a day. If you're a student, be sure to brush your teeth thoroughly every morning before school. They will look much cleaner, and your breath will be fresher. Make sure to brush your teeth thoroughly AND your tongue to get all the bacteria out. Using mouthwash is also highly recommended.
- 16. Take off your shoes as soon as you get home so they can air out and dry out.
- 17. Wear socks when you wear shoes. Each foot sweats a lot during the day, so your shoes will smell pretty bad if you don't wear socks.
- 18. Wear undershirts to help keep your regular shirt smelling fresher.
- 19. Cover your nose and mouth when you cough or sneeze. It is best to do it with a tissue.
- 20. If you're around animals of any kind, don't touch them before eating. If you do, be sure to wash your hands before eating.
- 21. Don't lick your fingers (such as when turning pages in a book).
- 22. Menstruating women should take care to change pads or tampons frequently.
- 23. Carry some mints around if you have a problem of bad breath. If the problem persists, then visit a doctor; you could be suffering from halitosis.
- 24. The hair on your chin, upper lip, ears, and nose can make you look unsightly. So remember to pluck it out when they start becoming visible on your face. Women should visit the salon every 15 days to shape up the eyebrows. Another safe and effective way is to opt for laser surgery for removing facial hair only if it fits your pocket.
- 25. Wear clean socks and apply some talcum powder before wearing shoes. Give your shoes some room to breathe especially after any strenuous activity. Own 2-3 pair of shoes and rotate their use. Buy a foot deodorant to help get rid of your foot odours.
- 26. Makeup clogs up your skin pores and gives germs a chance to multiply. If you do not remove the makeup before you hit the bed, you will surely have a couple of pimples sprouting out the next day. So no matter how red you are, you must remove your make up before you sleep.

### - 5.1.3 Grooming

Grooming oneself includes washing, cleaning, combing, regularly cutting and styling the hair. It also includes cosmetic care of the body, such as shaving and other forms of depilation.

# 5.1.3.1 Grooming Tips - For Men

- 1. Trim the nose hairs: This is something very basic that makes a world of difference. Many companies make nose hair clippers for a moderate price.
- 2. Trim the eyebrows: actually, even recommend getting them professionally cleaned (not shaped) to open up the eyes. Remember to brush them up before you leave for the day as this opens up the eye, keeping the face more alert.
- 3. Clean the hair off your ears and neck: This is something your barber can do for you monthly that gives the appearance of good grooming. The sight of long ear hairs, or neck hair going into the collar of your shirt, is never appealing.

- 4. Keep your nails short and clean: Dirty, long fingernails require no explanation as to why they don't work. If your budget or schedule permits, try a monthly manicure/pedicure to have someone take care of this for you. I also recommend buffing your nails as a way to keep the healthy shine without looking artificial.
- 5. Brush and floss your teeth daily: it doesn't matter if your teeth are not perfectly straight and white, but please keep them clean. It is rather unappealing to talk to someone and see a built-up plaque or food stuck between their teeth. I know this one seems simple, but trust me when I tell you to take nothing for granted.
- 6. Have your clothes tailored to fit your body: This is a big one, as no matter what your shape is, the right fit makes everything look so much better.
- 7. Stand up straight: posture is very important. You create a sense of confidence and pride when standing tall, showing everyone you are secure in the man you are.
- 8. Cleanse your face, regularly, with a facial soap: I have so many male friends who use the same soap on their body that they use on their face. Most body soaps are too strong for the face. You must invest in a cleanser that is just for the face.
- 9. Remember less is more when it comes to fragrance: It's all right to smell good, but everyone doesn't have to smell it. The fragrance is such a personal preference, and you really must find the one that works best for you. Just remember not to bathe in it.
- 10. Match your belt to your shoes: This one is really simple and makes a world of difference. If you are wearing black shoes, you don't wear a brown belt. I'm not saying you need to be a fashion plate, but this basic p makes everything you wear look that much better.

# - 5.1.3.2 Grooming Tips - For Women

It is not just your work that talks for you; it is your gestures and how you bring yourself. Individual self – care or Personal self-care for females is as essential as it is to men. How to sit, how to talk, when to talk, what to talk, may all seem fundamentals, but keep a lot of significance.

- 1. Look Fresh: The first thing is to look fresh. This is the primary phase of your grooming. Have your nails nicely maintained. Prevent dressing in fancy shades that are too shiny or appealing.
- 2. Using Perfume: Use a mild fragrance. Too much of a fragrance may be frustrating to the individuals around you. Also, you must take care not to put on intensely fragrant products when you are at a business conference.
- 3. Using Makeup: Cosmetics should be easy and mild for official places of work. Use makeup that is not too little and neither too large. Do not wear too much lipstick that it propagates on the paper napkin or the cup when you take a sip of water.
- 4. Using Jewelry: You must not wear a lot of jewellery. Jewellery that is loud and too huge would irritate individuals around a serious conversation. Use easy jewellery to avoid clinging earrings, huge wristbands, etc.
- 5. Hair Style: Your hairstyle should be easy and neat looking.
- 6. Wearing proper dress: Normally when you are at the workplace, you need to be presentable. At the workplace, with business individuals around, you should dress rather cautiously.
- 7. Eating in Public: Self-care also includes how you eat. Put the paper napkin on your lap. Make the lowest disturbance with the cutlery while you are consuming food.
- 8. Choosing Footwear: Wear comfortable and elegantly designed footwear.

# 5.1.3.3 Consequences of Not Grooming Well

One of the most effective ways we have to protect ourselves and others from illness is good personal hygiene. This involves washing your hands and taking a bath too. It means being careful not to cough or sneeze on others, cleaning things that you touch if you are unwell, putting items such as tissues (that may have germs) into a bin, and using protection (like gloves or condoms) when you might be at risk of catching an infection.

Personal hygiene, such as bathing, is very much dependent on the culture in which you live. In some cultures, it is expected that you will wash your body at least every day and use deodorants to stop body smells. Other cultures have different expectations.

# - 5.1.3.4 Importance of Grooming

Keeping clean is an important part of staying healthy. For example, the simple act of washing hands before eating and after using the toilet is a proven and effective tool for fighting off germs and avoiding sickness.

Being clean and well-presented is also an important part of confidence for teenagers. If your child's body and breath smell alright, his clothes are clean, and he's on top of his basic personal hygiene, it can help him fit in with other people.

The following health-related problems can occur if one does not maintain good personal hygiene:

### Body Odour

Fresh perspiration, when allowed to evaporate does not cause body odour. An offensive smell is caused when bacteria that are present on the skin get to work on the sweat and decompose it. This is especially so in the groin, underarms, and feet or in clothing that has absorbed sweat. Diet influences the odour too. Bathing every day and changing of clothes that are in close contact with the body should take care of the problem. Talcum powders, of the non-medicated kind, can be used under the armpits. The addition of perfumes masks the odour.

Excessive perspiration can lead to the scaling of the skin or inflammation (Dermas). Usually, this is no cause for worry. Some people sweat more than others due to hereditary and body composition factors. Excessive perspiration may also be a symptom of diabetes, anaemia, and hyperthyroidism.

Body smells are caused by some factors working in combination, including:

- Chemicals in sweat, including pheromones, which are made by the body and sexually attract (or repel) other people
- Wastes excreted through the skin, such as metabolised alcohol
- The actions of bacteria that live on the skin and feed on dead skin cells and sweat
- Unwashed clothes, such as underwear and socks

### • Hand Washing

Most infections, especially colds and gastroenteritis, are caught when we put our unwashed hands, which have germs on them, to our mouth. Some infections are caught when other people's dirty hands touch the food we eat. Hands and wrists should be washed with clean soap and water, using a brush if your fingernails are dirty. Dry your hands with something clean, such as paper towels or hot air dryers. You should always wash your hands:

- After using the toilet
- Before making or eating food
- After handling pet animals, like dogs and cats, etc.
- If you have been around someone who is coughing, has a cold, or has some other infectious diseases

#### Bad Breath

Good dental hygiene includes regular brushing and flossing. Bad breath can be caused by diseases of the teeth, gums, and mouth, such as infections. Most people have bad breath first thing in the morning because saliva is not made while you're asleep. Bad breath proves another easily recognisable consequence of poor hygiene. It commonly develops from not regularly brushing and flossing your teeth. Bad breath results because of two main reasons. First, bacteria thrive on particles of food that can stick to your teeth. As the bacteria digest this food, their byproduct results in odour. Food can also get stuck in your teeth and rot over me, producing a foul odour.

Some foods that can cause bad breath include garlic and onion. Mouthwashes, Mouth sprays, and flavored chewing gum can make your breath smell beer for a while, but if you have a health problem in your mouth, you need to see your dentist.

### • Smelly Feet & Shoes

Smelly feet and shoes can also be a problem for you, whether you are sporty or not. You can avoid this by giving your feet extra attention in the shower, and make sure they're completely dry before putting your shoes on. It's a good idea to alternate your shoes and to wear coon socks instead of socks made of synthetic fibers.

### • Travelling Hygiene

When travelling overseas, take special care if you're not sure whether the water is safe. Suggestions include:

- Don't use tap water to clean your teeth.
- Drink only boiled water.
- Don't wash fruit or vegetables in unsafe water.
- If you have no other water source, make sure the water is boiled before you drink it by holding it at a rolling boil for one minute.
- When you wash your hands, make sure they are totally dry before you touch any food.
- Make sure any dishes, cups or other utensils are totally dry after they are washed.

### • Building Good Hygiene Habits

Building good hygiene habits is not a work of a day; it takes continuous efforts. The following activities should be included in daily routine – washing hands, covering mouth when coughed and having regular baths or showers.

#### Dental Diseases

Not only can poor dental hygiene lead to bad breath, but it can also lead to dental diseases. As you allow food particles and bacteria to build upon the teeth, a coating called plaque begins to form. The bacteria in this plaque release acid, which break down the enamel on your teeth. As this process continues over me, a hard substance called calculus can form on the teeth, irritating the surrounding gums. This irritation can progress into gingivitis, leading to inflammation of the gums, which can later lead to gum disease. Gum disease causes infection and eventually may destroy your teeth.

#### General Diseases

Hygiene practices, such as washing your hands, prove the most effective ways to prevent contracting disease and spreading disease, according to the Mayo Clinic and the Center for Disease Control and Prevention (CDC). Your hands are in constant contact with both the environment and your face, providing easy transportation from the surface of an infected object or person to your nose or mouth. Washing your hands with clean running water and soap helps reduce the number of bacteria on your skin, lessening your chances of contracting diseases such as the common cold, influenza (flu), salmonellosis, hepatitis A, typhoid, streptococcus and staph infections.

### • Gender Specific

Men and women have unique hygiene needs that if ignored may lead to health problems. For example, men who have an uncircumcised penis need to regularly retract the foreskin and clean beneath to prevent inflammation, phimosis (where the penis cannot fully retract the foreskin), or penile adhesions. Women must take care to keep the genitalia clean, and always wipe from front to back after using the restroom to prevent introducing infections from the rectum to the urethra.

### • Hygiene during travel

Lice are tiny insects that live on the human scalp; they make a pinprick-like a puncture on the scalp, emit an anti-clotting substance and feed on the blood as nourishment. Lice thrive on unclean hair. Children are especially prone to lice infestation. Lice spread from one head to another when there is close contact, such as in school environments. Lice eggs are wrapped in a shiny white sheath and show up on the upper layers of hair as the infestation increases. They make the scalp itchy and are a cause of annoyance and embarrassment. In infants, they may cause disturbed sleep and bouts of crying. Unchecked, they can produce scalp infection.

### • Ear Wax

Ear wax accumulates in the ear canal that leads from the outer ear to the eardrum. As the secretion comes out of the ear, it collects dust particles. Do not reach farther than you can with your little finger into your ear to clean it. Putting in hairpins, safety pins or blunt edged objects for cleaning inner parts of the ear might harm the ear. Ear wax should be cleaned by your doctor.

### • Urinary Infection

The urinary infection causes pain or a burning sensation during urination. Chances of urinary infection increase during pregnancy and after any major surgery. The urine can be discoloured; itching, frequent urination, fever, and chills can also result from urinary infection. To avoid this infection, improve overall hygiene, both-toilets and personal parts. Wash or wipe front to back after urinating or defecating. Remember this when wiping or washing babies too, as a general rule. Do not wear tight fitting synthetic underwear. Drink plenty of water. Do not hold back when you have the tendency to urinate. If the condition persists, consult a doctor.

### • Pinworms

These worms come out of the anal opening to lay eggs at night causing intense itching disturbed sleep; mild pain and diarrhoea are possible consequences. When scratching, eggs stick to the hand and under the nails and infect anything the personal touches. The eggs can pass through air or by contact with infected food or bed linen. The eggs cannot be killed by disinfectants and remain active in the dust for a long period. Bedclothes, undergarments, and nightwear of the infected

person must be washed thoroughly in hot water. A doctor has to be consulted to treat the worm infestation; sometimes all member of the family may be asked to take de-worming medication when one member is affected. Those infected must scrub hands well with soap before eating.

### • Athlete Foot (Ringworm of the Foot)

A certain fungus that breeds in warm wet places-causes this infection, resulting in scaly skin or sores or blisters between toes - often spreading to the soles. Sometimes these skins cracks and sores become the site for other infections. Rub off peelings gently. Wash feet well and apply powder. A mild fungicidal ointment at bedtime will help. Keep feet exposed. If you have to wear shoes, wear coon socks; if the blisters begin to ooze, seek professional help from your doctor.

# **UNIT 5.2: Communication Skills**

# – Unit Objectives 🛯 🙆

### At the end of this unit, you will be able to:

- 1. Define what is communication
- 2. Describe the communication process
- 3. Explain problems in communication
- 4. Describe various communication barriers
- 5. Explain the traits of Active Listening
- 6. Define points of good writing skills

# **5.2.1 Definition of Communication**

Communication is an exchange of information between people. It can be in the form of oral words, written words, drawings or physical actions. Communication is essential to express ideas and thoughts to friends, family, co-workers, and customers. Communication also plays a major role in information exchange and decision making.



Fig. 5.2.1: Communication – aspects

# - 5.2.2 Types of Communications

There are two types of Communications -

- Verbal communication
- Non verbal communication

# 5.2.2.1 Verbal Communication

When information is exchanged between the parties through words, it is called verbal communication. It is a word-based communication. Verbal Communication has further two types –

- Written communication
- Oral communication

## 5.2.2.1.1 Written Communication

When a message is exchanged or communicated in a written form, it is called written communication. It is also a word based communication. It is widely used when the permanency and record of the messages are important and when the audience stays at a distance. It has different forms like leers, memos, reports, etc.

## **5.2.2.1.2 Oral Communication**

When a message is exchanged between the parties orally, it is called Oral Communication. It is also a word-based communication but not in written form rather in verbal or oral form. Major forms of Oral Communication include conversation, interview, telephone, speech, etc.

### 5.2.2.2 Non-Verbal Communication

Communication without using words is called non-verbal communication. It is not a word-based communication. It does not use any written or spoken words but uses symbols, body language, colours, etc. to convey messages. Non-Verbal Communication can be visual, audio-visual and silent.

# **5.2.3** Problems in Communication

In the process of communication, care has to be taken to avoid communication barriers that can come up either consciously or unconsciously. Communication barrier can cause losses to a company in terms of money and productivity. Without good communication, a company is unable to exchange information essential for daily operations. But sometimes people fail to understand communication. Following are some of the symptoms of communication problems in an organisation:

- Lack of teamwork
- Poor planning or workload
- Insufficient resources and support
- Lateness
- Poor work quality
- Non-Cooperative people

# **5.2.4 Common Communication Barriers**

Following are the barriers of Communication-

- Assumption
   Generally, sender forgets to communicate complete information to the receiver, assuming that the receiver would know what has to be done. On the other hand, the receiver might assume an entirely different scenario causing a barrier in communication.
- Use of Jargons- Some people are in the habit of using jargons in their communication message. But they fail to understand that their jargons may not be clear to the receiver of the message. The receiver might misunderstand them, causing a barrier to communication.
- Incomplete Sentences- At times, people leave their sentences incomplete, like "I wanted to go but....." This leaves the receiver with numerous assumptions, and the exact message cannot be conveyed.
- **Psychological Barriers** The state of mind and mood of the sender and the receiver also affects the message delivery. If a person is in a bad mood, then a positive message can also sound negative. Senders may also spoil the message delivery by over communicating the message, i.e.,

communicating the same message through different channels and also giving too much information to make a point. This confuses the receiver, and the message context may not be clear.

- Language Difference— The difference of language between the sender and the receiver can also be a major cause of a barrier in communication. So both should make sure that the language used for communication is understandable to both. Or else the entire process of communication ends up in being a failure.
- **Prejudice** The receiver might have some prejudices about the sender which may be based on culture, status, etc. In such cases, the receiver can misunderstand the exact idea of the communicated message. For example, a supervisor feels that the subordinate is not a sincere worker. So the supervisor, due to his prejudice towards the subordinate, will misjudge every communication of this subordinate.
- **Physical Barriers** One of the major barriers to communication is the physical barrier. Physical barriers are present in the area surrounding the sender and receiver. Physical barriers include a work environment that has a lot of background noise, poor lighting or unstable temperature. These barriers can affect how individuals try to send and receive messages if there is a lot of background noise than the receiver may not hear what the sender is saying. If the temperature in a work environment is too hot or too cold, the sender may not be as focused on the message that they are trying to send. If people in the workplace are separated by a physical barrier, communication will not be as effective. They can use communication aids because it helps them get to know one another.

# **5.2.5 Active Listening**

Listening is an underestimated skill, which is rarely taught and mostly neglected by all. Active listening means listening to understand communication. Active listening is an art that comes by practice. It takes more effort than plain "hearing", but the benefits make it worthwhile. Listening goes beyond hearing.

Keys to effective listening	The bad listener	The good listener
Find areas of interest	Switches off during boring or dull subjects	Asks if there might be something of relevance to him
Judge content, not delivery	If delivery is poor, switches off	Considers content, skips over errors of delivery
Hold your fire	Jumps in before hearing the full argument	Waits until he understands fully before exercising his opinion
Listen for ideas	Listens for facts	Looks for a theme or thread in what is being said
Be flexible	Takes copious notes using only one system	Takes fewer notes. Uses several systems according to the speaker
Work at listening	Makes no real effort to listen – Fakes his attention	Works hard to concentrate
Resist distractions	Is easily distracted	Fights or avoids distractions, tolerates bad habits, know how to concentrate
Exercise your mind	Avoids difficult material, looks for light relief	Seeks complex material to exercise his mind
Keep your mind open	Reacts to emotional words	Hold his emotions in check

Below are some tips to improve active listening:

Table: Improvement of active listening

### 5.2.6 Writing Skills

For getting success in any industrial organisation, writing skill is also very important. Some of the key instructions for good wring skills are –

The clarity in Content: Your wring must be understood at the first reading. A business document is clear when it means exactly what the writer intends. Avoid technical jargon, unfamiliar words or informal language. Eliminate ambiguity, i.e. avoid using a word with a double meaning or misplacing a phrase within a sentence.

**Remain Brief:** Avoid unnecessary repetition. Include only relevant information. Come to the point quickly and without "waffle". Omit unnecessary background information. Use short, familiar words instead of long words. Revise your first draft, looking for ways to reduce the number of words or to cut out unnecessary information.

**Be Complete:** Check that all the information, needed by the reader, is included: Who? What? Where? When? Why? How?

Accuracy in Spelling and Facts: Check your work for accuracy of punctuation, grammar, and spelling (especially the names of people and places). Check for accuracy of information: e.g. me, dates, figures and telephone numbers. Check for consistency of layout.

**Be convincing:** Use believable language. Provide supporting arguments for your point of view – e.g. provide examples, statistics or a quote from a respected authority. Suggest possibilities or probabilities rather than making forceful assertions. Avoid exaggeration and superlatives.

**Show courtesy in Words:** Whenever possible, say the phrase you're wringing positively with a pleasant tone. Display good manners and a caring attitude in your wring. Passive voice should be used when communicating bad news. This avoids negative overtones and personal criticism. Use language that is rational and unemotional.

### - 5.2.7 How to Resolve Conflict

When people work together, conflict is often unavoidable because of differences in work goals and personal styles. Follow below guidelines for handling conflict in the workplace –

- Talk with the Other Persons:
  - Ask the other person to name a time when it would be convenient to meet. Arrange to meet in a place where you won't be interrupted.

### • Focus on behaviour and event, not on personalities

Say "When this happens ..." instead of "When you do ...." Describe a specific instance or event instead of generalising.

### • Listen Carefully

- Listen to what the other person is saying instead of getting ready to react.
- Avoid interrupting the other person.
- After the other person finishes speaking, rephrase what was said to make sure you understood it.
- Ask questions to clarify your understanding.

### • Identify Points of Agreement and Disagreement

- Summarise the areas of agreement and disagreement.
- Ask the other person if he or she agrees with your assessment.
- Modify your assessment until both of you agree on the areas of conflict.

### • Prioritise the Area of Conflict

Discuss which areas of conflict are most important for each of you to resolve.

### • Develop a Plan to Work on Each Conflict

- o Start with the most important conflict.
- Focus on the future.
- Set up future meeting times to continue your discussions.

### • Follow through your Plan

- o Stick with the discussions until you've worked through each area of conflict.
- Maintain a collaborative, "let's-work-out-a-solution" attitude.

### • Build on your Success

- Look for opportunities to point out progress.
- Compliment the other person's insights and achievements.

# **UNIT 5.3: Following the Organisation's Rules and Instructions**



At the end of this unit, you will be able to:

1. Explain about Government Acts and Bylaws

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- 2. Describe rules
- 3. Define meaning of Policies and Guidelines
- 4. Describe the meaning of Procedure
- 5. Explain what is work instruction
- 6. Discuss Organisaonal Procedures for Reporting and Documentation
- 7. Describe the importance of Reporting

### 5.3.1 Rules and Procedure Pyramid -

Rules and Procedure Pyramid creates a relationship between different Government Rules and Bylaws and work instructions of an individual organisation.



Fig. 5.3.1: Rules and Procedure Pyramid

### - 5.3.2 Government Acts and Bylaws

Government Acts are those Acts and laws, which are made by the Government and following these Acts are compulsory. There is a penalty for not following Government Acts. Examples of this are the Income Tax Act, Sales Tax Law, etc.

# 5.3.3 Rules

Authoritative statement for what to do and what not is called Rule. It is given by an appropriate person of the body. The Rule is applicable in that forum or the body which is controlled by the rulemaking a person. This can be any organisation, society or a community of persons.

# **5.3.4** Policies and Guidelines

A policy is a definitive principle or rule that an organisation must follow to reach its long-term goal. Typically, a policy marks out an organisation's views on a particular matter.

Company guidelines establish the rules of conduct within an organisation. Guidelines define the responsibilities of both the employees and the employer. Company policies and procedures are made to protect the rights of employees as well as the business interest of employers.

Employees, including managers and supervisors, are expected to uphold company policy and work according to it. The employees should complete tasks accurately by being flexible and adapting to work plans and procedures as per the company policies.

Make sure you take a look at the handbook thoroughly within the first few days of joining the job. You can request for the handbook to your supervisor.

### Some typical company guidelines include:

- Employee code of conduct (for example, dress code and behavioural approach)
- Attendance policy (for example, me of entry and exit from the workplace)
- Leave policy (for example, different types of leaves)
- Workplace safety (for example, understanding and following fire safety guidelines)
- Harassment policy (for example, engaging in the course of un-welcoming comment or conduct against a worker in a workplace)
- Substance abuse policy (for example, the ban on smoking, alcohol, and drugs)
- Property abuse policy (for example, damaging company assets)

### - 5.3.5 Procedures

The Procedure is a broad guideline for carrying out any activity. To eliminate ambiguity in carrying out regular activities, all organisations make procedures for all day-to-day activities. All employees should read these procedures carefully before carrying out those activities.

Procedures and policies help an organisation to:

- Provide a framework for actions that help employees quickly understand what is expected of them
- Stop employees from discussing and re-discussing the same issues every time they arise
- Help in legal matters
- Act as a tool to improve the quality
- Create goodwill and trust among employees, customers, and clients
- Help employees behave in a professional and responsible manner

### **5.3.6 Work Instructions**

This is the last but very important link in the chain. This is the base of the Pyramid. Work Instructions are detailed form of procedure. It has step-by-step details of the method for carrying out that activity.

# 5.3.7 Organisational Procedure for Reporting and

# Documentation

It is important to keep your supervisor and co-workers informed about any issues related to malfunctioning of equipment, task completion difficulties, timeline progress, and any other work-related issues. Such issues may include:

- a. Volume of work
- b. Quality of work
- c. The time within which the work needs to be completed

Since reporting and documentation are very important; hence it cannot be le to people to decide that in which format and structure they would document and report.

An organisational procedure has details of all requirements of Documentation and reporting. Such as -

- I. Format of report
- II. Who will create it
- III. To whom it should be submitted
- IV. Frequency of reporting
- V. Place of filing documentation
- VI. Retention duration of the document to keep



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# Summary

- Hygiene, It is the process of maintaining good health through maintaining a clean body and environment around us.
- Good physical and emotional health helps our bodies and minds to function properly without pain, anxiety, depression or discomfort.
- Poor hygiene causes us to smell bad (due to bacteria), develop infections, and contract diseases such as flu, common cold, E. coli, Salmonella, and skin diseases such as ringworm, and scabies.
- Grooming oneself includes washing, cleaning, combing, regularly cutting and styling the hair. It also includes cosmetic care of the body, such as shaving and other forms of depilation.
- One of the most effective ways we have to protect ourselves and others from illness is good personal hygiene.
- Keeping clean is an important part of staying healthy.
- Communication is an exchange of information between people.
- Active listening means listening to understand communication.
- When people work together, conflict is often unavoidable because of differences in work goals and personal styles.
- Rules and Procedure Pyramid creates a relationship between different Government Rules and Bylaws and work instructions of an individual organisation.
- A policy is a definitive principle or rule that an organisation must follow to reach its long-term goal.
- The Procedure is a broad guideline for carrying out any activity.

# - Activity

- The students will be given a situation upon which they will have to react.
- Scenario: Ms X has to convey an information/message to Ms Y. Ms Z is the medium through whom X has sent her message, to communicate it to Y. How will the message be transmitted from X to Y, via Z, by the process of communication?
- The students will be divided into small groups, according to the total batch strength.
- Each group will have to enact this situation and demonstrate the appropriate method of communication.
- The time allotted to each group for this activity will be 10 15 minutes.

Notes	
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# Exercise

### Answer the following questions, in brief:

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- 1. Explain the ways to maintain good hygiene.
- 2. Describe the ways of grooming for men and women.
- 3. Analyse the health problems that may occur for not maintaining proper grooming and personal hygiene.
- 4. Identify common communication barriers.
- 5. Define policies and guidelines.



सत्यमेव जयते GOVERNMENT OF INDIA MINISTRY OF SKILL DEVELOPMENT & ENTREPRENEURSHIP



Transforming the skill landscape

## BEAUTY & WELLNESS SECTOR SKILL COUNCIL

## 6. Bal Yoga Sessions

- Unit 6.1 Appropriate Opening and Closure of Session
- Unit 6.2 Child's Medical History, Background, Preferences of Parents
- Unit 6.3 Use of Yoga Tools and Techniques
- Unit 6.4 Various Forms of Yoga and Its Effect on Body and Mind
- Unit 6.5 Yoga Techniques and Compliant Safety Standards
- Unit 6.6 Teaching Bal Yoga



**BWS/N2208** 

## Key Learning Outcomes

At the end of this module, participant will be able to:

- 1. Describe the opening and closure session of yoga
- 2. Interpret Child's medical history, background and preferences of parents
- 3. Demonstrate the use of yoga tools and techniques
- 4. Identify various forms of yoga and its effect on mind and body
- 5. Restate yoga techniques and compliant safety standards
- 6. Describe yoga techniques and recommend correction

## **UNIT 6.1: Appropriate Opening and Closure of Session**

## Unit Objectives 🧕 🎯

### At the end of this unit, you will be able to:

- 1. Tell the opening and closing chant
- 2. Describe teachings and philosophy application to Bal Yoga

## 6.1.1 Opening and Closing Chant

A yoga session opens and closes with chants in Sanskrit. In chanting the prayers, the ancient tradition of Patanjali is saluted. Chanting a mantra helps in enhancing the conscious level of an individual. Chanting a mantra brings us closer to the higher self. Additionally, it fills our minds with peace and tranquillity.

The Ashtanga Yoga starts with an opening chant, which offers gratitude to the lineage of teachers. The opening mantra is as follows:

### **Opening chant:**

От

I bow to the lotus feet of the Supreme Guru which awaken insight into the happiness of pure Being, which is the refuge, the jungle physician, which eliminate the delusion caused by the poisonous herb of Samsara (conditioned existence). I prostrate before the sage Patanjali who has thousands of radiant, white heads (as the divine serpent, Ananta) and who has, as far as his arms, assumed the form of a man holding a conch shell (divine sound), a wheel (discus of light or infinite time) and a sword (discrimination). Om

### **Closing chant:**

### От

May the rulers of the earth keep to the path of virtue For protecting the welfare of all generations. May the religious, and all peoples be forever blessed, May all beings everywhere be happy and free Om peace, peace, perfect peace

### The importance of chanting Om

Om embodies the divine energy and has three main characteristics –creation, preservation and liberation. Om has four syllables and is pronounced AUM. It begins in the solar plexus (a complex system of radiating nerves and ganglia found in the pit of the stomach in front of the aorta) and sends

vibrations up to the chest. The sound of the second syllable U moves from the throat towards the upper palette. The third syllable M is prolonged, and the vibration is produced through the upper chakras as the teeth come together. The final syllable represents the deep silence of the infinite, as the vibration rises through the body into the universe.

The reasons behind chanting Om are as follows:

- Om vibrates at the frequency of 432 Hz, which is the same vibrational frequency found in all things in nature
- Chanting Om acknowledge our connection to everything in the world
- Rhythmic pronunciation and vibration produces a claiming effect on the mind and body

## 6.1.2 Teachings and Philosophy Application to Bal Yoga

Application of philosophical teachings to yoga helps an individual become more responsive towards the poses. Some of the Yogic philosophies have been discussed over here:

**Listen to the pose:** One of the important aspects of Yoga is that it trains our minds to react to a situation or people without any judgement. A similar principle could be applied in life where an individual needs to find the right balance under pressure. Every posture of yoga teaches us to the in the present moment and find a balance between Sthiram (stability) and Sukham (comfort). Therefore, performing the asanas in early childhood helps in shaping the personality and character of an individual.

**Use your breath as a guide:** While performing the asanas, an individual can pant for breath. One of the most important principles that Yoga teaches us is never to stop. In case you feel fatigued, stop and take a step back, reset. Additionally, focussing upon the breath can inculcate the habit of mindfulness within the children.

**Have faith in the practice:** Yoga teaches the importance of 'Abhyas' or practice. An individual can excel a pose in two days' time or two years' time. However, with every move, an individual gets better at performing specific postures or asanas. This helps in inculcating the most important value in children that is under any situation they should never give up.

Some of these philosophies when integrated within the minds of children shape their charter as well as enables them to make appropriate decisions. Yoga helps infuse peace and tranquillity within the mind of children. It teaches them one of the most important philosophies that are to 'Practice the pause'. Under any situation, an individual should first analyse the situation and ask as many questions as possible. This starts with understandings the importance of every posture or position in an asana. Yoga teaches patience and open-mindedness to children that are whatever comes your way, you should take it as a learning experience and to 'Respond and nor to react'.

# UNIT 6.2: Child's Medical History, Background, Preferences of Parents

- Unit Objectives 🤘

At the end of this unit, you will be able to:

- 1. Explain the reasons for the collection of a child's medical history
- 2. Identify the sequence of yoga based on medical history
- 3. Identify the sequence of yoga based on preferences

In order to understand the preferences of the parents, the trainer will share a consent form with them. The parents have to fill in the form with particulars of their children. Only after getting due consent of the parents, the trainer can start with the practice sessions.

## – 6.2.1 Child's Medical History –

- To understand the physical needs and requirements of the children (for example, height and weight of the child)
- To avoid contraindications from the practice of any particular pose or asana
- To know if the child has already been diagnosed with any particular disease
- To gather knowledge regarding the family history of the child

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## - 6.2.2 Sequence of Yoga Based on Medical History

It is very important to take note of the medical history of a child before starting the asanas. In case the child has been affected by a particular health disorder in the past, performing a particular asana can aggravate their health symptoms. Therefore, parents should cooperate with the trainers and provide them with complete health details of their children. Some of the common medical conditions found in children, specific asanas to be performed under the individual condition and the contraindications have been discussed below:

Health Conditions	Asanas	Benefits
Bronchitis (mild to severe)	Sukhasana (easy pose), Ardha Matsyendrasana (half spinal twist), simhasana (lion pose), Uttanasana (standing forward bend)	<ul> <li>Practising the deep inhalation and exhalation techniques can help in the removal of sticky cough.</li> <li>Ardha Matsyendrasana increases oxygen supply to the lungs which help in detoxification.</li> </ul>
Asthma	dhautdhauti, Ardha Maysyendrasana, Setu Bandhasana (Bridge Pose), Adho mukha savasana (Downward dog pose),	<ul> <li>Kapalbhati is recommended for children with wheezing problems. Practising it regularly can help in expanding the lungs</li> <li>The downward dog pose helps in calming the mind and is good for people suffering from asthma and sinusitis</li> <li>The Ardha Maysyendrasana improves the supply of oxygen to the lungs reducing the probability of asthma restricting your child.</li> </ul>
Diabetes	Kapalbhati, Dhanurasana, Ardha Matsyendrasana, Halasana	<ul> <li>Dhanurasana improves the functioning of the Pancreas</li> <li>Kapalbhati stimulates the pancreas to release insulin which helps in controlling diabetes</li> <li>Practising Halasana helps in stimulating the Pancreas</li> </ul>
Gastritis/Irritable Bowel Syndrome	Konasana, Setu bandhasana, Halasana	<ul> <li>Practising Konasana helps in improving digestion</li> <li>Performing Setu Bandhasana de- stresses the mind</li> <li>Practising Halasana helps to cool down the body and mind</li> </ul>
Learning disability	Pranayama, Paschimottanasana	<ul> <li>Pranayama stimulates the central nervous system and improves learning in children</li> <li>Practising the Pasmittonasana stabilizes the mind, which aids in learning</li> </ul>

Health Conditions	Asanas	Benefits
Emotional Trauma	Buddha Konsana, Tadasana, Upward facing dog pose	<ul> <li>Practising the Baddh Konsana can help control the level of adrenaline in the body and reduce the frightening or stress response of the body</li> <li>Stretching out lengthens the abdominal cavity and opens the chest so that an individual feels more relaxed</li> <li>Upward dog pose helps in clearing the throat as our throat opens becomes chocked under emotional stress</li> </ul>
Bacterial infection (past history of measles, mumps, chicken pox, etc	Cobra pose, Downward facing pose,	<ul> <li>Practising the cobra pose stimulates the digestive and circulatory system in children which helps in fighting bacterial infection as 90% immunity resides in the gut</li> <li>Practising the asana rejuvenates the body and improves the immune system</li> </ul>

Table 6.2.2.1: Asanas and benefits based on medical history

## 6.2.3 The sequence of Yoga Based on Preferences

It is very important to take note of the preferences of the parents before starting the yoga practices with the children. Some of the preferences generally placed by parents and the particular asanas have been discussed below:

Preferences	Asanas	Benefits
To reduce obesity	Pawanamuktasana, Gomukhasana, Vajrasana	<ul> <li>Practising the Pawanamuktasana helps in toning the abdominal muscles and removing belly fat</li> <li>Gomukhasana helps in toning the abdominal muscles reducing obesity</li> <li>Practising Vajrasana increases blood flow to the lower abdomen and hip region</li> </ul>

Preferences	Asanas	Benefits
To cure asthma	Sukhasana, Ardha Matsyendrasana, Setu Bandhasana	<ul> <li>Ardha Matsyendrasana increases oxygen supply to the lungs which help in detoxification.</li> <li>Practising the deep inhalation and exhalation techniques help in the removal of sticky cough.</li> <li>Practising the asana helps in opening of the lungs facilitating breathing</li> </ul>
To reduce academic related stress	Garudasana, Uttanasana, Reclined bound angle pose, vajrasana	<ul> <li>The Restorative nature of the pose helps in relieving symptoms of stress and depression</li> <li>Practising the Vajrasana produces a calming effect on the mind and body</li> <li>Garudasana requires an individual to focus their mind at a single point which enhances concentration power and reduces stress</li> </ul>

Table 6.2.2.2: Asanas and benefits based on the preferences of parents

## UNIT 6.3: Use of Yoga Tools and Techniques

## Unit Objectives

At the end of this unit, you will be able to:

- 1. Identify the range of yoga tools
- 2. Describe the techniques used in child yoga

### 6.3.1 Range Of Yoga Tools

A range of yoga tools and techniques can be used for practising with the children. The purpose behind using such tools is to encourage the children for practising Yoga.

**Meditation Cushion** The Cushions are a great way to encourage your children to perform Yoga asanas. The cushions come in really bright colours and are available in all sizes. The meditation cushion promotes proper posture along with encouraging a strong spine.

**Storybooks**– 'Good Night Yoga' is a coloured and highly illustrated children's book which tells different stories along with teaching them simple yoga poses inspired by their favourite animals.

**Yoga DVDs**– Children could be shown videos where asanas are performed by children themselves or teenagers, as it helps in engaging them sufficiently.

**Playful Yoga cards**— The children could be shown colourful and vibrantly illustrated yoga cards showing basic poses with instructions on the back. The packs of cards are divided into colour coded categories (breathing, standing postures, forward bends, backward bends, balances and games. The diversity of the cards helps in customising the yoga session.

## 6.3.2 Techniques Used In Child Yoga

Techniques refer to the poses which are mostly practised with children. Some of the poses have been discussed below:

### Bow pose (Dhanurasana)

Bow pose is also known as Dhanurasana. The benefits of performing Dhanurasana in children are:

- Stretches back and neck
- Lengthens the spine
- Strengthens the shoulders and wrist
- Increases blood circulation
- Calms the mind
- Helps in relieving back pain

### [Refer to 3.14.2 for more details]

#### **Bridge Pose**

The bridge pose is also known as the *Setu Bandhasana*. Performing the bridge pose has a number of health benefits for children:

- Practising the bridge pose stimulates abdominal organs and thyroid glands
- Performing the asana improves digestion and helps in regulating metabolism

• Performing the asana revitalises the legs and stretches the shoulders [*Refer to 3.15.2 for more steps and details*]

### **Cat Pose**

The Cat pose is also known as *Marjyryasana*. The detailed steps of performing the Cat pose are as follows:

- Stand on the floor in a tabletop position with the help of your hands and knees.
- Set your hips, wrists and elbows in line and perpendicular to the floor
- Centre your head in a neutral position
- Exhale and bend your spine towards the ceiling
- Release your head toward the floor
- Inhale and come back to neutral table top position

### **Benefits:**

- Stretches the back, torso and neck
- Provides a gentle message to the belly organs and spine



Fig. 6.3.1: Steps of performing cat pose (Source: www.wikihow.com)

### **Cobra Pose**

Bhujanaga means snake or cobra. In this asana, the body of an individual is raised like the hood of a snake.

### [Refer to unit 3.14.2 for more details]

### **Corpse Pose**

The corpse pose is also known as *Shavasana*. The steps to performing a Shavasana are as follows:

- Lie down straight on your back
- Keep your arms stretched out by the side or spread them wide apart
- Close your eyes and inhale deeply
- Exhale and open your eyes

The benefits of performing Shavasana are as follows:

- Reduces stress
- Produces a calming over the mind

- Lower blood pressure
- Relieves headache
- Improves sleep



Fig: 6.3.2: Performing Shavasana (Source: www.patientsengage.com)

### Cow face

Gomukhasana is a seated asana in hatha yoga. It is also known as *Cow face pose* in modern english.

[Refer to 3.13.2 for more details]

# UNIT 6.4: Various Forms of Yoga and Its Effect on Body and Mind

## Unit Objectives 🧕 🞯

At the end of this unit, you will be able to:

- 1. Recognise yoga perspectives on the structure, function and conditions of mind
- 2. Describe yoga psychology
- 3. Explain the importance of yogic lifestyle counselling

## 6.4.1 Yoga Perspectives on the Structure, Function and Conditions of Mind

Yoga has been effective in the treatment of mental health issues from time immemorial. The deep meditation techniques and breathing practices produce a calming effect on the mind. The practice of Yoga helps in the development of patience, which helps an individual create sufficient balance in their own life. Stress is the breeding ground of many physical and mental ailments. Practising Yoga on a regular basis has been seen to control the level of stress hormones such as cortisol. Therefore, reduced stress can be equated with better mental and emotional health. The deep breathing and meditation practices work on the hypothalamus-pituitary-adrenal axis. Practising Yoga on a regular basis increases the response of Parasympathetic Nervous System (PNS) over the Sympathetic Nervous System (SNS). This initiates a cascade of response within the body causing it to relax. When the body is relaxed, the message is automatically communicated to the brain causing it to relax. One of the most important aspects taught by Yoga is to practice mindfulness. Mindfulness practices help an individual focus in the present moment rather than gliding away in the past or future.

## 6.4.2 Yoga Psychology

"Yoga psychology is the science of the embodied relationship between consciousness and mind"- Dr Swami Shankardev Saraswati

Yoga psychology forms the theoretical basis of yoga psychotherapy. It plays a vital role in the treatment and management of psychological, spiritual and physical conditions. Modern medicine provides physical or emotional support to individuals based on the provision of prescription drugs alone or Cognitive Behavioural Therapy (CBT). Yoga Psychology aims at undertaking a holistic approach, also known as a bio-psycho-social-spiritual approach. It is preferred over purely biomedical or a purely psychological model.

There are four dimensions of Yoga psychology such as Yoga, Samkhya, Tantra and Vedanta. Each of these has been discussed with respect to the impact they produce over human psychology.

**Yoga:** Practising Yoga asanas boost emotional stability by increasing the production of the neurotransmitter Serotonin within the body. Serotonin is known to be the happy hormone which induces a sense of happiness and good mood within an individual.

**Samkhya:** Samkhya emphasises upon the concept of Purusha –Prakriti. It says that as long as the Purusha within us is passive, we will be subjected to the psychological turmoil of everyday life brought upon us by Prakriti. Practising yoga helps in raising the higher consciousness which helps in controlling the desires or inner turmoil brought upon by Prakriti.

**Tantra:** Tantra is based on the dual concept of Ishvara and Shakti which says that Ishwara is not external to the universe, but himself comprise the universe, and all living beings pervade within the universe.

**Vedanta:** The Vedanta states that Purusha, Deva, Ishwara all become merged in the concept of the Brahmana. It states that the Lord himself is the author of the Veda and is the only object of knowledge.

There are two primary levels of Yoga Psychotherapy:

- 1. Positive behavioural changes and the development of a stable ego
- 2. Psychotherapy which supports the journey from socially conditioned ego filled consciousness to an awakened self

### 6.4.3 Yogic Lifestyle Counselling

Lifestyle counselling through Yoga is based on a few important aspects such as –diet, mindful breathing and possessing a neutral mentality.

**Diet:** During teaching Yoga asanas to children, the trainer should focus upon some important aspects such as – daily diet, regular practice of asanas, mindful breathing for stress reduction and development of a neutral attitude. Diet is one of the important constituents for healthy living. In order to think right, it is important to feed yourself the right ingredients. Yoga science emphasises upon eating a sattvic diet, which consists of food cooked in low flame with the minimal of spices. Thus, eating the right proportion of fresh fruits and vegetables helps in building immunity. It also helps in balancing the craving for rich or spicy foods.

**Mindfulness:** Yoga focuses upon the aspect of mindful breathing where an individual focuses on deeply on the incoming and outgoing breath. By focussing on the breathing pattern, an individual is able to control or reduce the levels of stress and anxiety. Mindful breathing is taught to children with the help of Pranayama techniques.

**Neutral mentality:** An individual should possess a neutral mentality towards individual or situations. Yoga teaches the essence of patience and open-heartedness. It teaches neutral reception without being judgemental. These ideals are integrated within the children through regular yoga classes and workshop. Thus, balancing the different postures in asana helps an individual develop a high level of patience and durability.

## **UNIT 6.5: Yoga Techniques and Compliant Safety Standards**

## – Unit Objectives 🤘

At the end of this unit, you will be able to:

1. Identify the contraindication of yoga practices for specific conditions

## - 6.5.1 Contraindication of Yoga Practices

The Yoga asanas are suggested as per individual health needs or requirements. Practising the asanas in sequential order can boost individual organs or organ systems. However, performing certain asanas under particular health conditions can produce far more deleterious effects. A few of these have been discussed under contraindications below:

Asanas	Contraindications
Dhanurasana	• The asana should not be performed by children with Migraine or the ones who have encountered a back injury
Setu Bandhasana	<ul> <li>It is important to know the medical condition of the child as one who has hernia, or peptic ulcers should refrain from performing the asana.</li> </ul>
Marjaryasana	Children with webbed neck or any form of disability should not perform the asana
Gomukhasana	<ul> <li>Trying to reach for the palms without understanding the flexibility of the arms can result in a sprain</li> <li>Children with sciatica (often inherited genetically) should avoid performing the asana</li> </ul>
Vriksasana	• Children with a back injury or genetic sciatica should be refrained from performing the exercise
Bhujangasana	• Beginners should be refrained raising their chest too high from the floor, as it may result in back injury

Table 6.5.1.1: Contraindication of specific yoga poses for children

## UNIT 6.6: Teaching Bal Yoga

## – Unit Objectives

At the end of this unit, you will be able to:

1. Demonstrate Bal yoga asana based on six month duration

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## - 6.6.1 Six months of Bal Yoga -

	Bal Yoga Asana
1st month	<ul> <li>1. Alphabet yoga</li> <li>a. A FOR Aeroplane</li> <li>b. B for Butterfly</li> <li>c. C for cobra</li> <li>d. D for Dog</li> </ul>
	<ul> <li>2. Animal Pose Asana</li> <li>a. BUTTERFLY</li> <li>b. CAT POSE</li> <li>c. DOG POSE</li> </ul>
	3. Basic Asana And Pranayama
	<b>Pranayama</b> a. Om chanting
	Breathing Practices
	b. Hands in and Out
	<ul> <li>4. Standing Asana</li> <li>a. Tadasana</li> <li>b. Ardhakati Chakrasana</li> </ul>
	<ul><li>5. Prone Asana</li><li>a. Navasana</li><li>b. Bhujangasana</li></ul>
	<ul><li>6. Supine Asana</li><li>a. Straight leg raising</li><li>b. Both leg raising</li></ul>
	<ul> <li><b>7.</b> Sitting Asana</li> <li>a. Butterfly</li> <li>b. Paschimostasana</li> </ul>
	8. Meditation Pose
	a. Padmasana b. Suryanamskar

	Bal Yoga Asana
2nd month	<ul> <li>Alphabet Yoga <ul> <li>A FOR Aeroplane</li> <li>B for Butterfly</li> <li>C for cobra</li> <li>D for Dog</li> <li>E for Elephant</li> <li>F for Frog</li> <li>G for Grasshopper</li> <li>H for Hog- pogh</li> </ul> </li> </ul>
	<ul> <li>2. Animal Pose Asana</li> <li>a. Butterfly</li> <li>b. Cat Pose</li> <li>c. Dog Pose</li> <li>d. Elephant Trunk Pose</li> <li>e. Fish Pose</li> <li>f. Garudasana</li> </ul>
	<ul> <li>3. Basic Asana And Pranayama</li> <li>Pranayama <ul> <li>a. Om Chanting</li> <li>b. Nadi Suddhi</li> </ul> </li> <li>Breathing Practices <ul> <li>a. Hands in and Out</li> </ul> </li> </ul>
	<ul> <li>b. Hands Stretch</li> <li>4. Standing Asana <ul> <li>a. Tadasana</li> <li>b. Ardhakati Chakrasana</li> <li>c. Ardha Chakrasana</li> <li>d. Padhastasana</li> </ul> </li> </ul>
	<ul> <li>5. Prone Asana</li> <li>a. Navasana</li> <li>b. Bhujangasana</li> <li>c. Sarpasana</li> <li>d. Salbhasana</li> </ul>
	<ul> <li>6. Supine Asana</li> <li>a. Straight leg raising</li> <li>b. Both leg raising</li> <li>c. Cycling</li> <li>d. Setu Bandhasana</li> </ul>
	<ul> <li><b>7. Sitting Asana</b> <ul> <li>a. Butterfly</li> <li>b. Paschimostasana</li> <li>c. Alternate toe touching</li> <li>d. Chakki Chalana</li> </ul> </li> </ul>
	<ul> <li>8. Meditation Pose</li> <li>a. Padmasana</li> <li>b. Vajrasana</li> <li>c. Suryanamskar</li> </ul>

	Bal Yoga Asana
3rd month	Bal Yoga Asana         1. Alphabet Yoga         a. A FOR Aeroplane         b. B for Butterfly         c. C for cobra         d. D for Dog         e. E for Elephant         f. F for Frog         g. G for Grasshopper         h. H for Hog- pogh         i. I for Ice-cream         j. J For jumping         k. K for Kati chakrasana         l. L for Lotus Pose
	<ul> <li>a. Butterfly</li> <li>b. Cat Pose</li> <li>c. Dog Pose</li> <li>d. Elephant Trunk Pose</li> <li>e. Fish Pose</li> <li>f. Garudasana</li> <li>g. Hare pose</li> <li>h. Lion Pose</li> <li>i. Moneky pose</li> </ul> 3. Basic Asana And Pranayama
	Pranayama a. Om Chanting b. Nadi Suddhi c. Bhamari Breathing Practices a. Hands in and Out b. Hands Stretch c. Ankle Stretch
	<ul> <li>4. Standing Asana <ul> <li>a. Tadasana</li> <li>b. Ardhakati Chakrasana</li> <li>c. Ardha Chakrasana</li> <li>d. Padhastasana</li> <li>e. Trikonasana</li> <li>f. Viskhasana</li> <li>g. Garudasana</li> </ul> </li> <li>5. Prone Asana <ul> <li>a. Navasana</li> </ul> </li> </ul>
	<ul> <li>b. Bhujangasana</li> <li>c. Sarpasana</li> <li>d. Salbhasana</li> </ul>

	Bal Yoga Asana
	<ul> <li>6. Supine Asana</li> <li>a. Straight leg raising</li> <li>b. Both leg raising</li> <li>c. Cycling</li> <li>d. Setu Bandhasana</li> </ul>
	<ul> <li>Jeta Baltunasana</li> <li>Sitting Asana <ul> <li>a. Butterfly</li> <li>b. Paschimostasana</li> <li>c. Alternate toe touching</li> <li>d. Chakki Chalana</li> <li>e. Vakrasana</li> <li>f. Vajrasana</li> <li>g. Shankasana</li> </ul> </li> </ul>
	<ul> <li>8. Meditation Pose</li> <li>a. Padmasana</li> <li>b. Vajrasana</li> <li>c. Suryanamskar</li> </ul>
4th month	<ul> <li>Alphabet Yoga <ul> <li>A FOR Aeroplane</li> <li>B for Butterfly</li> <li>C for cobra</li> <li>D for Dog</li> <li>E for Elephant</li> <li>F for Frog</li> <li>G for Grasshopper</li> <li>H for Hog- pogh</li> <li>I for Ice-cream</li> <li>J For jumping</li> <li>K for Kati chakrasana</li> <li>L for Lotus Pose</li> <li>M for Mandukasana</li> <li>N for Naukasana</li> <li>O for one leg raising</li> <li>P for Parvatasana</li> </ul> </li> </ul>
	<ul> <li>2. Animal Pose Asana <ul> <li>a. Butterfly</li> <li>b. Cat Pose</li> <li>c. Dog Pose</li> <li>d. Elephant Trunk Pose</li> <li>e. Fish Pose</li> <li>f. Garudasana</li> <li>g. Hare pose</li> <li>h. Lion Pose</li> <li>i. Moneky pose</li> <li>j. Tiger Pose</li> <li>k. Tortoise Pose</li> </ul> </li> </ul>

<ul> <li>3. Basic Asana And Pranayama</li> <li>Pranayama <ul> <li>a. Om Chanting</li> <li>b. Nadi Suddhi</li> <li>c. Bhamari</li> </ul> </li> <li>Breathing Practices <ul> <li>a. Hands in and Out</li> <li>b. Hands Stretch</li> <li>c. Ankle Stretch</li> </ul> </li> <li>4. Standing Asana <ul> <li>a. Tadasana</li> <li>b. Ardhakati Chakrasana</li> <li>c. Ardha Chakrasana</li> <li>d. Padhastasana</li> <li>e. Trikonasana</li> <li>f. Viskhasana</li> <li>g. Garudasana</li> </ul> </li> <li>5. Prone Asana <ul> <li>a. Navasana</li> <li>b. Bhujangasana</li> <li>c. Sarpasana</li> <li>d. Salbhasana</li> </ul> </li> <li>6. Supine Asana <ul> <li>a. Straight Leg Raising</li> <li>b. Both Leg Raising</li> </ul> </li> </ul>	
<ul> <li>4. Standing Asana <ul> <li>a. Tadasana</li> <li>b. Ardhakati Chakrasana</li> <li>c. Ardha Chakrasana</li> <li>d. Padhastasana</li> <li>e. Trikonasana</li> <li>f. Viskhasana</li> <li>g. Garudasana</li> </ul> </li> <li>5. Prone Asana <ul> <li>a. Navasana</li> <li>b. Bhujangasana</li> <li>c. Sarpasana</li> <li>d. Salbhasana</li> </ul> </li> <li>6. Supine Asana <ul> <li>a. Straight Leg Raising</li> </ul> </li> </ul>	Pra
c. Cycling	5.

	Bal Yoga Asana
5th month	1. Alphabet Yoga
	a. A FOR Aeroplane
	b. B for Butterfly
	c. C for cobra
	d. D for Dog
	e. E for Elephant
	f. F for Frog
	g. G for Grasshopper
	h. H for Hog- pogh
	i. I for Ice-cream
	j. J For jumping
	k. K for Kati chakrasana
	I. L for Lotus Pose
	m. M for Mandukasana
	n. N for Naukasana
	o. O for one leg raising
	p. P for Parvatasana
	q. Q for quite a breath
	r. R for Rabbit Pose
	s. S for Suryanamskar
	t. T for Tiger pose
	2. Animal Pose Asana
	a. Butterfly
	b. Cat Pose
	c. Dog Pose
	d. Elephant Trunk Pose
	e. Fish Pose
	f. Garudasana
	g. Hare pose
	h. Lion Pose
	i. Moneky pose
	j. Tiger Pose
	k. Tortoise Pose
	I. Cobra Pose
	m. Camel Pose
	n. Cow Face Pose
	o. Frog Pose
	3. Basic Asana And Pranayama
	Pranayama
	a. Om Chanting
	b. Nadi Suddhi
	c. Bhamari
	Breathing Practices
	a. Hands in and Out
	b. Hands Stretch
	c. Ankle Stretch

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	Bal Yoga Asana
4.	Standing Asana
	a. Tadasana
	b. Ardhakati Chakrasana
	c. Ardha Chakrasana
	d. Padhastasana
	e. Trikonasana
	f. Viskhasana
	g. Garudasana
5.	Prone Asana
	a. Navasana
	b. Bhujangasana
	c. Sarpasana
	d. Salbhasana
6.	Supine Asana
	a. Straight Leg Raising
	b. Both Leg Raising
	c. Cycling
	d. Setu Bandhasana
7.	Sitting position asana
	a. Butterfly
	b. Pachimostasana
	c. Alternate Toe Touching
	d. Chakki Chalana
	e. Vakrasana
	f. Vajrasana
	g. Shankasana
	h. Mandukasana
	i. Ustrasana
8.	Meditation Pose
	a. Padmasana
	b. Vajrasana
	c. Suryanamaskar

6th month       1. Alphabet Yoga         a. A FOR Aeroplane         b. B for Butterfly         c. C for cobra         d. D for Dog         e. E for Elephant         f. F for Frog         g. G for Grasshopper         h. H for Hog- pogh         i. I for lce-cream         j. J For jumping         k. K for Kati chakrasana         l. L for Lotus Pose         m. M for Mandukasana         o. O for one leg raising         p. P for Parvatasana         q. Q for quite a breath         r. R for Rabbit Pose         s. S for Suryanamskar         t. T for Tiger pose         u. U for Vatrasana         w. W for warrior pose         x. X for X mass tree pose         y. Y for Ydarkasana         w. W for varior pose         x. X for Zig Zag move         2. Animal Pose Asana         a. Butterfly         b. Cat Pose         c. Dog Pose         d. Elephant Trunk Pose         e. Fish Pose         f. Garudasana         g. Hare pose         h. Lion Pose         i. Moneky pose         j. Tiger Pose         k. Torotoise Pose         <			Bal Yoga Asana
b. B for Butterfly c. C for cobra d. D for Dog e. E for Elephant f. F for Frog g. G for Grasshopper h. H for Hog- pogh i. I for Ice-cream j. J For jumping k. K for Kati chakrasana l. L for Lotus Pose m. M for Mandukasana n. N for Naukasana o. O for one leg raising p. P for Parvatasana q. Q for quite a breath r. R for Rabbit Pose s. S for Suryanamskar t. T for Tiger pose u. U for Ustrasana v. V for Vakrasana w. W for warrior pose x. X for X mass tree pose y. Y for Yog mudra z. Z for Zig Zag move 2. Animal Pose Asana a. Butterfly b. Cat Pose c. Dog Pose d. Elephant Trunk Pose e. Fish Pose f. Garudasana g. Hare pose h. Lion Pose i. Moneky pose j. Tiger Pose k. Tortoise Pose m. Camel Pose	6th month	1.	Alphabet Yoga
<ul> <li>c. C for cobra</li> <li>d. D for Dog</li> <li>e. E for Elephant</li> <li>f. F for Frog</li> <li>g. G for Grasshopper</li> <li>h. H for Hog-pogh</li> <li>i. I for Ice-cream</li> <li>j. J For jumping</li> <li>k. K for Kati chakrasana</li> <li>l. L for Lotus Pose</li> <li>m. M for Mandukasana</li> <li>n. N for Naukasana</li> <li>o. O for one leg raising</li> <li>p. P for Parvatasana</li> <li>q. Q for quite a breath</li> <li>r. R for Rabbit Pose</li> <li>s. S for Suryanamskar</li> <li>t. T for Tiger pose</li> <li>u. U for Ustrasana</li> <li>v. V for Vakrasana</li> <li>w. W for warrior pose</li> <li>x. X for X mass tree pose</li> <li>y. Y for Yog mudra</li> <li>z. Z for Zig Zag move</li> </ul> 2. Animal Pose Asana <ul> <li>a. Butterfly</li> <li>b. Cat Pose</li> <li>c. Dog Pose</li> <li>d. Elephant Trunk Pose</li> <li>e. Fish Pose</li> <li>f. Garudasana</li> <li>g. Hare pose</li> <li>h. Lion Pose</li> <li>i. Tortoise Pose</li> <li>k. Tortoise Pose</li> <li>k. Tortoise Pose</li> <li>k. Cobra Pose</li> <li>m. Cow Face Pose</li> </ul>		á	
d.D for Doge.E for Elephantf.F for Frogg.G for Grasshopperh.H for Hog- poghi.I for Ice-creamj.J For jumpingk.K for Kati chakrasanal.L for Lotus Posem.M for Mandukasanan.N for Naukasanao.O for one leg raisingp.P for Parvatasanaq.Q for quite a breathr.R for Rabbit Poses.S for Suryanamskart.T for Tiger poseu.U for Ustrasanaw.W for warrior posex.X for X mass tree posey.Y for Yog mudraz.Z for Zig Zag move2.Animal Pose Asanaa.Butterflyb.Cat Posec.Dog Posed.Elephant Trunk Posee.Fish Posef.Garudasanag.Hare poseh.Lion Posei.Moneky posej.Tiger Posek.Tortoise Posel.Cobra Posen.Camel Posen.Cow Face Pose		t	
e. E for Elephant f. F for Frog g. G for Grasshopper h. H for Hog- pogh i. I for Ice-cream j. J For jumping k. K for Kati chakrasana l. L for Lotus Pose m. M for Mandukasana n. N for Naukasana o. O for one leg raising p. P for Parvatasana q. Q for quite a breath r. R for Rabbit Pose s. S for Suryanamskar t. T for Tiger pose u. U for Ustrasana v. V for Vakrasana v. V for Vakrasana w. W for warrior pose x. X for X mass tree pose y. Y for Yog mudra z. Z for Zig Zag move 2. Animal Pose Asana a. Butterfly b. Cat Pose c. Dog Pose d. Elephant Trunk Pose e. Fish Pose f. Garudasana g. Hare pose h. Lion Pose i. Moneky pose j. Tiger Pose k. Tortoise Pose l. Cobra Pose m. Camel Pose n. Cow Face Pose		0	
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<ul> <li>h. H for Hog- pogh</li> <li>i. I for Ice-cream</li> <li>j. J For jumping</li> <li>k. K for Kati chakrasana</li> <li>l. L for Lotus Pose</li> <li>m. M for Mandukasana</li> <li>n. N for Naukasana</li> <li>o. O for one leg raising</li> <li>p. P for Parvatasana</li> <li>q. Q for quite a breath</li> <li>r. R for Rabbit Pose</li> <li>s. S for Suryanamskar</li> <li>t. T for Tiger pose</li> <li>u. U for Ustrasana</li> <li>w. W for Warrior pose</li> <li>x. X for X mass tree pose</li> <li>y. Y for Yog mudra</li> <li>z. Z for Zig Zag move</li> </ul> 2. Animal Pose Asana <ul> <li>a. Butterfly</li> <li>b. Cat Pose</li> <li>c. Dog Pose</li> <li>d. Elephant Trunk Pose</li> <li>e. Fish Pose</li> <li>f. Garudasana</li> <li>g. Hare pose</li> <li>h. Lion Pose</li> <li>i. Moneky pose</li> <li>j. Tiger Pose</li> <li>k. Tortoise Pose</li> <li>m. Camel Pose</li> <li>n. Cow Face Pose</li> </ul>		f	-
<ul> <li>i. I for Ice-cream</li> <li>j. J For jumping</li> <li>k. K for Kati chakrasana</li> <li>l. L for Lotus Pose</li> <li>m. M for Mandukasana</li> <li>n. N for Naukasana</li> <li>o. O for one leg raising</li> <li>p. P for Parvatasana</li> <li>q. Q for quite a breath</li> <li>r. R for Rabbit Pose</li> <li>s. S for Suryanamskar</li> <li>t. T for Tiger pose</li> <li>u. U for Ustrasana</li> <li>w. W for warrior pose</li> <li>x. X for X mass tree pose</li> <li>y. Y for Yog mudra</li> <li>z. Z for Zig Zag move</li> </ul> 2. Animal Pose Asana <ul> <li>a. Butterfly</li> <li>b. Cat Pose</li> <li>c. Dog Pose</li> <li>d. Elephant Trunk Pose</li> <li>e. Fish Pose</li> <li>f. Garudasana</li> <li>g. Hare pose</li> <li>h. Lion Pose</li> <li>j. Tiger Pose</li> <li>k. Tortoise Pose</li> <li>k. Cobra Pose</li> <li>k. Cobra Pose</li> <li>k. Cow Face Pose</li> </ul>		-	
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<ul> <li>k. K for Kati chakrasana</li> <li>l. L for Lotus Pose</li> <li>m. M for Mandukasana</li> <li>n. N for Naukasana</li> <li>o. O for one leg raising</li> <li>p. P for Parvatasana</li> <li>q. Q for quite a breath</li> <li>r. R for Rabbit Pose</li> <li>s. S for Suryanamskar</li> <li>t. T for Tiger pose</li> <li>u. U for Ustrasana</li> <li>v. V for Vakrasana</li> <li>w. W for warrior pose</li> <li>x. X for X mass tree pose</li> <li>y. Y for Yog mudra</li> <li>z. Z for Zig Zag move</li> </ul> 2. Animal Pose Asana <ul> <li>a. Butterfly</li> <li>b. Cat Pose</li> <li>c. Dog Pose</li> <li>d. Elephant Trunk Pose</li> <li>e. Fish Pose</li> <li>f. Garudasana</li> <li>g. Hare pose</li> <li>h. Lion Pose</li> <li>i. Moneky pose</li> <li>j. Tiger Pose</li> <li>k. Tortoise Pose</li> <li>k. Tortoise Pose</li> <li>m. Cobra Pose</li> <li>n. Cow Face Pose</li> </ul>			
<ul> <li>L for Lotus Pose</li> <li>m. M for Mandukasana</li> <li>n. N for Naukasana</li> <li>o. O for one leg raising</li> <li>p. P for Parvatasana</li> <li>q. Q for quite a breath</li> <li>r. R for Rabbit Pose</li> <li>s. S for Suryanamskar</li> <li>t. T for Tiger pose</li> <li>u. U for Ustrasana</li> <li>w. W for warrior pose</li> <li>x. X for X mass tree pose</li> <li>y. Y for Yog mudra</li> <li>z. Z for Zig Zag move</li> </ul> 2. Animal Pose Asana <ul> <li>a. Butterfly</li> <li>b. Cat Pose</li> <li>c. Dog Pose</li> <li>d. Elephant Trunk Pose</li> <li>e. Fish Pose</li> <li>f. Garudasana</li> <li>g. Hare pose</li> <li>h. Lion Pose</li> <li>i. Moneky pose</li> <li>j. Tiger Pose</li> <li>k. Tortoise Pose</li> <li>m. Camel Pose</li> <li>n. Cow Face Pose</li> </ul>		-	
<ul> <li>m. M for Mandukasana</li> <li>n. N for Naukasana</li> <li>o. O for one leg raising</li> <li>p. P for Parvatasana</li> <li>q. Q for quite a breath</li> <li>r. R for Rabbit Pose</li> <li>s. S for Suryanamskar</li> <li>t. T for Tiger pose</li> <li>u. U for Ustrasana</li> <li>v. V for Vakrasana</li> <li>w. W for warrior pose</li> <li>x. X for X mass tree pose</li> <li>y. Y for Yog mudra</li> <li>z. Z for Zig Zag move</li> </ul> 2. Animal Pose Asana <ul> <li>a. Butterfly</li> <li>b. Cat Pose</li> <li>c. Dog Pose</li> <li>d. Elephant Trunk Pose</li> <li>e. Fish Pose</li> <li>f. Garudasana</li> <li>g. Hare pose</li> <li>h. Lion Pose</li> <li>i. Moneky pose</li> <li>j. Tiger Pose</li> <li>m. Cow Face Pose</li> </ul>			
<ul> <li>n. N for Naukasana</li> <li>o. O for one leg raising</li> <li>p. P for Parvatasana</li> <li>q. Q for quite a breath</li> <li>r. R for Rabbit Pose</li> <li>s. S for Suryanamskar</li> <li>t. T for Tiger pose</li> <li>u. U for Ustrasana</li> <li>v. V for Vakrasana</li> <li>w. W for warrior pose</li> <li>x. X for X mass tree pose</li> <li>y. Y for Yog mudra</li> <li>z. Z for Zig Zag move</li> </ul> 2. Animal Pose Asana <ul> <li>a. Butterfly</li> <li>b. Cat Pose</li> <li>c. Dog Pose</li> <li>d. Elephant Trunk Pose</li> <li>e. Fish Pose</li> <li>f. Garudasana</li> <li>g. Hare pose</li> <li>h. Lion Pose</li> <li>i. Moneky pose</li> <li>j. Tiger Pose</li> <li>k. Tortoise Pose</li> <li>l. Cobra Pose</li> <li>n. Cow Face Pose</li> </ul>		-	
<ul> <li>o. O for one leg raising</li> <li>p. P for Parvatasana</li> <li>q. Q for quite a breath</li> <li>r. R for Rabbit Pose</li> <li>s. S for Suryanamskar</li> <li>t. T for Tiger pose</li> <li>u. U for Ustrasana</li> <li>v. V for Vakrasana</li> <li>w. W for warrior pose</li> <li>x. X for X mass tree pose</li> <li>y. Y for Yog mudra</li> <li>z. Z for Zig Zag move</li> </ul> 2. Animal Pose Asana <ul> <li>a. Butterfly</li> <li>b. Cat Pose</li> <li>c. Dog Pose</li> <li>d. Elephant Trunk Pose</li> <li>e. Fish Pose</li> <li>f. Garudasana</li> <li>g. Hare pose</li> <li>h. Lion Pose</li> <li>i. Moneky pose</li> <li>j. Tiger Pose</li> <li>k. Tortoise Pose</li> <li>l. Cobra Pose</li> <li>n. Cow Face Pose</li> </ul>			
<ul> <li>p. P for Parvatasana</li> <li>q. Q for quite a breath</li> <li>r. R for Rabbit Pose</li> <li>s. S for Suryanamskar</li> <li>t. T for Tiger pose</li> <li>u. U for Ustrasana</li> <li>v. V for Vakrasana</li> <li>w. W for warrior pose</li> <li>x. X for X mass tree pose</li> <li>y. Y for Yog mudra</li> <li>z. Z for Zig Zag move</li> </ul> 2. Animal Pose Asana <ul> <li>a. Butterfly</li> <li>b. Cat Pose</li> <li>c. Dog Pose</li> <li>d. Elephant Trunk Pose</li> <li>e. Fish Pose</li> <li>f. Garudasana</li> <li>g. Hare pose</li> <li>h. Lion Pose</li> <li>i. Moneky pose</li> <li>j. Tiger Pose</li> <li>k. Tortoise Pose</li> <li>l. Cobra Pose</li> <li>m. Camel Pose</li> <li>n. Cow Face Pose</li> </ul>		-	
<ul> <li>Q for quite a breath</li> <li>R for Rabbit Pose</li> <li>S for Suryanamskar</li> <li>T for Tiger pose</li> <li>U for Ustrasana</li> <li>V for Vakrasana</li> <li>W for warrior pose</li> <li>X for X mass tree pose</li> <li>Y for Yog mudra</li> <li>Z for Zig Zag move</li> </ul> 2. Animal Pose Asana <ul> <li>a. Butterfly</li> <li>b. Cat Pose</li> <li>c. Dog Pose</li> <li>d. Elephant Trunk Pose</li> <li>e. Fish Pose</li> <li>f. Garudasana</li> <li>g. Hare pose</li> <li>h. Lion Pose</li> <li>i. Moneky pose</li> <li>j. Tiger Pose</li> <li>k. Tortoise Pose</li> <li>l. Cobra Pose</li> <li>m. Camel Pose</li> <li>n. Cow Face Pose</li> </ul>			
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<ul> <li>S. S for Suryanamskar</li> <li>T for Tiger pose</li> <li>U for Ustrasana</li> <li>V for Vakrasana</li> <li>W for warrior pose</li> <li>X for X mass tree pose</li> <li>Y for Yog mudra</li> <li>Z for Zig Zag move</li> </ul> 2. Animal Pose Asana <ul> <li>a. Butterfly</li> <li>b. Cat Pose</li> <li>c. Dog Pose</li> <li>d. Elephant Trunk Pose</li> <li>e. Fish Pose</li> <li>f. Garudasana</li> <li>g. Hare pose</li> <li>h. Lion Pose</li> <li>i. Moneky pose</li> <li>j. Tiger Pose</li> <li>k. Tortoise Pose</li> <li>l. Cobra Pose</li> <li>m. Camel Pose</li> <li>n. Cow Face Pose</li> </ul>			
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<ul><li>I. Cobra Pose</li><li>m. Camel Pose</li><li>n. Cow Face Pose</li></ul>		-	
m. Camel Pose n. Cow Face Pose			
n. Cow Face Pose		-	

Bal Yoga Asana
<ul> <li>3. Basic Asana And Pranayama</li> <li>Pranayama <ul> <li>a. Om Chanting</li> <li>b. Nadi Suddhi</li> <li>c. Bhamari</li> </ul> </li> <li>Breathing Practices <ul> <li>a. Hands in and Out</li> <li>b. Hands Stretch</li> <li>c. Ankle Stretch</li> </ul> </li> </ul>
<ul> <li>4. Standing Asana</li> <li>a. Tadasana</li> <li>b. Ardhakati Chakrasana</li> <li>c. Ardha Chakrasana</li> <li>d. Padhastasana</li> <li>e. Trikonasana</li> <li>f. Viskhasana</li> <li>g. Garudasana</li> </ul>
<ul> <li>5. Prone Asana</li> <li>a. Navasana</li> <li>b. Bhujangasana</li> <li>c. Sarpasana</li> <li>d. Salbhasana</li> </ul>
<ul> <li>6. Supine Asana</li> <li>a. Straight Leg Raising</li> <li>b. Both Leg Raising</li> <li>c. Cycling</li> <li>d. Setu Bandhasana</li> </ul>
<ul> <li><b>7.</b> Sitting position asana</li> <li>a. Butterfly</li> <li>b. Pachimostasana</li> <li>c. Alternate Toe Touching</li> <li>d. Chakki Chalana</li> <li>e. Vakrasana</li> <li>f. Vajrasana</li> <li>g. Shankasana</li> <li>h. Mandukasana</li> <li>i. Ustrasana</li> </ul>
 <ul> <li>8. Meditation Pose</li> <li>a. Padmasana</li> <li>b. Vajrasana</li> <li>c. Suryanamaskar</li> </ul>

Table: 6.6.1: Month-wise division of Bal yoga asana

## Summary

- A yoga session opens and closes with chants in Sanskrit.
- Chanting a mantra helps in enhancing the conscious level of an individual.
- Om embodies the divine energy and has three main characteristics –creation, preservation and liberation.
- Under any situation, an individual should first analyse the situation and ask as many questions as possible.
- It is very important to take note of the medical history of a child before starting the asanas.
- Practising the Baddh Konsana can help control the level of adrenaline in the body and reduce the frightening or stress response of the body
- Practising the Pawanamuktasana helps in toning the abdominal muscles and removing belly fat
- The Cushions are a great way to encourage your children to perform Yoga asanas.
- The children could be shown colourful and vibrantly illustrated yoga cards showing basic poses with instructions on the back.
- Bhujanaga means snake or cobra. In this asana, the body of an individual is raised like the hood of a snake.
- "Yoga psychology is the science of the embodied relationship between consciousness and mind"- Dr Swami Shankardev Saraswati
- Diet is one of the important constituents for healthy living. In order to think right, it is important to feed yourself the right ingredients. Yoga science emphasises upon eating a sattvic diet, which consists of food cooked in low flame with the minimal of spices.
- Practising the asanas in sequential order can boost individual organs or organ systems.

## Activity

- Make a list of different yoga poses beneficial for children. Try performing them one by one. Identify the challenges while performing the asanas. Discuss the issue with your supervisor.
- X is a 14-year-old obese boy also suffering from Asthma. Keeping in mind the health condition of X, make a list of yoga asana which could be performed by him. Try performing the asana by yourself. Discuss any challenges faced with your supervisor.

- Notes	

## - Exercise

### A. Choose the correct alternative:

- 1. Which of the following asana shouldnot be performed by a child with migraine?
  - Setu Bandhasana
  - Dhanurasana
  - Gomukhasana
- 2. Which of the following is NOT a part of yoga counselling?
  - Diet
  - Mindfulness
  - Travelling
- 3. Which one of the following nervous system is activated by performing yoga on a regular basis?
  - Parasympathetic nervous system
  - Sympathetic nervous system
  - Central nervous system
- 4. What is the Shavasana also known as?
  - The corpse pose
  - The cow pose
  - The donkey pose
- 5. Purusha Prakriti is the concept emphasised by?
  - Samkhya
  - Tantra
  - Vedanta

### B. Match the following:

Column A	Column B
Yoga tool	Marjyryasana
Shavasana	Meditation cushion
Cures gastritis	Vajrasana
Cat Pose	Pawamakutasana
Reduce academic related stress in children	Corpse Pose

### C. Answer the Following questions:

- 1. Tell the three different yoga tools used for children.
- 2. Explain three benefits of Dhanurasana for children.
- 3. Describe the importance of chanting OM.
- 4. How can Garudasana boost concentration in children?
- 5. What are the benefits of mindfulness in children?
- 6. How is Marjyryasana performed?



सत्यमेव जयते GOVERNMENT OF INDIA MINISTRY OF SKILL DEVELOPMENT & ENTREPRENEURSHIP



Transforming the skill landscape

## BEAUTY & WELLNESS SECTOR SKILL COUNCIL

## 7. Conduct The Mahila Yoga Sessions

- Unit 7.1 Guest's Conditions and Aspirations Addressed through Yoga
- Unit 7.2 Mahila Yoga Tools and Techniques
- Unit 7.3 Yoga Practices Appropriate To Guest
- Unit 7.4 Yoga and Its Effect on Body and Mind



**BWS/N2209** 

## - Key Learning Outcomes

At the end of this module, participant will be able to:

- 1. Explain how guest's conditions and aspirations are addressed through yoga
- 2. Identify yoga poses causing discomfort to guests
- 3. Describe the benefits of yoga to baby and mother

# UNIT 7.1: Guest's Conditions and Aspirations Addressed through Yoga

## Unit Objectives 🧕 🎯

At the end of this unit, you will be able to:

- 1. Identify the reasons for the collection of guest's medical history
- 2. Demonstrate asanas based on guest specifications
- 3. Apply yoga teachings and philosophy to Mahila Yoga

### 7.1.1 Reasons for the Collection of Guest's Medical History

- To understand the physical needs and requirements of the participant (for example, height, weight, pre-menstruating, menstruating, post-menstruating, pregnant, etc.)
- To avoid contraindications from the practice of any particular asana
- To know if the person has already been diagnosed with any particular disease
- To gather knowledge regarding the family history of the guest

The Mahila Yoga sessions are designed keeping in mind the physiological and psychological needs of the women. Few specific asanas have been discussed below based upon the present health condition of the guests and the goals to be achieved.

### 7.1.2 Application of Teachings and Philosophy to Mahila Yoga

The teachings of Yoga tradition can be applied to women in a number of ways. The practice of regular yoga can produce different physiological and psychological benefits in women. Some of these have been detailed below:

**Reduced stress:** Practising yoga on a regular basis can boost up the serotonin level in the brain. Serotonins are known to be happy hormones, which can alleviate stress and emotional response within an individual.

**Treats mood disorders:** Many women and young girls suffer from Pre-Menstrual Stress (PMS). Additionally, women who have undergone menopause have reduced levels of serotonin which affects their overall mood pattern. Thus, practising yoga on a regular basis helps in the treatment of frequent mood swings in women.

**Reduces gynaecological issues:** The Practice of yoga on a regular basis can help cure hormonal disbalance. Most of the gynaecological issues occur in women due to hormonal misbalance. Hence, practising the asanas on a regular basis can message the underlying organs reducing the chances of malfunctioning.

**Mindfulness:** Yoga practice can help an individual become more mindful of their present situation. Mindfulness teaches an individual to focus only upon their incoming and outgoing breath amidst every stressful situation. This helps in shifting the focus entirely from a stressful situation and helps in finding out a solution to the problem.

**Find balance in life:** Women are multitasking as they have to balance both the burden of their family as well as perform well in their job sector. Therefore, one may struggle to find the right balance. Therefore, practising the asana on a regular basis helps them in developing a patient approach towards problems.

## UNIT 7.2: Mahila Yoga Tools and Techniques

## - Unit Objectives

### At the end of this unit, you will be able to:

- 1. Recognise various tools used in Mahila Yoga
- 2. Explain the different techniques applied in Mahila Yoga

## 7.2.1 Tools Used In Mahila Yoga

The different kinds of tools which can be used by women for performing Yoga asanas are as follows:

### Yoga Mat:

- The yoga mat provides a clean, supportive and cushioning surface for performing the asanas
- The Yoga mats are extremely essential for pregnant women, as it reduces the risk of falling while performing the asanas
- The thicker mats are useful for the ones with joint issues

### **Blocks and Blankets:**

- Yoga blocks are made up of wood, cork and bamboo
- A standard block measures 3" \* 6" \* 9."
- The blocks can be used by pregnant women for extending their reach in a pose like Trikonasana
- A thickly folded blanket can provide support to the hips in a seating position

### Straps or belts:

- The straps or belts can be used to extend the stretch
- They can be used to keep the legs and arms in proper alignment
- Additionally, towels can be used to wipe off the excess sweat while performing the asanas.

## 7.2.2 Techniques Applied In Mahila Yoga

The techniques refer to the methods or practices which are applied in Mahila Yoga. Some of the most important aspects of Mahila Yoga are as follows:

### 1. Toning the pelvic floor-

Few of the yoga poses which could be performed for toning the pelvic floor in women are as follows:

### A. Tadasana (Mountain Pose)

The Tadasana is also known as the Mountain pose in common english. The different steps of performing the Tadasana are as follows:

- Stand with your feet together
- Place your hands alongside your body
- You must make your thigh muscles firm
- Gently push your upper thighs inward
- Look slightly upward

- Breathe in and stretch your shoulders, arms, and chest upwards
- Hold the pose for a few seconds
- Exhale then release

### **Benefits:**

- Practising the asana helps improve body posture
- Tone abdomen and buttocks
- Relieves sciatica
- Makes spine more agile
- Excellent asana for increasing height (over five year's times)
- Regulates digestive, nervous and respiratory systems

### **Contraindications:**

The ones with the following problems should avoid performing the asana as :

- Insomnia
- Migraine
- Low blood pressure



Fig. 7.2.1: A woman standing in a pose of Tadasana (Source: www.yogajournal.com)

### B. Chair Pose (Utkatasana)

The chair pose is also known as the Utkatasana. In this asana, the yogi sits on an imaginary chair. It engages the strength of your legs, back and ankles. Utkatasana is a Sanskrit derivative which means 'powerful pose'. The different steps of performing an Utkatasana are as follows:

- Stand in Tadasana
- Inhale and raise your arms perpendicular to the floor
- Exhale and bend your knees
- Place your thighs as nearly parallel to the floor as possible
- The knees will project out over the feet
- The torso should lean slightly forward over the thighs

- The torso should form a right angle with the top of the thighs
- Firm your shoulder blades against the back
- Hold the position for a minute or two
- Exhale and come back to Tadasana

### **Benefits of Tadasana:**

- Strengthens ankles, calves, thighs and spine
- Stretches the shoulders and chest
- Stimulates the abdominal organs
- Reduces flat feet

### Precautions:

The pose should not be performed with insomnia and low blood pressure



Fig. 7.2.2: A yogi performing the chair pose (Source: www.yogajournal.com)

### C. Veerbhadrasana (Warrior Pose)

The warrior pose is also known as Virabhadrasana or Veerabhadrasana. The practice of the pose strengthens the arms, shoulders, thighs and back muscles. The pose is named after a fierce warrior, an incarnation of Lord Shiva. The different steps of performing the Veerbhadrasana are as follows:

- Stand straight with your legs wide apart
- Turn your right foot out by 90 degrees and left a foot out by 15 degrees
- Lift both arms sideways to shoulder height with palms facing upwards
- Breathe out, bend your right knee
- Turn your head and look to your right
- Stretch your arms farther
- Gently push your pelvis portion down
- Hold the pose for about 2-3 minutes
- Breathe in, come up
- Breathe out and bring your hands down from the sides
- Repeat the yoga pose

### Benefits:

- The benefits of performing the chair pose are as follows:
- Strengthens and tones the arms, legs and lower back
- Improves the body balance
- Beneficial for those with frozen shoulders
- Helps in reducing stress and anxiety

#### **Precautions:**

- The warrior poses should not be performed by the following:
- The ones who have just recovered from a chronic illness
- People who have experienced spinal disorders
- People with high blood pressure
- The pose should be avoided by one suffering from diarrhoea
- People suffering from knee pain or arthritis



Fig. 7.2.3: A yogi performing the warrior pose (Source: www.yogatoday.com)

### 2. Core abdomen and lower back strengthening-

The asanas which could be performed for strengthening the core abdomen and lower back of women are as follows:

### A. Downward facing dog

The Downward facing dog is also known as the **Adho Mukha Savasana**. The detailed step of performing the asana is as follows:

- Come on to the floor with your hands and knees
- Exhale and lift your knees away from the floor
- Exhale, push your thighs back and stretch your heels
- Press the base of the fingers actively onto the floor
- Stay in the pose for 2-3 minutes
- Exhale and rest

#### **Benefits:**

- Strengthens the arms and shoulders
- Tones the core and waist
- Lengthens the hamstrings and calves
- Increases blood flow to the brain
- Stretches the spine and strengthens back

### B. Bridge Pose

SetuBandha Sarvangasana or Setu Bandhasana is also known as the **bridge pose**. The pose resembles the structure of a bridge. It helps in stretching the back, neck, and chest and relaxes the entire body. [*Refer to unit 3.15; point 3*]

### C. Cat Pose

The Cat pose is also known as Marjyryasana. Practising the asana helps in stretching the back, torso and neck. [*Refer to unit 7.3*]

### D. Cow Pose

The cow pose is also known as Bitilasana. The detailed steps to performing the asana are as follows:

- Sit on all four of your arms and legs in a tabletop position
- Press your fingers against the mat
- Inhale slowly and lift your chest up
- Point your back towards the ceiling shaping it in the form of an arch
- Exhale and come back to the neutral position

### **Benefits:**

- Messages the spine increasing flexibility
- Great as a warm-up before performing other exercises

### 3. Mindfulness breathing practices-

The asana which could be performed for boosting of mindfulness in women are as follows:

### A. Ujjayi Pranayama

Ujjayi Pranayama is a part of Ashtanga Yoga practices used by ancient Yogis of India. The practice of this kind of Pranayama involves deep inhalation using both the nostrils with a half-closed glottis. [Refer to 3.12.2 (9) for more details and steps]

### B. Nadi Shoddha Pranayama

'Nadis' refer to different energy channels which are present within the human body. The **Nadi Shodhana Pranayama** or NadiSuddhi helps clear the blocked energy channels and brings about a calming effect. [**Refer to 3.12.2 (5) for more steps and details**]

## **UNIT 7.3: Yoga Practices Appropriate To Guest**

## – Unit Objectives

### At the end of this unit, you will be able to:

1. Identify the sequence of yoga practices to be performed as per guest needs

## - 7.3.1 List of Mahila Yoga asana

Ø

The Yoga asana could be divided into six-month cycle depending upon the guest needs. It is designed keeping in mind the age and health condition of the guest. Some of the yoga asanas which could be performed by the guest have been entailed below as:

	Mahila Yoga Asana
1st month	<ol> <li>Pranayama         <ul> <li>Surya Anuloma Viloma Pranayama</li> <li>Chandra Anuloma Viloma Pranayama</li> </ul> </li> </ol>
	<ul><li>2. Breathing Practices</li><li>a. Hand In And Out</li><li>b. Hand Stretch</li></ul>
	<ul> <li>3. Loosing Practices</li> <li>a. Jogging</li> <li>b. Forward and Backward Bending</li> </ul>
	<ul> <li>4. Standing Asana</li> <li>a. Tadasana</li> <li>b. Ardhakati Chakrasana</li> </ul>
	<ul><li>5. Sitting Asana</li><li>a. Butterfly</li><li>b. Paschimostasana Stretch</li></ul>
	<ul> <li>6. Supine Asana</li> <li>a. Makrasana</li> <li>b. Navasana</li> </ul>
	<ul> <li>7. Prone Asana</li> <li>a. Savasana</li> <li>b. Straight Leg Raising</li> </ul>
	8. Mudra a. Chin Mudra
	9. Tratka a. Joyti Tratka

	Mahila Yoga Asana
2nd month	<ol> <li>Pranayama         <ol> <li>Surya Anuloma Viloma Pranayama</li> <li>Chandra Anuloma Viloma Pranayama</li> <li>Surya Bedhi Pranayama</li> </ol> </li> </ol>
	<ul> <li><b>2. Breathing Practices</b></li> <li>a. Hand In And Out</li> <li>b. Hand Stretch</li> <li>c. Ankles Stretch</li> </ul>
	<ul> <li><b>3.</b> Loosing Practices</li> <li>a. Jogging</li> <li>b. Forward and Backward Bending</li> <li>c. Side Bending</li> </ul>
	<ul> <li>4. Standing Asana</li> <li>a. Tadasana</li> <li>b. Ardhakati Chakrasana</li> <li>c. Ardha Chakrasana</li> </ul>
	<ul> <li>5. Sitting Asana</li> <li>a. Butterfly</li> <li>b. Paschimostasana Stretch</li> <li>c. Alternate Toe Touching</li> <li>d. Bhunamana</li> </ul>
	<ul> <li>6. Supine Asana</li> <li>a. Makrasana</li> <li>b. Navasana</li> <li>c. Bhujangasana</li> </ul>
	<ul> <li>7. Prone Asana</li> <li>a. Savasana</li> <li>b. Straight Leg Raising</li> <li>c. Both leg raising</li> <li>d. cycling</li> </ul>
	<ul> <li>8. Mudra</li> <li>a. Chin Mudra</li> <li>b. Chinmaya Mudra</li> </ul>
	9. Tratka a. Joyti Tratka

	Mahila Yoga Asana	
3rd month	<ol> <li>Pranayama         <ol> <li>Surya Anuloma Viloma Pranayama</li> <li>Chandra Anuloma Viloma Pranayama</li> <li>Surya Bedhi Pranayama</li> <li>Chandra Bedhi Prayama</li> </ol> </li> </ol>	
	<ul> <li>Breathing Practices <ul> <li>a. Hand In And Out</li> <li>b. Hand Stretch</li> <li>c. Ankles Stretch</li> <li>d. Dog Breath</li> </ul> </li> </ul>	
	<ul> <li>3. Loosing Practices <ul> <li>a. Jogging</li> <li>b. Forward and Backward Bending</li> <li>c. Side Bending</li> <li>d. Twisting</li> </ul> </li> </ul>	
	<ul> <li>4. Standing Asana</li> <li>a. Tadasana</li> <li>b. Ardhakati Chakrasana</li> <li>c. Ardha Chakrasana</li> <li>d. Padhastasana</li> </ul>	
	<ul> <li>5. Sitting Asana <ul> <li>a. Butterfly</li> <li>b. Paschimostasana Stretch</li> <li>c. Alternate Toe Touching</li> <li>d. Bhunamana</li> <li>e. Chakki Chalana</li> <li>f. Chappati Making</li> <li>g. Paschimatanasana</li> </ul> </li> </ul>	
	<ul> <li>6. Supine Asana</li> <li>a. Makrasana</li> <li>b. Navasana</li> <li>c. Bhujangasana</li> <li>d. Sarpasana</li> </ul>	
	<ul> <li>7. Prone Asana</li> <li>a. Savasana</li> <li>b. Straight Leg Raising</li> <li>c. Both leg raising</li> <li>d. cycling</li> <li>e. Both Leg Cycling</li> </ul>	
	<ul> <li>8. Mudra</li> <li>a. Chin Mudra</li> <li>b. Chinmaya Mudra</li> <li>c. Adi Mudra</li> </ul>	
	9. Tratka	

Mahila Yoga Asana				
4th month	1.	Pranayama		
		a. Surya Anuloma Viloma Pranayama		
		b. Chandra Anuloma Viloma Pranayama		
		c. Surya Bedhi Pranayama		
		d. Chandra Bedhi Prayama		
		e. Nadi Suddhi Pranayama		
		f. Cooling Pranayama		
		g. Sithli Pranayama		
		h. Sitkari Pranayama		
		i. Sadanta Pranayama		
	2.	Breathing Practices		
		a. Hand In And Out		
		b. Hand Stretch		
		c. Ankles Stretch		
		d. Dog Breath		
		e. Rabbit Breathing		
		f. Shankasana Breathing		
		g. Straight Leg Raising		
		h. Both Leg Raising		
	3.	Loosing Practices		
	5.	a. Jogging		
		b. Forward and Backward Bending		
		c. Side Bending		
		d. Twisting		
	4.	Standing Asana		
		a. Tadasana		
		b. Ardhakati Chakrasana		
		c. Ardha Chakrasana		
		d. Padhastasana		
		e. Trikonasana		
		f. Viskhasana		
		g. Garudasana		
	5.	Sitting Asana		
		a. Butterfly		
		b. Paschimostasana Stretch		
		c. Alternate Toe Touching		
		d. Bhunamana		
		e. Chakki Chalana		
		f. Chappati Making		
		g. Paschimatanasana		
		h. Vakrasana		
		i. Ardha Masterndrasana		
		j. Vajrasana		

	Mahila Yoga Asana
6. 7.	<ul> <li>a. Makrasana</li> <li>b. Navasana</li> <li>c. Bhujangasana</li> <li>d. Sarpasana</li> <li>e. Nilama Salbhasana</li> </ul>
8.	e. Both Leg Cycling f. Sisor
5.	a. Joyti Tratka
5th month 1.	Pranayamaa.Surya Anuloma Viloma Pranayamab.Chandra Anuloma Viloma Pranayamac.Surya Bedhi Pranayamad.Chandra Bedhi Prayamae.Nadi Suddhi Pranayamaf.Cooling Pranayamag.Sithli Pranayamah.Sitkari Pranayamai.Sadanta Pranayamaj.Bhamari Pranayama
2.	Breathing Practicesa.Hand In And Outb.Hand Stretchc.Ankles Stretchd.Dog Breathe.Rabbit Breathingf.Shankasana Breathingg.Straight Leg Raisingh.Both Leg Raising
3.	Loosing Practices a. Jogging b. Forward and Backward Bending c. Side Bending d. Twisting

	Mahila Yoga Asana
4.	Standing Asana
	a. Tadasana
	b. Ardhakati Chakrasana
	c. Ardha Chakrasana
	d. Padhastasana
	e. Trikonasana
	f. Viskhasana
	g. Garudasana
5.	Sitting Asana
	a. Butterfly
	b. Paschimostasana Stretch
	c. Alternate Toe Touching
	d. Bhunamana
	e. Chakki Chalana
	f. Chappati Making
	g. Paschimatanasana
	h. Vakrasana
	i. Ardha Masterndrasana
	j. Vajrasana k. Shankasana
	I. Mandukasana
	m. Ustrasana
	n. Supta Vajrasana
6.	
0.	Supine Asana a. Makrasana
	b. Navasana
	c. Bhujangasana
	d. Sarpasana
	e. Nilama Salbhasana
	f. Salbhasana
	g. Saral Dhanurasana
	h. Dhanurasana
7.	Prone Asana
	a. Savasana
	b. Straight Leg Raising
	c. Both leg raising
	d. cycling
	e. Both Leg Cycling
	f. Sisor
	g. Pawanamuktasana
	h. Setu Bandhasana
8.	Mudra
	a. Chin Mudra
	b. Chinmaya Mudra
	c. Adi Mudra
	d. Brahmara Mudra
9.	Tratka
1.1	

Mahila Yoga Asana			
6th month	<ul> <li>1. Pranayama <ul> <li>a. Surya Anuloma Viloma Pranayama</li> <li>b. Chandra Anuloma Viloma Pranayama</li> <li>c. Surya Bedhi Pranayama</li> <li>d. Chandra Bedhi Prayama</li> <li>e. Nadi Suddhi Pranayama</li> <li>f. Cooling Pranayama</li> <li>g. Sithli Pranayama</li> <li>h. Sitkari Pranayama</li> <li>i. Sadanta Pranayama</li> <li>j. Brahmari Pranayama</li> </ul> </li> </ul>		
	<ul> <li><b>2. Breathing Practices</b> <ul> <li>a. Hand In And Out</li> <li>b. Hand Stretch</li> <li>c. Ankles Stretch</li> <li>d. Dog Breath</li> <li>e. Rabbit Breathing</li> <li>f. Shankasana Breathing</li> <li>g. Straight Leg Raising</li> <li>h. Both Leg Raising</li> </ul> </li> </ul>		
	<ul> <li>3. Loosing Practices <ul> <li>a. Jogging</li> <li>b. Forward and Backward Bending</li> <li>c. Side Bending</li> <li>d. Twisting</li> </ul> </li> </ul>		
	<ul> <li>4. Standing Asana</li> <li>a. Tadasana</li> <li>b. Ardhakati Chakrasana</li> <li>c. Ardha Chakrasana</li> <li>d. Padhastasana</li> <li>e. Trikonasana</li> <li>f. Viskhasana</li> <li>g. Garudasana</li> </ul>		
	<ul> <li>5. Sitting Asana <ul> <li>a. Butterfly</li> <li>b. Paschimostasana Stretch</li> <li>c. Alternate Toe Touching</li> <li>d. Bhunamana</li> <li>e. Chakki Chalana</li> <li>f. Chappati Making</li> <li>g. Paschimatanasana</li> <li>h. Vakrasana</li> <li>i. Ardha Masterndrasana</li> <li>j. Vajrasana</li> <li>k. Shankasana</li> <li>l. Mandukasana</li> <li>m. Ustrasana</li> </ul> </li> </ul>		

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	Mahila Yoga Asana
6.	Supine Asana
	a. Makrasana
	b. Navasana
	c. Bhujangasana
	d. Sarpasana
	e. Nilama Salbhasana
	f. Salbhasana
	g. Saral Dhanurasana
	h. Dhanurasana
7.	Prone Asana
	a. Savasana
	b. Straight Leg Raising
	c. Both leg raising
	d. cycling
	e. Both Leg Cycling
	f. Sisor
	g. Pavanmuktasana
	h. Setubandhasana
8.	Mudra
	a. Chin Mudra
	b. Chinmaya Mudra
	c. Adi Mudra
	d. Brahmara Mudra
9.	Tratka
	a. Joyti Tratka

## UNIT 7.4: Yoga and Its Effect on Body and Mind

## - Unit Objectives

At the end of this unit, you will be able to:

1. Describe Yogic lifestyle counselling

## - 7.4.1 Yogic Lifestyle Counselling

Ø

Lifestyle counselling through Yoga is based on a few important aspects such as –diet, mindful breathing and possessing a neutral mentality.

### Diet:

The diet plays a very important role in maintaining the health of an individual. The diet requirements are completely different for young girls compared to expecting mothers or middle-aged women. The dietary requirements have been further represented in a chart below:

Stage of life	Dietary requirements
Pre-menstrual phase	Anti-inflammatory foods like fruits, vegetables, almonds, foods rich in serotonin such as green leafy vegetables
Menstrual phase	Soothing tea, chamomile to combat cramps, limit fatty foods, reduce alcohol or caffeine intake, iron-rich diet
Expecting Mothers	Protein-rich foods like meat, poultry, fish, eggs, beans, tofu, cheese, milk, nuts and seeds, daily prenatal vitamin particularly folic acid, vitamin B and C complex
Women above the age of 40	Whole grains, legumes, fruit and nuts, vegetables, milk and yoghurt, plant-based oils, fatty fish, nuts, avocados, etc.

Table: Diet requirements of a woman based on the stage of the lifecycle

### Mindfulness:

Yoga focuses upon the aspect of mindful breathing, where an individual mainly focuses upon the incoming and outgoing breath. By focussing upon the breathing pattern, an individual is able to control or reduce the levels of stress and anxiety. Mindful breathing can be practised through methods of Pranayama.

### Neutral mentality:

An individual should possess a neutral mentality in different situations or people. Yoga teaches neutral reception without being judgemental. It also helps women to create an effective balance between their work and family life.

## Summary 🖉

- The Mahila Yoga sessions are designed keeping in mind the physiological and psychological needs of the women.
- Practising the Rabbit pose helps in the cure of thyroid disorder
- Practising the full butterfly position increases blood circulation within the pelvic region enhancing the functioning of the ovaries
- Practising the Bhujangasana boost the functioning of the adrenal glands
- Practising yoga on a regular basis can boost up the serotonin level in the brain.
- Prenatal yoga is a way to maintain a healthy mind and body.
- It is very important to take into consideration the medical history of a participant before starting the asana.
- An individual should possess a neutral mentality in different situations or people. Yoga teaches neutral reception without being judgemental.
- Practising the revolved side angle pose during pregnancy may create pressure on the lower abdomen which may affect the normal breathing pattern

## Activity

Mrs Z has been suffering from mood disorder and osteoarthritis. Identify the yoga poses which could be suggested to cure her physical and mental health issues. Try performing the asana one by one by yourself. Also, identify the challenges which could arise while performing the asana. Discuss the same with your supervisor.

## Activity

X is a 23-year-old woman suffering from hormonal disbalance and digestion related issues. Identify the yoga asana which could be performed to cure to her health issues. Try performing the asana by yourself one by one. Discuss any challenges faced with your trainer.

Notes		
	✓	

## - Exercise

### A. Choose the correct alternative:

- 1. Which of the following asana boosts the functioning of the adrenal glands?
  - Dhanurasana
  - Virabhadrasana
  - Bhujangasana
- 2. Which of the following is NOT a benefit offered by performing prenatal yoga?
  - Improves sleep pattern
  - Reduces morning sickness
  - Regulates heartbeat
- 3. Which of the following asana is not safe to perform on the 4th month of pregnancy?
  - Utkatasana
  - Utthanasana
  - Vajrasana
- 4. Which of the following cannot be used as props by pregnant women for performing yoga?
  - Belts
  - Blocks
  - Weights
- 5. Women above the age of 40 should have a diet rich in \_\_\_\_\_?
  - Whole grains
  - Spices
  - Caffeine

### B. Match the following:

Column A	Column B
Pre-menstrual phase	Setu Bandha Sarvangasana
Frog Pose	Releases emotional stress
Bridge Pose	Anti-inflammatory food
Garuda-asana	performed during 6-9 months of pregnancy
Upavistha Konasana	recommended for breast cancer patients

### C. Answer the Following questions:

- 4. Describe the contra-indications of practising revolved side angle pose during Pregnancy period.
- 5. Tell three benefits of performing the downward facing dog pose.
- 6. Describe the application of straps while performing the asana.
- 7. Identify the application of blocks in performing Mahila yoga.
- 8. Describe three benefits of performing a full butterfly position



सत्यमेव जयते GOVERNMENT OF INDIA MINISTRY OF SKILL DEVELOPMENT & ENTREPRENEURSHIP



Transforming the skill landscape

# BEAUTY & WELLNESS SECTOR SKILL COUNCIL

# 8. Conduct The Vridha Yoga Sessions

- Unit 8.1 Guest's Conditions and Preferences
- Unit 8.2 Difficulties Due To Ageing in Performing Yoga
- Unit 8.3 Different Types of Yoga
- Unit 8.4 Yoga Nidra
- Unit 8.5 Vridha Yoga and Its Effect on Body and Mind



**BWS/N2210** 

## - Key Learning Outcomes

### At the end of this module, participant will be able to:

- 1. Identify Guest conditions and preferences
- 2. Explain difficulties in performing yoga due to ageing
- 3. Describe different types of yoga
- 4. Explain Yoga Nidra
- 5. Recognise the effect of Vridha yoga on mind and body
- 6. Identify yoga sessions which could be performed to enhance well being
- 7. Describe yoga techniques and company safety standards
- 8. Describe yoga techniques and recommended correction

## **UNIT 8.1 Guest's Conditions and Preferences**

## - Unit Objectives 🛯 🙆

### At the end of this unit, you will be able to:

- 1. Identify the reasons for the collection of guest's medical history
- 2. Demonstrate yoga based on medical history
- 3. Apply philosophy and teachings to vridha yoga

### 8.1.1 Reasons for The Collection of Guest's Medical History

- To understand the physical needs and requirements of the participant (for example, height, weight, age, physical deformity, etc.)
- To avoid contraindications from the practice of any particular asana
- To know if the person has already been diagnosed with any particular disease
- To gather knowledge regarding the family history of the guest

It is very important to take into taking into consideration the medical history of a person as well as their sole preferences before deciding upon the asanas which are to be followed with them.

## -8.1.2 Yoga-Based On Medical History and Preferences

Health Conditions	Goal/Preferences	Asanas	Benefits
Arthritis	To have flexible joints	Veerbhadrasana, Vrikshasana, Marjariasana, Setubandhasana	<ul> <li>Practising the Veerbhadrasana helps in curing frozen shoulders</li> <li>The Vrikshasana strengthens the legs and back</li> <li>The cat stretch brings flexibility to the entire body including spine, wrists and shoulders</li> <li>Setubandhasana helps in treating the symptoms of osteoporosis</li> </ul>
Alzheimer's disease	To enhance memory and retention power	Pranayama, Shavasana, etc	<ul> <li>Focusing the entire attention on breath reduces mental stress which has a negative impact on mind and memory</li> <li>Practising Shavasana calms the body and mind</li> </ul>

Health Conditions	Goal/Preferences	Asanas	Benefits
Parkinson's disease	To improve body balance	Standing or mountain pose, tress pose, warrior pose, Locust pose, child's pose	<ul> <li>The standing pose helps strengthen the thighs, knees and ankles which helps in maintaining balance</li> <li>The Warrior pose helps strengthen legs and ankles increasing stamina</li> <li>Practising the tree pose helps to strengthen ankles, legs, spine, thighs, chest and shoulders, which helps in improving balance</li> <li>Practising the asana stimulates the abdominal organs which help in curing indigestion and constipation</li> <li>Practising the child's poses stretches hips, thighs, ankles which helps to relieve tension and improve body balance</li> </ul>
Respiratory distress	To enhance the capacity of lungs	Pranayama, bhujangasana, Wheel pose, upward facing dog	<ul> <li>The deep breathing practices in Pranayama expands the lungs which aid in respiration</li> <li>Practising the Bhujangasana fully opens the chest giving strength and elasticity to the lungs</li> <li>Wheel pose expands the rib cage which allows more oxygen to enter the lungs</li> <li>The upward facing dog lengthens the spine and opens the chest which causes more oxygen to enter the lungs</li> </ul>

Health Conditions	Goal/Preferences	Asanas		Benefits
Loneliness and depression	To reduce the feelings of sadness and depression	Pranayama, downward facing dog, Virabhadrasana	•	Focusing the entire attention on breath reduces mental stress along with feelings of loneliness and depression The Virbhadrasana burns off negative energy making one feel relaxed and calm

## - 8.1.3 Teachings and Philosophy Application to Vridha Yoga

The teachings of Yoga tradition can be applied to Vridha Yoga in a number of ways. Some of these have been discussed in details below:

**Reduces nerve damage:** The practice of yoga on a regular basis reduces the chances of nerve damage. Yoga helps in faster degeneration of toxic proteins, which on accumulation could lead to Alzheimer's. Therefore, it could be practised as a preventive measure against Alzheimer's.

**Joint health:** Yoga is a great way to improve flexibility at old age. The less vigorous yoga movements are a great way to loosen muscles. Yoga is a great way to tone muscles or prevent injury.

**Respiration:** With increasing age, the alveolar muscles loses its capacity to contract or relax. Regular practice of yoga improves respiratory function in the elderly. This could be particularly discussed with regards to the breathing exercises, which helps individual gain control over their thinking patterns by focussing more upon the breath.

**Mindfulness:** Yoga practice can help an individual become more mindful of their present situation. Mindfulness teaches an individual to focus only upon their incoming and outgoing breath amidst every stressful situation. This is particularly useful for the age group as they have often been seen to suffer from loneliness or insecurity led to anxiety issues. Applying the principles of mindfulness to daily life can also reduce stress and enhance longevity.

**Balance and Stability:** The Yoga poses focus on balance and stability which is extremely important for old age. Practising yoga on a regular basis helps in strengthening the muscles and improving body balance. This reduces the likelihood of fall for an elderly person.

## **UNIT 8.2: Difficulties Due To Ageing in Performing Yoga**



At the end of this unit, you will be able to:

1. Demonstrate substitute warm-ups

Yoga asanas are a great way of improving joint and muscle flexibility in old age people. However, due to old age, people may find it difficult to perform certain poses. Therefore, it is important to suggest an alternative form of exercises, which could be performed easily by the old age people.

## 8.2.1 Plan Substitute Warm-Ups

The asanas to be performed could be divided based upon different age groups. In case of difficulty in performing any particular asana for old age groups, it could be substituted with brisk walking and joint movements.

Asanas	Benefits	Substitute practice
Badha Konasana	It is a restorative stretch which strengthens the muscles of the hip, thighs and joints improving blood circulation in the area.	Bound angle chair pose: The old age group could be allowed to take the support of a chair for performing the Badha konasana asana, as it would relieve the stress from their pelvic region due to sitting for long hours
Balasana	<ul> <li>Strengthens the muscles of the hips, joints and thighs</li> <li>Messages the internal abdominal organs</li> <li>Good for digestion removes excess gas and cures constipation</li> </ul>	Supine child's pose: Lay down flat, rest your head against a pillow. Fold your legs and lift it upwards towards your chest. Hold your legs with your hand. Inhale and exhale slowly. Come to rest. Repeat.
Downward facing dog pose	<ul> <li>Practising the asana helps in curing hand wrist problems</li> <li>The asana is a good alternative for people with mobility issues</li> </ul>	Blocks and chair could be used as an aid in performing the asana
Bhujangasana	<ul> <li>Practising the asana improves blood circulation to the abdominal region</li> <li>Performing the asana also helps in curing digestion related problems and relieve gas and constipation</li> </ul>	The Bhujangasana can be per- formed with the help of a pillow. Any old age person facing difficul- ty in performing the asana can slip a pilot between the gap of his legs. This provides sufficient support to the leg muscles and helps an in- dividual remain in the pose for a longer duration of time.

Table: Alternatives to specific Asana

## UNIT 8.3: Different Types of Yoga

## – Unit Objectives



At the end of this unit, you will be able to:

1. Demonstrate different yoga poses

	Vridha Yoga Asana
1st month	<ol> <li>Pranayama         <ul> <li>Surya Anuloma Viloma Pranayama</li> <li>Chandra Anuloma Viloma Pranayama</li> </ul> </li> </ol>
	<ul> <li>2. Breathing Practices <ul> <li>a. Hand In And Out</li> <li>b. Hand Stretch</li> </ul> </li> </ul>
	<ul> <li>3. Loosing Practices</li> <li>a. Jogging</li> <li>b. Forward and Backward Bending</li> </ul>
	<ul> <li>4. Sithilikarana Vyayama <ul> <li>a. Passive Rotation Of Toes</li> <li>b. Toe Bending</li> <li>c. Ankle Rotation</li> <li>d. Knee Rotation</li> <li>e. Knee Cap Tightening</li> <li>f. Full Butterfly</li> <li>g. Waist Rotation</li> <li>h. Wrist Rotation</li> <li>i. Shoulder Rotation</li> <li>j. Neck Bending</li> <li>k. Neck Rotation</li> </ul> </li> <li>5. Sakti Vikasaka Suksma Vyayama</li> </ul>
	<ul> <li>a. For Wrist-Mani bandha sakti vikasaka</li> <li>b. For palms- Kara Tala Sakti vikasaka</li> <li>c. For fingers- Anguli sakti vikasaka</li> <li>d. For elbow – Khaphoni sakti vikasaka</li> <li>e. For Arm – Bhuja bandha sakti vikasaka</li> <li>f. For Back- Kati sakti vikasaka</li> <li>g. For Thigh- Jangha sakti vikasaka</li> <li>h. For calf muscles- Pingla sakti vikasaka</li> </ul>
	<ul> <li>6. Standing Asana</li> <li>a. Tadasana</li> <li>b. Ardhakati Chakrasana</li> </ul>
	<ul> <li>7. Sitting Asana</li> <li>h. Butterfly</li> <li>i. Paschimatanasana Stretch</li> </ul>

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	Vridha Yoga Asana
	<ul> <li>8. Supine</li> <li>a. Makrasana</li> <li>b. Navasana</li> </ul>
	<ul> <li>9. Prone Position Asana</li> <li>a. Savasana</li> <li>b. Straight Leg Raising</li> </ul>
	<b>10. Mudra</b> a. Chin Mudra
	<b>11. Tratka</b> a. Joyti Tratka
2nd month	<ol> <li>Pranayama         <ul> <li>Surya Anuloma Viloma Pranayama</li> <li>Chandra Anuloma Viloma Pranayama</li> <li>Surya Bedhi Pranayama</li> </ul> </li> </ol>
	<ul> <li>Breathing Practices</li> <li>a. Hand In And Out</li> <li>b. Hand Stretch</li> <li>c. Ankles stretch</li> </ul>
	<ul> <li>4. Loosing Practices</li> <li>a. Jogging</li> <li>b. Forward and Backward Bending</li> <li>c. Side Bending</li> </ul>
	<ul> <li><b>4.</b> Sithilikarana Vyayama <ul> <li>a. Passive Rotation Of Toes</li> <li>b. Toe Bending</li> <li>c. Ankle Rotation</li> <li>d. Knee Rotation</li> <li>e. Knee Cap Tightening</li> <li>f. Full Butterfly</li> <li>g. Waist Rotation</li> <li>h. Wrist Rotation</li> <li>i. Shoulder Rotation</li> <li>j. Neck Bending</li> <li>k. Neck Rotation</li> </ul> </li> </ul>
	<ul> <li>5. Sakti Vikasaka Suksma Vyayama <ul> <li>a. For Wrist-Mani bandha sakti vikasaka</li> <li>b. For palms- Kara Tala Sakti vikasaka</li> <li>c. For fingers- Anguli sakti vikasaka</li> <li>d. For elbow – Khaphoni sakti vikasaka</li> <li>e. For Arm – Bhuja bandha sakti vikasaka</li> <li>f. For Back- Kati sakti vikasaka</li> <li>g. For Thigh- Jangha sakti vikasaka</li> <li>h. For calf muscles- Pingla sakti vikasaka</li> </ul> </li> </ul>

	Vridha Yoga Asana
	<ul> <li>6. Standing Asana <ul> <li>a. Tadasana</li> <li>b. Ardhakati Chakrasana</li> <li>c. Ardha Chakrasana</li> </ul> </li> <li>7. Sitting Asana <ul> <li>a. Butterfly</li> </ul> </li> </ul>
	<ul> <li>b. Paschimatanasana Sretch</li> <li>c. Alternate Toe Touching</li> <li>d. Bhunamana</li> </ul>
	<ul> <li>8. Supine</li> <li>a. Makrasana</li> <li>b. Navasana</li> <li>c. Bhujangasana</li> </ul>
	<ul> <li>9. Prone Position Asana</li> <li>a. Savasana</li> <li>b. Straight Leg Raising</li> <li>c. Both leg raising</li> <li>d. cycling</li> </ul>
	<ul><li>10. Mudra</li><li>a. Chin Mudra</li><li>b. Chinmaya Mudra</li></ul>
	<b>11. Tratka</b> a. Joyti Tratka
3rd month	<ol> <li>Pranayama         <ul> <li>Surya Anuloma Viloma Pranayama</li> <li>Chandra Anuloma Viloma Pranayama</li> <li>Surya Bedhi Pranayama</li> <li>Chandra Bedhi Prayama</li> </ul> </li> </ol>
	<ul> <li>2. Breathing Practices</li> <li>a. Hand In And Out</li> <li>b. Hand Stretch</li> <li>c. Ankles stretch</li> <li>d. Dog Breath</li> </ul>
	<ul> <li><b>3.</b> Loosing Practices <ul> <li>a. Jogging</li> <li>b. Forward and Backward Bending</li> <li>c. Side Bending</li> </ul> </li> </ul>

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	Vridha Yoga Asana
4.	Sithilikarana Vyayama
	a. Passive Rotation Of Toes
	b. Toe Bending
	c. Ankle Rotation
	d. Knee Rotation
	e. Knee Cap Tightening
	f. Full Butterfly
	g. Waist Rotation
	h. Wrist Rotation
	i. Shoulder Rotation
	j. Neck Bending
	k. Neck Rotation
5.	Sakti Vikasaka Suksma Vyayama
	a. For Wrist-Mani bandha sakti vikasaka
	b. For palms- Kara Tala Sakti vikasaka
	c. For fingers- Anguli sakti vikasaka
	d. For elbow – Khaphoni sakti vikasaka
	e.     For Arm – Bhuja bandha sakti vikasaka
	f. For Back- Kati sakti vikasaka
	g. For Thigh- Jangha sakti vikasaka
	h. For calf muscles- Pingla sakti vikasaka
6.	Standing Asana
	a. Tadasana
	b. Ardhakati Chakrasana
	c. Ardha Chakrasana
	d. Padhastasana
7.	Sitting Asana
	h. Butterfly
	i. Paschimatanasana Stretch
	j. Alternate Toe Touching
	k. Bhunamana
	I. Chakki Chalana
	m. Chappati Making
	n. Paschimatanasana
8.	Supine
	i. Makrasana
	j. Navasana
	k. Bhujangasana
	d. Sarpasana
9.	Prone Position Asana
	a. Savasana
	b. Straight Leg Raising
	c. Both leg raising
	d. cycling
	e. Both leg cycling

10. Mudra         a. Chin Mudra         b. Chinmaya Mudra         c. Adi Mudra         11. Tratka         a. Joyti Tratka         1. Pranayama
a. Joyti Tratka
<ul> <li>a. Surya Anuloma Viloma Pranayama</li> <li>b. Chandra Anuloma Viloma Pranayama</li> <li>c. Surya Bedhi Pranayama</li> <li>d. Chandra Bedhi Prayama</li> <li>e. Nadi Suddhi Pranayama</li> <li>f. Cooling Pranayama</li> <li>g. Sithli Pranayama</li> <li>h. Sitkari Pranayama</li> <li>i. Sadanta Pranayama</li> </ul>
2. Breathing Practices
<ul> <li>a. Hand In And Out</li> <li>b. Hand Stretch</li> <li>c. Ankles stretch</li> <li>d. Dog Breath</li> <li>e. Rabbit Breathing</li> <li>f. Shankasana Breathing</li> <li>g. Straight Leg Raising</li> <li>h. Both Leg Raising</li> </ul>
3. Loosing Practices
<ul> <li>a. Jogging</li> <li>b. Forward and Backward Bending</li> <li>c. Side Bending</li> <li>d. Twisting</li> </ul>
4. Sithilikarana Vyayama
<ul> <li>a. Passive Rotation Of Toes</li> <li>b. Toe Bending</li> <li>c. Ankle Rotation</li> <li>d. Knee Rotation</li> <li>e. Knee Cap Tightening</li> <li>f. Full Butterfly</li> <li>g. Waist Rotation</li> <li>h. Wrist Rotation</li> <li>i. Shoulder Rotation</li> <li>j. Neck Bending</li> </ul>

	Vridha Yoga Asana
5.	Sakti Vikasaka Suksma Vyayama
	a. For Wrist-Mani bandha sakti vikasaka
	b. For palms- Kara Tala Sakti vikasaka
	c. For fingers- Anguli sakti vikasaka
	d. For elbow – Khaphoni sakti vikasaka
	e. For Arm – Bhuja bandha sakti vikasaka
	f. For Back- Kati sakti vikasaka
	g. For Thigh- Jangha sakti vikasaka
	h. For calf muscles- Pingla sakti vikasaka
6.	Standing Asana
0.	a. Tadasana
	b. Ardhakati Chakrasana
	c. Ardha Chakrasana
	d. Padhastasana
	e. Trikonasana
	f. Viskhasana
	g. Garudasana
	-
7.	Sitting Asana h. Butterfly
	i. Paschimatanasana Stretch
	<ul><li>j. Alternate Toe Touching</li><li>k. Bhunamana</li></ul>
	I. Chakki Chalana
	m. Chappati Making
	n. Paschimatanasana
	o. Vakrasana
	p. Ardha Masterndrasana
	q. Vajrasana
	Supine
	i. Makrasana
	j. Navasana
	k. Bhujangasana
	d. Sarpasana
	e. Nilama Salbhasana
9.	Prone Position Asana
	a. Savasana
	b. Straight Leg Raising
	c. Both leg raising
	d. cycling
	e. Both leg cycling
	f. Sisor
10.	Mudra
	a. Chin Mudra
	b. Chinmaya Mudra
	c. Adi Mudra

	Vridha Yoga Asana	
	11. Tratka	
	a. Joyti Tratka	
5th month	1. Pranayama	
	a. Surya Anuloma Viloma Pranayama	
	b. Chandra Anuloma Viloma Pranayama	
	c. Surya Bedhi Pranayama	
	d. Chandra Bedhi Prayama	
	e. Nadi Suddhi Pranayama	
	f. Cooling Pranayama	
	g. Sithli Pranayama	
	h. Sitkari Pranayama	
	i. Sadanta Pranayama	
	j. Bhamari Pranayama	
	2. Breathing Practices	
	a. Hand In And Out	
	b. Hand Stretch	
	c. Ankles stretch	
	d. Dog Breath	
	e. Rabbit Breathing	
	f. Shankasana Breathing	
	g. Straight Leg Raising	
	h. Both Leg Raising	
	3. Loosing Practices	
	a. Jogging	
	b. Forward and Backward Bending	
	c. Side Bending	
	d. Twisting	
	4. Sithilikarana Vyayama	
	a. Passive Rotation Of Toes	
	b. Toe Bending	
	c. Ankle Rotation	
	d. Knee Rotation	
	e. Knee Cap Tightening	
	f. Full Butterfly	
	g. Waist Rotation	
	h. Wrist Rotation	
	i. Shoulder Rotation	
	j. Neck Bending k. Neck Rotation	
	k. Neck Rotation	

	Vridha Yoga Asana
5.	Sakti Vikasaka Suksma Vyayama
	a. For Wrist-Mani bandha sakti vikasaka
	b. For palms- Kara Tala Sakti vikasaka
	c. For fingers- Anguli sakti vikasaka
	d. For elbow – Khaphoni sakti vikasaka
	e. For Arm – Bhuja bandha sakti vikasaka
	f. For Back- Kati sakti vikasaka
	g. For Thigh- Jangha sakti vikasaka
	h. For calf muscles- Pingla sakti vikasaka
6.	Standing Asana
0.	a. Tadasana
	b. Ardhakati Chakrasana
	c. Ardha Chakrasana
	d. Padhastasana
	e. Trikonasana
	f. Viskhasana
	g. Garudasana
7	0
1.	Sitting Asana a. Butterfly
	b. Paschimatanasana Stretch
	c. Alternate Toe Touching
	d. Bhunamana
	e. Chakki Chalana
	f. Chappati Making
	g. Paschimatanasana
	h. Vakrasana
	i. Ardha Masterndrasana
	j. Vajrasana
	k. Shankasana
	I. Mandukasana
	m. Ustrasana
	n. Supta Vajrasana
8.	<b>Supine</b> i. Makrasana
	j. Navasana
	k. Bhujangasana
	d. Sarpasana
	e. Nilama Salbhasana
	f. Salbhasana
	g. Saral Dhanurasana
	h. Dhanurasana

	Vridha Yoga Asana
	<ul> <li>9. Prone Position Asana</li> <li>a. Savasana</li> <li>b. Straight Leg Raising</li> <li>c. Both leg raising</li> <li>d. cycling</li> <li>e. Both leg cycling</li> <li>f. Sisor</li> <li>g. Pawanamuktasana</li> <li>h. Setu Bandhasana</li> </ul>
	<ul> <li>10. Mudra <ul> <li>a. Chin Mudra</li> <li>b. Chinmaya Mudra</li> <li>c. Adi Mudra</li> <li>d. Brahmara Mudra</li> </ul> </li> <li>11. Tratka</li> </ul>
	a. Joyti Tratka
6 month	<ul> <li>1. Pranayama <ul> <li>a. Surya Anuloma Viloma Pranayama</li> <li>b. Chandra Anuloma Viloma Pranayama</li> <li>c. Surya Bedhi Pranayama</li> <li>d. Chandra Bedhi Prayama</li> <li>e. Nadi Suddhi Pranayama</li> <li>f. Cooling Pranayama</li> <li>g. Sithli Pranayama</li> <li>h. Sitkari Pranayama</li> <li>i. Sadanta Pranayama</li> <li>j. Bhamari Pranayama</li> </ul> </li> <li>2. Breathing Practices <ul> <li>a. Hand In And Out</li> <li>b. Hand Stretch</li> </ul> </li> </ul>
	<ul> <li>c. Ankles stretch</li> <li>d. Dog Breath</li> <li>e. Rabbit Breathing</li> <li>f. Shankasana Breathing</li> <li>g. Straight Leg Raising</li> <li>h. Both Leg Raising</li> </ul>
	<ul> <li>3. Loosing Practices <ul> <li>a. Jogging</li> <li>b. Forward and Backward Bending</li> <li>c. Side Bending</li> <li>d. Twisting</li> </ul> </li> </ul>

		Vridha Yoga Asana
4	C:+	
4.	a.	h <b>ilikarana Vyayama</b> Passive Rotation Of Toes
		Toe Bending
		Ankle Rotation
	-	Knee Rotation
		Knee Cap Tightening
		Full Butterfly
		Waist Rotation
	h.	Wrist Rotation
	i.	Shoulder Rotation
	j.	Neck Bending
	k.	Neck Rotation
5.	Sal	tti Vikasaka Suksma Vyayama
		For Wrist-Mani bandha sakti vikasaka
	b.	For palms- Kara Tala Sakti vikasaka
	с.	For fingers- Anguli sakti vikasaka
	d.	For elbow – Khaphoni sakti vikasaka
		For Arm – Bhuja bandha sakti vikasaka
	f.	For Back- Kati sakti vikasaka
	-	For Thigh- Jangha sakti vikasaka
	h.	For calf muscles- Pingla sakti vikasaka
6.		nding Asana
	-	Tadasana
		Ardhakati Chakrasana
		Ardha Chakrasana
		Padhastasana
		Trikonasana
	f.	Viskhasana
		Garudasana
7.		ting Asana
	a.	Butterfly
		Paschimatanasana Stretch
		Alternate Toe Touching
		Bhunamana
	-	Chakki Chalana
	f.	Chappati Making
	-	Paschimatanasana
		Vakrasana
	i.	Ardha Masterndrasana
	j.	Vajrasana
		Shankasana
	١.	Mandukasana
		Ustrasana
	n.	

	Vridha Yoga Asana
8.	Supine i. Makrasana j. Navasana
	<ul> <li>k. Bhujangasana</li> <li>d. Sarpasana</li> <li>e. Nilama Salbhasana</li> <li>f. Salbhasana</li> </ul>
	g. Saral Dhanurasana h. Dhanurasana
9.	<ul> <li>Prone Position Asana</li> <li>a. Savasana</li> <li>b. Straight Leg Raising</li> <li>c. Both leg raising</li> <li>d. cycling</li> <li>e. Both leg cycling</li> <li>f. Sisor</li> <li>g. Pawanamuktasana</li> <li>h. Setu Bandhasana</li> </ul>
10	. Mudra
	<ul> <li>a. Chin Mudra</li> <li>b. Chinmaya Mudra</li> <li>c. Adi Mudra</li> <li>d. Brahmara Mudra</li> </ul>
11	. Tratka
	a. Joyti Tratka

### **UNIT 8.4: Yoga Nidra**

## - Unit Objectives

At the end of this unit, you will be able to:

- 1. Identify the methods followed by the trainer
- 2. Describe the steps of yoga nidra
- 3. Explain the benefits of yoga nidra

Yoga Nidra is a state of consciousness between waking up and sleeping. Yoga Nidra is a state where the body is completely relaxed, and the practitioner becomes aware of his inner world by following a set of instructions. In YogaNidra the practitioner remains in a state of light withdrawals where out of the five senses that are sight, hearing, taste, smell and touch only the hearing remains awakened. Regular practice of Yoga Nidra has been seen to reduce stress and anxiety. Yoga Nidra has both historical and mythological origin. Lord Krishna is often associated with yoga nidra alongside many yogis and rishis had experienced yoga nidra throughout their lives.

### 8.4.1 Methods Followed By the Trainer

The trainer can adopt a variety of methods for helping the participants sink into a Yoga Nidra. Some of these have been discussed in details over here:

- 1. The trainer can use stories for taking the participants into an altogether different zone. The trainer can describe stories set in jungles, mountains and far-off countries
- 2. Ask the participants to visualize an object in their minds and stay focused onto it. It could help them in increasing their concentration power.
- 3. Time travel is an excellent method whereby an individual is asked to retrace their journey into a past life. This kind of practice helps an individual combat childhood stress or trauma.
- 4. Music can also be integrated into Yoga Nidra practice as it helps an individual focus better into the present as well as into the past

## 8.4.2 Steps of Yoga Nidra

The different steps of performing a Yoga Nidra are as follows:

- Lie peacefully down onto a yoga mat
- Relax and spread your arms at an angle from the body
- Try and connect to your hat's deepest desire
- Set an intention for each day's practice that is to relax or inquire into a particular belief
- Imagine a place, person or experience that helps you feel secure and at ease
- Gradually move your awareness through your body
- Become aware of your breath
- Feel the breath as the air enters through your nostrils and is expelled out
- Remain in this position for 10-15 minutes
- Relax, rest

- 42. Discuss the importance of saving money
- 43. Discuss the benefits of saving money
- 44. Discuss the main types of bank accounts
- 45. Describe the process of opening a bank account
- 46. Differentiate between fixed and variable costs
- 47. Describe the main types of investment options
- 48. Describe the different types of insurance products
- 49. Describe the different types of taxes
- 50. Discuss the uses of online banking
- 51. Discuss the main types of electronic funds transfers
- 52. Discuss the steps to prepare for an interview
- 53. Discuss the steps to create an effective Resume
- 54. Discuss the most frequently asked interview questions
- 55. Discuss how to answer the most frequently asked interview questions
- 56. Discuss basic workplace terminology
- 57. Discuss the concept of entrepreneurship
- 58. Discuss the importance of entrepreneurship
- 59. Describe the characteristics of an entrepreneur
- 60. Describe the different types of enterprises
- 61. List the qualities of an effective leader
- 62. Discuss the benefits of effective leadership
- 63. List the traits of an effective team
- 64. Discuss the importance of listening effectively
- 65. Discuss how to listen effectively
- 66. Discuss the importance of speaking effectively
- 67. Discuss how to speak effectively
- 68. Discuss how to solve problems
- 69. List important problem solving traits
- 70. Discuss ways to assess problem solving skills
- 71. Discuss the importance of negotiation
- 72. Discuss how to negotiate
- 73. Discuss how to identify new business opportunities
- 74. Discuss how to identify business opportunities within your business
- 75. Explain the meaning of entrepreneur
- 76. Describe the different types of entrepreneurs
- 77. List the characteristics of entrepreneurs
- 78. Recall entrepreneur success stories
- 79. Discuss the entrepreneurial process
- 80. Describe the entrepreneurship ecosystem
- 81. Discuss the purpose of the Make in India campaign
- 82. Discuss key schemes to promote entrepreneurs
- 83. Discuss the relationship between entrepreneurship and risk appetite
- 84. Discuss the relationship between entrepreneurship and resilience

## 8.4.3 Benefits -

Some of the benefits of yoga nidra are as follows:

- Yoga Nidra is an effective method of counteracting stress
- Regular practice of yoga nidra provides relief from depression and anxiety
- Practising yoga Nidra releases tension from the body and mind
- Yoga Nidra is an effective method of obtaining sleep
- Performing the yoga Nidra relaxes the mind and helps infuse creativity within an individual



Fig. 8.4.1: Relaxing in YogaNidra (Source: www.yogainterntaional.com)

## UNIT 8.5: Vridha Yoga and Its Effect on Body and Mind

## - Unit Objectives 🛛 🙆

At the end of this unit, you will be able to:

- 1. Explain the importance of yoga for the body
- 2. Identify the benefits of yoga for the mind

## 8.5.1 Yoga for Body

Regular practice of yoga produces a number of benefits for the mind and body. An aged person may be suffering from a number of health issues and disorders. Therefore, it is important to design yoga as per their health specifications. The different types of Yoga and their benefits to an aged person have been discussed in the earlier sections. [*Refer to unit 9.3 for more details*]

## 8.5.2 Benefits of Yoga for the Mind

### **Yoga Psychology**

Yoga practice produces a positive impact on the brain as well as helps in overall personality development. Some of the basic yoga poses such as Pranayama mainly focuses on breathing patterns. The mindfulness taught through yoga sessions can help an individual in reducing the stress and anxiety faced by them on a daily basis. The transition through the various yoga poses helps an individual develop patience, which helps them on a daily basis.

### Yoga lifestyle counselling:

Yoga emphasises upon three basic objectives for providing counselling to the participants. Some of these have been discussed in details below:

### Diet

The diet requirements are completely different for different sets of disease and conditions. A healthy body depends much upon the dietary pattern followed by an individual. Under particular health conditions, the intake of one nutrient should be higher than the other. Some of these have been discussed over here:

Current health status	Dietary requirements	
Osteoarthritis	Diet rich in omega 3 fatty acids such as trout, salmon, mackerel, tuna and sardines	
Diabetes	High fibre slow release carbs such as sweet potatoes, oats, fruits, etc. should be suggested. Refined carbohydrates such as white bread, pasta, rice and soda should be avoided	
Hypertension	Whole Grains, fruits (daily 4-5 servings), vege- tables (daily 4-5 servings), meat, poultry, fish, nuts, dry beans, fats and oils	
Mood swings and irritability	Whole grain bread, beans, soy, apples, pears, peaches, nuts and other fruits	

Table: Diet based on disease or health condition

### Mindfulness

The breathing techniques learned through yoga helps an individual being mindful of their present situation and surroundings. The deep breathing techniques help to relax the body, mind and muscles. Mindfulness can be attained by practising pranayama breathing techniques as well as performing yoga nidra on a daily basis.

### **Positive Thinking**

Practising yoga on a regular basis helps an individual develop a positive thinking pattern. The transition through difficult poses helps an individual develop patience. The deep breathing techniques also help in self-reflection and contemplation which lessens the critical judgement aspect from an individual.

## - Summary

- Yoga helps in faster degeneration of toxic proteins, which on accumulation could lead to Alzheimer's.
- Yoga practice can help an individual become more mindful of their present situation.
- In case of difficulty in performing any particular asana for old age groups, it could be substituted with brisk walking and joint movements.
- The old age group could be allowed to take the support of a chair for performing the Badha konasana
- The Kati Chakrasana is also known as waist rotation commonly and is used to reduce belly fat as well as improve digestion and blood circulation to the abdominal region.
- The butterfly pose is also known as Badha Konasana.
- Supine position means horizontally with the face and torso up whereas the prone position means lying with the face down.
- The Pawanamuktasana is also known as the Wind releasing pose in common English.
- Yoga Nidra is a state of consciousness between waking up and sleeping.
- In Yoga Nidra, the practitioner remains in a state of light withdrawals where out of the five senses that are sight, hearing, taste, smell and touch only the hearing remains awakened.
- Music can also be integrated into Yoga Nidra practice as it helps an individual focus better into the present as well as into the past
- Yoga Nidra is an effective method of obtaining sleep
- The mindfulness taught through yoga sessions can help an individual in reducing the stress and anxiety faced by them on a daily basis.
- Practising yoga on a regular basis helps an individual develop a positive thinking pattern.
- The headstand should be of short duration and should be supported with a pillow as standing upside down for too long can cause excessive pressure against the retina.

## Activity

Mr X is a 72-year old man who has recently undergone knee Surgery. Identify the challenges he could face while performing specific yoga asana. Find out alternative practice method and try performing them by yourselves. Discuss the challenges with your trainer (if any).

## - Activity

- Prepare a poster
- Make a diet chart for health specific health conditions such as
  - o Osteoarthritis
  - o Mood swing
  - o Diabetes
- Submit the poster on completion for evaluation

- Exercise

- A. Choose the correct alternative:
  - 1. \_\_\_\_\_ is an example of a restorative stretchDhanurasana
    - Badha Konasana
    - Tadasana
    - Siddhasana
  - 2. Yoga nidra is a state of \_\_\_\_\_\_ between waking up and sleeping
    - Consciousness
    - Unconsciousness
    - Trance
  - 3. Yoga practice can help in \_\_\_\_\_
    - Personality development
    - Biceps development
    - Gaining weight
    - \_\_\_\_\_ should be suggested for diabetics
    - High fiber slow release carbs
    - Low fiber carbs
    - Refined carbohydrates
  - 5. Pranayama enhances the capacity of the\_\_\_\_\_.
    - Lungs

4.

- Liver
- Gall bladder

### B. Identify the odd one out:

- 1. To enhance the capacity of lungs, one should perform Pranayama/ bhujangasana/ Halasana.
- 2. Practising Vrikshasana/Veerbhadrasana/ Garudasana helps in curing arthritis
- 3. The standing position asanas such as Trikonasana/ Kati Chakrasana/ butterfly pose helps in strengthening the muscles of the hip, thigh and back
- 4. Performing the Bhujangasana/ Pawanamuktasana/Utkatasana is good for the digestive system
- 5. Yoga lifestyle counselling focuses mainly upon diet/ mindfulness/ judgemental attitude

### C. Answer the Following questions:

- 1. Describe the dietary requirements of a senior citizen suffering from diabetes and hypertension.
- 2. Tell three techniques which could be applied while practising Vridha yoga.
- 3. Explain the application of yoga nidra in counteracting stress.
- 4. How can Badha konasana prove detrimental for osteoarthritis?
- 5. Explain the application of the pillow as a prop while performing Bhujanagasana.



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Transforming the skill landscape

# 9. Employability Skills

Unit 9.1 - Employability Skills - 90 hours



Scan this QR Code to access the Employability skills module

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Transforming the skill landscape

# **10. Annexure**





	Annexure								
No.	Module	Unit No.	Topic Name	Page No.	URL(s)	QR Code(s)			
1		1.5	Maintain Workarea		https://www.youtube.com/watch?v=9sgp 1XGESuU	Click/Scan this QR Code to access the related vide			
2	1		Prepare & Maintain Workarea		https://youtu.be/m2vchOfkvho	Click/Scan this QR Code to access the related vide			
0	2		Yogasana		https://www.youtube.com/watch?v=mCl w9f1r6io&list=PLR4U29Ux1mCln- mlpjnbC2RSHprKL1k25&index=5	Click/Scan this QR Code to access the related video			
3		2 2.4 Maditative Asana Mayurasana 140		https://www.youtube.com/watch?v=b- 9rbc3LNVo	Click/Scan this QR Code to access the related vide				
4			2 2.4 -	Mayurasana	- 140	https://youtu.be/0SPVovzcUPc	Click/Scan this QR Code to access the related vide		
5				Padmasana		https://youtu.be/FP3rLvTKFzA	Click/Scan this QR Code to access the related vide		
6			Parivrtta Trikonasana		https://youtu.be/U9FUUZs-9Ew	Click/Scan this QR Code to access the related vide			
7		1		Prachara Sathvik Asana		https://youtu.be/Lomm1oUd7sY	Click/Scan this QR Code to access the related vide		
8	3	3.1	Guidelines on Health Hygiene		https://youtu.be/ktAYvoSEKhM	Click/Scan this QR Code to access the related vide			
9	4	4.1	Creating a Positive Impression at Workplace		https://youtu.be/XGVwVEB8EUA	Click/Scan this QR Code to access the related vide			

It is recommended that all trainings include Employability Skills Module. Content for the same is available here:



https://www.skillindiadigital.gov.in/content/detail/1-83e4daa8-74b7-491f-ad64-4163077f6b09

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