

Yoga Session

Warm Up Poses:

Surya Namaskar



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|----|----|-----------------------|----------------------------|
| 1 | Om | Mitraya namah | (The friend of all) |
| 2 | Om | Ravaye namah | (Praised by all) |
| 3 | Om | Suryaya namah | (The guide of all) |
| 4 | Om | Bhanave namah | (The bestower of beauty) |
| 5 | Om | Khagaya namah | (Stimulator of the senses) |
| 6 | Om | Pushne namah | (The nourisher of all) |
| 7 | Om | Hiranyagarbhaya namah | (The creator) |
| 8 | Om | Marichaye namah | (Destroyer of disease) |
| 9 | Om | Adityaya namah | (The inspirer) |
| 10 | Om | Savitre namah | (The purifier) |
| 11 | Om | Arkaya namah | (The radiant) |
| 12 | Om | Bhaskaraya namah | (The illuminator) |

Benefits: Works on core muscles, stimulates the cardiovascular system, improves digestive system & respiratory system. Helps various endocrinal glands to function properly such as the thyroid, parathyroid and pituitary glands. Releases tension, stress and anxiety.

Standing Poses:

(1) Trikonasana (Triangle Pose)



- While inhaling, spread the feet apart by about 3 feet.
- Raise both the hands slowly at the shoulder level.
- Exhale and slowly bend to the right side until the right hand reaches the right foot.
- The left arm should be straight up, in line with the right hand.
- Maintain for about one minute with normal breathing.
- Return slowly to original position. Repeat on the left side.

Variation: Parivritta Trikonasana.

Benefits: Strengthens the calf and thigh muscles, corrects curvatures of back, strengthens the waist muscles and makes the spine flexible.

(2) Parshva Konasana (Lateral Angle Pose)



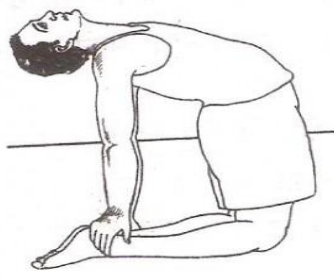
- While inhaling, spread the feet apart by about 3 feet.
- Come to the Veerasana Position
- Exhaling, place the right hand beside the right foot.
- Inhaling, stretch the left arm over the head, biceps touching the left ear and look at the tips of the fingers of left hand.
- Maintain for about one minute with normal breathing.
- Return slowly to original position. Repeat on the other side.

Variation: Place the hand flat on the ground.

Benefits: Strengthens the thighs, prevents back pain, helps ribs and vertebra and stimulates digestive track.

Sitting Poses:

(1) Ustrasana (Camel Pose)

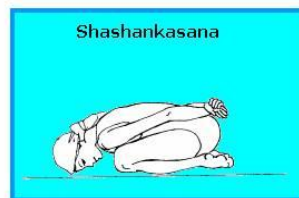


- Sit in Vajrasana and rest your palms on the knees.
- Stand on the knees and place the palms on the waist.
- Inhale and bend the trunk backwards.
- Place the palms on the heels.
- Exhale while coming back to "Standing on Knee" position.

Variation: Touch the head to the heels.

Benefits: Makes the spine flexible. Increases circulation to the head region.

(2) Shashankasana (Moon Pose)



- Sit in Vajrasana and rest your palms on the knees.
- Take the hands behind the back, make a fist of the right palm and hold the right wrist with the left palm.
- Inhale and bend forward.
- Exhale while coming back to "Standing on Knee" position.

Variation: Bring the hands forward and stretch them on left and right.

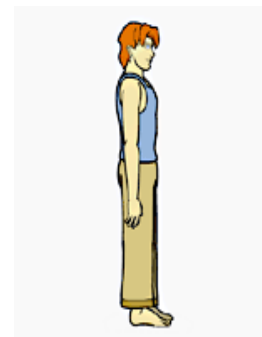
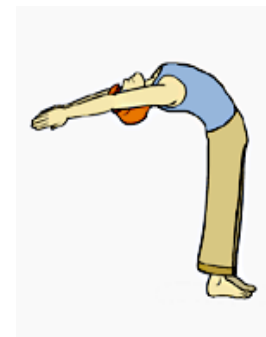
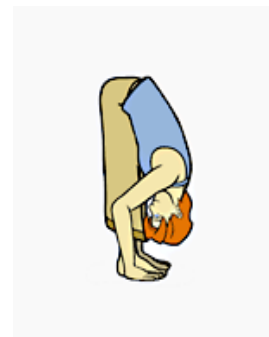
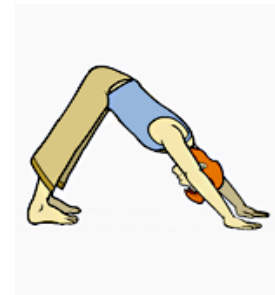
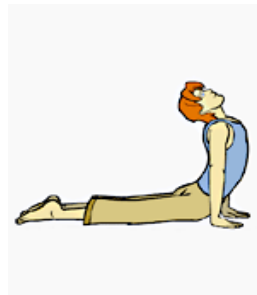
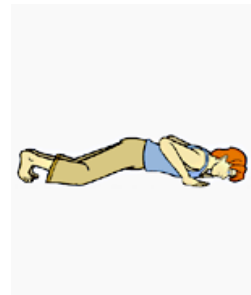
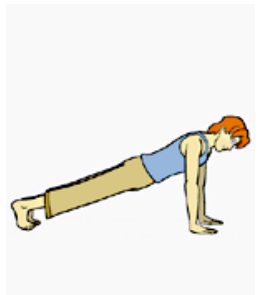
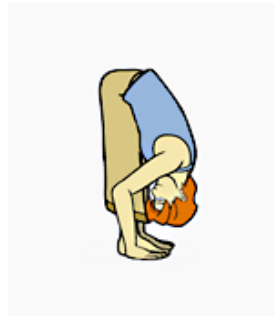
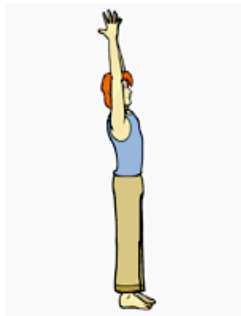
Benefits: Enhances blood flow to the head, stimulates the brain and gives flexibility to the spine, ankles and knees.

YOGA POSES

Warm Ups (3 to 5 min)

Sun Salutation (Surya Namaskar)

The Sun Salutation Pose, also known as Salute to the Sun and Surya Namaskar, is a flowing series of 12 poses which help improve strength and flexibility of the muscles and spinal column. This pose also warms up the body and tones the abdominal muscles.



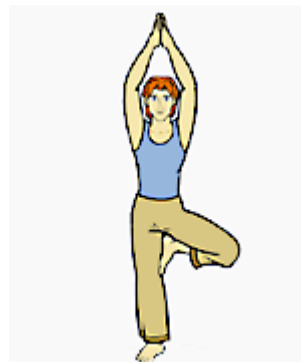
Mountain Pose (Tadasana)

Many people do this asana as a moment of rest during the Yoga Exercises which results in a decrease of focus and concentration. Try to prevent this and do your best to maintain and to deepen the stilling, the alertness and the meditative character of Yoga in Tadasana. The paradox is that in Tadasana, people can increase or regain the meditative feeling of relaxation and alertness, which sometimes disappears during difficult Yoga Asanas because they cause feelings of discomfort, difficulty or pain. If you focus on the stilling effect achieved by Tadasana, you will discover that you begin to do other Yoga Exercises with greater relaxation and attention, which results in greater effectiveness.



Tree Pose (Vrksasana)

The Tree Pose helps strengthen your thighs, calves, ankles and back. It can also increase the flexibility of your hips and groin. Your balance and concentration can also be improved with constant practice. This Yoga Pose is recommended for people who have Sciatica and flat feet.



Warrior Pose I (Virabhadrasana I)

The Warrior Pose I or Virabhadrasana I improves balance and agility and strengthens your legs, back, and arms. It also targets the chest, shoulders, neck, and abdominal area. This is a powerful Standing Pose which provides numerous benefits such as improved stamina and strength especially in the legs and ankles.



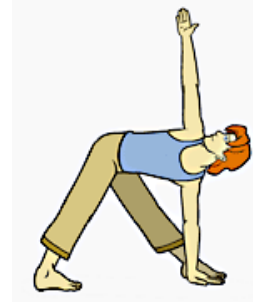
Warrior Pose II (Virabhadrasana II)

This posture strengthens your legs, back, shoulders, and arms, building stamina. It opens your hips and chest, and improves balance. It is called the Warrior in reference to the fierce warrior, an incarnation of Shiva.



Triangle Pose (Trikonasana)

In this exercise, you build up strength in the lower back and upper legs while you remove tension from the lower and upper back, the hips and the hamstrings through both the twist and the stretching. The exercise is good for your sense of coordination and sense of balance. You need a lot of concentration and precision to be able to carry it out correctly.



Sukhasana

The Easy Pose or Sukhasana is a relaxation pose intended for Meditation. It promotes inner calm and straightens the spine, opens the hips, and relieves tiredness. As the name suggests, this pose is very easy to do.



Half Spinal Twist (Ardha Matsyendrasana)

The Spinal Twist Yoga Pose, which takes its Sanskrit name from the great Yogic Sage Matsyendra, is one of the few Yoga Poses in the Basic Session that rotates the spine. Most bend the spinal column either backward or forward, but to become truly flexible it must be twisted laterally as well. The movement also tones the spinal nerves and ligaments, and improves digestion. Keep your spine erect and your shoulders leveled in the position. Breathe steadily. Twist a little more each time you exhale. Twist first to the left, as below then repeat the sequence twisting to the right.



BUTTERFLY YOGA POSE (BADDHAKONASANA)

Butterfly Yoga Pose is a good pose to exercise the inner thigh muscles. It helps reduce fat from your thighs, hips and belly. The pose also removes tiredness from long hours of standing and walking.



Vajrasana

Improves and aids digestion, conditions pelvic muscles and brings awareness to posture, good posture for meditation and centering.



Ref: www.abc-of-yoga.com/yogapractice/postures.asp

<http://yoga.about.com>