

KARO "YOG" RAHO "NIROG"



M.E.S GROUP

"THE YOGA TRAINING INSTITUTE"

**FITNESS
YOGA EXERCISES**



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Meaning of yog

The Simple Meaning Of Yog Means Addition Or Joining Of Two Or More Different Things.

IN SAMSKRITA IT IS SAID AS “युज्यते अनेन इति योगः”YOG IS THAT WHICH JOINS . Hear The Meaning Of Yog Is Related To Joining Our Sole , Mind And Body On Spiritual Level . In The Traditional Terminology, It Is Joining Of The Individual Self , Jivatma With The Universal Self , Parmatma . It Converts Narrow Constricted Personality Into Open Minded Peaceful Reality.

TYPES OF YOG

1. HATH YOG
2. KARM YOG
3. MANTRA YOG
4. GYAN YOG
5. BHAKTI YOG
6. RAJA YOG
7. LAYA YOG

ALL EXERCISES LIKE AASANAS, PRANAYAM , MUDRAS AND KRIYAS ARE COMES UNDER HATH YOGIT IS IMPORTANT FOR PURIFICATION OF THE BODY AND CONCENTRATION OF THE MIND.

HEAR ARE THE SOME YOG ASANAS FOR PRACTICE WHICH IS HELPFUL TO KEEP HUMAN BODY ALWAYS HEALTHY.....

FITNESS PACKAGE

Om Chanting = ओ.....म..... 5 Times

Prayer Before Starting Yoga Exercise

ॐ सह नावतु । सह नौ भुनक्तु । सहवीर्यं करवावहै ,तेजस्वि नावधीतमस्तु मा विद्विषावहै
ॐ शान्तिः शान्तिः शान्तिः

Meaning May God Protect Us Both , May God Nourish Us Both , May We Work Together With Energy And Vigour , May Our Study Be Enlightening And Not Give Rise To Hostility , Om Peace , Peace , Peace .

(A)Warm Up Exercise :Every Physical Exercises Always Starts With Warm Up .Here Are Some Warm Up Exercise.

a) Walking exercise:



1) High Knee Walk



2) Back Knee Walk



3) Side Walk



4)Cat Walk



5)Hanuman Walk.

(b) Jumping Exercise



1) Half arm Extension



2) Full arm Extension



3)Forward And Side Jump



4) Twister



5) Straight Leg Lifting



6) Cross Leg Lifting.

(c) Down To Up Exercise Series Or Joints Exercise



1) Ankle Stretching



2) Knee Bends



3) Waist Rotation



4) Hand Rotation



5) Open Chest



6) Back Stretching



7) Shoulder Rotation



8) Side Stretch



9) Side To Side Neck Rotation -Down



& Up



10)Head Press Forward ,Backward ,Both Side Downward .



11) Whole Body Shake

12)down to up Stretch.



d)Stretching Exercises

1)Cross Toe Touch



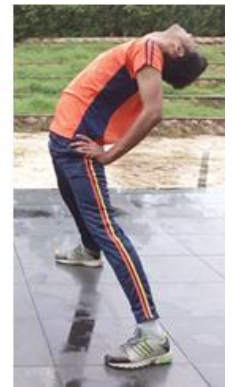
2)Side Toe Touch –
Stretching



Forward –



Inward-



Backward



3)Leg Stretching
With Knee



4) Leg Stretching With
1- Hand Support



5) Leg Stretching With
Both Hand Support



(B) Yogic Exercises

(A) Standing yogic exercises



A) Vrikshasana B)NatarajAasanaC) Hast-Padaasana

Surya Namaskar(Sun Salutation)

A Set Of 12 Powerful Yoga Asanas (Postures) That Provide A Good Cardiovascular Workout In The Form Of Surya Namaskar.These Postures Are A Good Way To Keep The Body In Shape And The Mind Calm And Healthy.Suryanamaskar Is Best Done Early Morning On An Empty Stomach.

1)StandAt The Edge Of Your Mat, Keep Your Feet Together And joint your palms in front of your chest hear Breath Normal .



2)BreathingIn, Lift The Arms Up And Back, Keeping The Biceps Close To The Ears. Stretch your waist backward to make a curve.



3)BreathingOut, Bend Forward From The Waist, Keeping The Spine Erect.As You Exhale Completely, Bring The Hands Down To The Floor, Beside The Feet.by keeping your knee straight.



4) Breathing In, Push Your left Leg Back, As Far Back As Possible.

Bring The left Knee To The Floor And Look Up. Ensure That The right Foot Is Exactly In Between The Palms.



5) As You Breathe Out, Take The right Leg Back And Bring Your Hip Up .And Look At Your Stomach. .



6) Gently Bring Your Knees Down To The Floor then chest and Chin Keep Your Breath Normal Take The Hips Back Slightly, The Two Hands, Two Feet, Two Knees, Chest And Chin (Eight Parts Of The Body Touch The Floor).



7) Inhale And Slide Forward , Raise The Chest Up Into The Cobra Posture. You May Keep Your Elbows Bent In This Pose.Look Up.



8) Then Breathe Out, Raise Your Hip Maximum See Towards Your Stomach..



9) Breathing In, Push Your left Leg Forward, As Much As Possible . Bring The right Knee To The Floor And Look Up. Ensure That The left Foot Is Exactly In Between The Palms.



10) Breathing Out, Bring The right Foot Forward. Keep The Palms On The Floor. Look Down .



11) Breathing In, Roll The Spine Up, Hands Go Up And Bend Backwards A Little Bit, Pushing The Hips Slightly Outward.



12) As You Exhale, First Straighten The Body, Then Bring

The Arms Down. Relax In This Position, Observe The Sensations In Your Body.



This is the one cycle of surynamaskar .one can do more cycle as per capacity....

(B)Sitting yogic Exercises



1)Ankle Stretching.



2) Ankle Rotation



3)Chest Press

3) ArdhaMatsyendrasana

Sit With Straight Leg Then Bend Your Right Leg On Left Side By Crossing The Left hand. Bring Your Left Leg In. Twist Your Body On Right Side By Keeping Your Right Hand Behind As Shown In Picture With Left Hand You Have To Push Your Right Leg On Stomach.



Repeat The Same Process On Other Side.

Physical Benefits

- *Increases Flexibility In Each Vertebrae Of The Spine, From The Base Of The Spine Through The Neck
- *Stretches The Back Muscles And Hips
- *Massages The Abdominal Organs, Helping To Relieve Constipation



4) Butterfly Pose (TitaliAasan)

- Sit With Your Spine Erect And Legs Spread Straight Out.
- Now Bend Your Knees And Bring Your Feet Towards The Pelvis. The Soles Of Your Feet Should Touch Each Other.
- Grab Your Feet Tightly With Your Hands. You May Place The Hands Underneath The Feet For Support.
- Make An Effort To Bring The Heels As Close To The Genitals As Possible.
- Keep your breath normal .Press The Thighs And Knees Downward Towards The Floor. Make A Gentle Effort To Keep Pressing Them Downward.
- Now Start Flapping Both The Legs Up And Down Like The Wings Of A Butterfly. Start Slow And Gradually Increase The Speed.
- **Benefits**
- A Good Stretch For The Inner Thighs, Groins And Knees, Improving Flexibility In The Groin And Hip Region
- Helps In Intestine And Bowel Movement removes Fatigue From Long Hours Of Standing And Walking
- For womens Offers Relief From Menstrual Discomfort And Menopause Symptoms.
- Helps In Smooth Delivery If Practiced Regularly Until Late Pregnancy.



Pascimottan Asana

Sit In Dandasana And Stretch Your Hands Up With Deep Inhale.

Exhale Completely And Try To Hold Your Toe With Fingers.

Do Not Allow Knees To Bend. Try To reach up to knees Your Elbow Should Touch The Floor.. This Is The Complete Posture.

Beginners Can stretch softly to practice As Per Their Capacity.

Benefits:

Gives Flexibility To The Back Bone . Stimulates The Spinal Nerves And Back Muscles . Improves Digestion And Energizes The Whole Body. Removes Constipation.



Katisaudaryasan:

1st spread Your Leg As Much As Possible. Spread Your Hands Parallel To Your Shoulder .Take Deep Breath And Try To Touch Your Cross Leg Toe With Exhale. Then Make Repetition As Much As You Can.

Benefits: As The Name Suggests “katisaudarya Melt Your Side Muscles , Strengthen Your Shoulder Muscles Tone Up Your Thigh Muscles So That You Get Perfect Shape.



Chakkiasana (Grinding Pose)

1) Sit With Your Legs Joint. Clasp Your Hands And Outstretch

Your Arms At Shoulder Height In Front Of You.

2.)TakeA Deep Breath In And Start Moving The Upper Part Of Your Body

To The Front And Right, Forming An Imaginary Circle With Your Body.

3) Inhale As You Go Forward And To The Right, And Exhale As You Go Backward And To The Left. Make 5-10 Rounds In One Direction And Then Repeat In The Opposite Direction.



Benefits

A Good Preventive for Sciatica .Tones The Back, Abs And Arm Muscles

- Opens Up The Chest And Groin .Tones The Uterine Muscles In Females, So It Is Very Useful In Preventing Painful Cycles If Practiced Regularly
- Consistent Practice Helps Reduce Abdominal Fat.

PashuVishramAasan

In This Aasan 1st Bend Your Right Foot Backward Then

Keep Your Left Foot Palm On Right Leg Thigh. Then Inhale

While Raising Your Both Hand Up Excel And Sleep

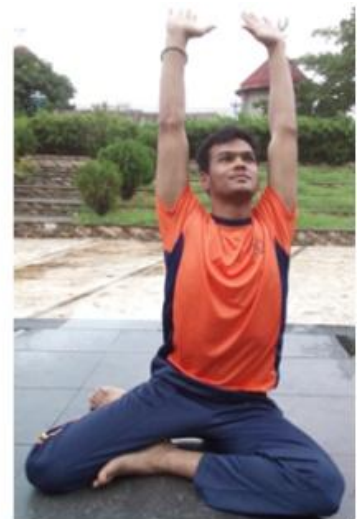
Down On Left Leg Knee.2) Again Inhale While Raising

Your Hand And Exhale Place Your Hand Down.

3)After This Interchange Your Leg Position And Repeat The Procedure....



1 - 5



2 - 4

Benefits :

1. Cures Constipation, Acidity, Increases Digestion Process.
2. Helps To Reduce Obesity.
3. Reduce Abdominal Fat.



- 3

Vajrasana (Diamond Pose)

Vajrasana is the simple asana which can be practiced after lunch or dinner also. Vajrasana is also known as 'Diamond Pose' which is best for practicing breathing exercises and meditation. Regular practice makes you stronger and healthier.

Steps

Sit on the flat floor and fold your legs as shown in the image.

Keep the spine straight and close the eyes.

Keep the right palm on the right knee and left palm on the left knee.

Now start to inhale slowly then exhale.

When you exhale try to think that your disorders are coming out from your nose.

Benefits Of Vajrasana

* Calms the mind and brings stability in mind.

* Cures constipation, acidity, increases digestion process.

* Those suffering from gas problems can practice immediately after lunch or dinner.

* Helps to get rid of back pain.

* Cures stomach disorder.

* Cures urinary problems.

* Strengthens the sexual organs.

* Increases blood circulation.

* It is preferred for meditation and concentration.

* Helps to reduce obesity.

* Strengthens the thigh muscles.

* Acts as a pain killer in arthritis patients.



Mandukasana is ideal asana for people suffering from diabetes. Sit in Vajrasana Pose. Keep your back, neck and head in a straight line. Part I

Place left palm covering your navel and place right palm on the left palm.

Press your hands against your abdomen.

While exhaling, bend your head forwards trying to touch your

forehead to the ground in front of you. In this position, your hands

are pressing against your abdomen.

Hold this position as long as you can hold comfortably (ten to fifteen counts). While inhaling come back to original position of Vajrasana.

Note: If you are not able to bend fully, try to bend as much as your body permits. This is the starting position for Mandukasana practice. Five times.



Part II

Repeat The Above Asana By Placing Your Hands As Follows:

Make Fists Of Both Your Hands. Touch Both The Thumbs Together

And Place This Joint Of Thumbs On Your Navel. Both Your Fists

Are Pressed Against Your Abdomen When You Bend Forwards.

Repeat Five Times.

- 1.Exercises Pancreas And Cures Diabetes.
2. This Asana Provides Good Exercise For Heart.



Of

Sasankasana:

In Sasankasana Raise Your Both Hand With Deep Inhale And By Exhaling Slowly Bend Forward From Waist. And Try To Bring Your Forehead On To The Ground In Front Of The Knees .

Benefits:

Enhances Blood Flow To The Head , Stimulates The Brain , Give Flexibility To The Spine , Ankles And Knees .



ArdhChandrasana



Stand On The Knees , Place Your Hands On Your Lower Back , Try To Bend Your Waist Backward And Look Back . This Is Also Called Half-moon Pose .

Benefits :

Makes The Spine Flexible. Give Relief In Back pain And Removes Pain .Stretches Your Stomach , Neck And Thigh Muscles And Gives Strength.

USTRASANA (Camel Pose)

Come On Your Knees, Keep The Knees Hip Width Apart, Inhale And Place Your Hands On Heels Of The Foot. Try To Look Back And Pull Your Thighs , Waist ,Stomach Forward .Hear WeHave To Hold Our Breath Either Keep It Normal . Then Exhale And Come Back To Starting Position .

Benefits

Opens The Belly, Chest, Heart, Shoulders And Upper Back.

Stretches The Whole Front Of The Body Including Ankles, Thighs And Groin.

Strengthens The Legs And Back. Improves Your Posture.Stimulates The Organs In The Belly.Energizes Body And Mind.



(C) UPWARD FACE SLEEPING EXERCISE

Pawanamuktasana(Wind Removing Pose)

Lie Flat On Your Back And Keep The Legs Straight

1. Inhale Slowly And Lift The Legs And Bend In The Knee. Bring Upwards
2. To The Chest Till Your Thigh Touches To Stomach
3. Hug Your Knees And Lock Your Fingers.
4. Try To Touch The Knee With Your Nose Tip..
5. Now Exhale Slowly And Come Back To The Original Position .
6. Repeat This Posture With alternate Leg ,
7. In 2nd stage same procedure have to repeat with both leg together .



stage - 1



stage - 2

Benefits Pavanamuktasana

1. Pavanamuktasana Cures Acidity Indigestion And Constipation.
2. Pavanamuktasana Is Very Good For All Abdominal Organs.
3. Regular Practice of Pavanamuktasana Cures Gastrointestinal Problems.
4. Helpful For Those Suffering From Gas Problems, Acidity, Arthritis Pain, Heart Problems And Waist Pain.
5. Strengthens Back Muscle And Cures Back Pain.
6. It Gives Flat Stomach. Everyone Should Practice This Asana For Flat Stomach.
7. Pavanamuktasana Is Very Beneficial For Reproductive Organ And For Menstruation Disorder.

Uttanpadasana(Leg Raised Yoga Pose)



Uttanpadasana Is Highly Recommended For Stomach Abs. People For Flat Stomach And For Strong Abs Love This Exercise. It Is Good For Strengthening The Abdominal Muscles. You Can Practice This Asana By Raising One Leg Or Both Leg At A Time .people having back pain should not do this exercise .

Steps For Uttanpadasana (The Raised-Leg Pose)

Lie Flat On Your Back As Shown In The Above Image And Breathe Normally.
Place Your Hand On Either Side And Palms Should Be Facing Down.
Inhale Slowly And Lift The Legs At 45 – 60 Degree From The Ground.
Repeat This Posture For Some Time (15-20 Count) To Feel Pressure In Lower Abs.

Benefits Of Uttanpadasana (The Raised-Leg Pose)

Cures Stomach Disorders Like Acidity, Indigestion And Constipation
Strengthens The Abdominal Organs.
Strengthens The Back And Hip And Thigh Muscles.
Helps To Tone The Stomach Muscles.
Helpful For Losing Weight.
Good For Diabetes Patients.

Padavrttasana



stage 1



stage 2

Step by step : 1) lie down with straight leg and keep your hand side to waist.
2) lift your right leg and start rotating in circular motion 5 to 10 times at ones then again rotate in reverse direction . after this do the same procedure with left leg .
3) in 2nd stage same procedure will be used together with both legs at once .

Benefits :

Cures Stomach Disorders Like Acidity, Indigestion And Constipation .Strengthens The Abdominal Organs.
Strengthens The Back And Hip And Thigh Muscles. Helps To Tone The Stomach Muscles.
Helpful For Loosing Weight. Good For Diabetes Patients.

Pad Angusthasana



stage 1



stage 2

AngustasanIs Very Good Exercise For Thigh , Hip Joint And Abdominal Muscles . It Is Of Two Types .

Step By Step :

Sleep With Stretched Hand And Leg . Inhale Catch Your Ankle With Both Hand . Raise Your Neck Up To Shoulder Level And Try To Bring Your Leg Towards Your Face , And Slowly Try To Touch Your Toe To Noes And Exhale . Then Relax In Starting Position .Change Your Leg , Repeat The Above Procedure With 2nd Leg . In 2nd Step We Have To Repeat Same Procedure With Both Leg Together .

Benefits :

This is an important exercise to set right the nevel .this automatically takes care of gas formation , stomach pain constipation , dysentery weakness and laziness .it is beneficial for pancreas stomach and intestines .

Forward Boat Pose



Step By Step

1) For Forward Boat Pose Raise Your Hand,Shoulder ,Neck ,Leg Upward And Whole Body Weight Should Be On Hip.Balance The Posture On Hip Equally And Try To Touch Your Knee With Fingers .

Benefits

Improves Core Strength.StrengthensThe Hip Flexors And Spine ..Helps To Relieve Stress .Strengthens The Abdominal Organs.

Chakrasana

Sleep normally fold your leg as so heel should touch the hip and keep your palms side to your neck .by taking the support of hands and leg together inhale and stretch your hip, middle back and shoulder upward . now balance the posture on hand and leg . while coming back to normal position first rest your hip on ground then other parts . repeat this 3 to 5 times .



Benefits : it activates the body and gives energy . it is especially beneficial for hip pain . respiratory diseases , headache and eye problems . in women it cures problems related to uterus .

Spinal Twist

Step By Step : Sleep Flat On The Floor Extended Your Both Hand Parallel To Shoulder. Then Inhale While Raising Right Leg And Place Left Side Try To Touch The Left Hand By Keeping Your Knee Straight . Same Procedure Repeat With Other Leg. Again Repeat This Procedure With Alternate Leg 6 To 10 Times.



Benefits: 1) This Melt Your Side Muscle Strengthen Your Back Muscle Tone Up Your Thigh Muscle Give Proper Cuts On Waist So That You Get Perfect Shape.

REVERSE SPINAL TWIST

Lie flat on your stomach , extended your hand parallel to shoulder fold your right leg and bend it to left side and catch your right toe with left hand stretch and come back to normal position repeat the same process with left leg .. Again Repeat This Procedure With Alternate Leg 6 To 10 Times.



Benefits : 1) This Melt Your Side Muscle Strengthen Your Back Muscle Tone Up Your Thigh Muscle Give Proper Cuts On Waist So That You Get Perfect Shape also activates chest and abdominal muscles .

(b) Downward face sleeping exercise



1

2

3

4



1

2

3

4

Cobra Pose

This pose having four stage 1) hand below chin 2) hand side to shoulder 3) hand on back 4) hand back to neck in every stage by taking the support of your hand and abdominal muscles inhale try to lift your shoulder up and raise upto comfortable position . here we have to keep our lower body relax . exhale and come back to normal position repeat the procedure 5 to 10 times each .

Benefits :

- *Strengthens The Spine
- *Stretches Chest And Lungs, Shoulders, And Abdomen
- *Firms The Buttocks
- *Stimulates Abdominal Organs
- *Helps Relieve Stress And Fatigue
- *Opens The Heart And Lungs
- *Soothes Sciatica

Shalabhasan

Lie with your stomach and place your both hand below the thighs now raise your leg with thigh by keeping your knee straight .repeat this procedure with alternate leg . 6 to 10 times at once .in stage 2nd lift your both the leg together according to given procedure .



1

2

Physical Benefits :

- Builds Strength In The Muscles Of The Lower Back
- Increases Flexibility In The Back
- Especially Recommended For Relieving Sciatica And Pain In The Lower Back
- Massages The Internal Organs ,Improves Digestion
- Strengthens The Arms And Shoulders .

vipariitanaukasana (Reverse Boat Pose)

Lie On Your Stomach. Then Stretch Your Arms And Legs Upwards Together. Your Arms And Legs Should Go Parallel. Stay In The Posture As Long You Feel Comfortable.



Benefits :

it is beneficial for all disease of spine Also Stimulates The Reproductive And Digestive Systems. Stretches The Muscles Of Arms, Legs And The Abdomen And Strengthens Them.



Dhanurasana

The Practitioner Lies On The Belly .fold your both leg and catch the ankle with both hand respectively and stretch the body like bow .

Benefits :

1. Strengthens The Back And Abdominal Muscles 2. Stimulates The Reproductive Organs 3. Opens Up The Chest, Neck And Shoulders 4. Tones The Leg And Arm Muscles 5. Adds Greater Flexibility To The Back 6. Good Stress And Fatigue Buster 7. Relieves Menstrual Discomfort And Constipation 8. Helps People With Renal (Kidney) Disorders

Pranayam (Breathing Exercises)



Note :

1. Sit Comfortably On Flat Ground. Those Who Can't Sit, Can Sit On Chair Because This Is Related To The Breath.
2. People Having Heart Disease Should Not Hold Their Breath For Long Time.
3. Should Maintain Gap Of 5 Hours Between Your Meal Or Lunch. Pranayama Should Be Done On Empty Stomach.
4. Better To Practice In The Morning In Fresh Air.
5. Practice Pranayama In The Supervision Of An Expert Yoga Teacher After Informing About Your Whole Health.



1. Bhastrika : Take Deep Breath In And Expand Your Lungs And With Same Speed Breath Out By Contracting The Lungs. Repeat This Procedure 20 To 40 Times At Onces.

Benefits : Boosts Your Metabolic Rate So Your Body Burns Fat Faster Promoting Natural Weight Loss.

- Purifies Your Body By Eliminating Toxins And Waste.
- Generates Heat In Your Body And Opens Up Your Energy Pathways.
- Builds Lung Capacity And Helps Clear And Strengthen The Respiratory System .

Precaution

We Can Do This Pranayama By Slowly, Medium And Fast Way. Those Suffering From Lungs And Heart Problems And High Blood Pressure Can Perform Slowly. Practice Under Expert Guidance.

2. Omm Chanting : It Is A Type Of Udgeet pranayam. In This Start With Deep Breath And Make Four Part Of Breath And In Three Part Pronounce Long Oooooo.....And In One Part Mmmm..... This Pranayama Is Very Essential For Relaxation. Hear The Breathout Happens Automatically . When You Pronouncing The Sound.



Benefits

1. .Provide Relaxation To Body And Mind.
2. Improves Your Concentration.
3. Relive Stress Depression And Hypertension.
4. Calms The Mind.
5. Also Cure Asthma, Headache, Migraine, Neurological Problems, Depression, Gastric Problems.

3. bahya pranayama : fully breath out as much as you can , in one go .after throwing the breath out try to hold your breath as much as you can up to 10 or 20 counts . then breathing in . this is one breath of bahya pranayama . repeate it 5 to 10 times as per capacity .

Benefits : it realeses toxins from body . as you hold the breath energy realises . and calms the mind .

Improves The Function Of Reproductive System.good breathing exercise for whole body health .

4. KapalaBhati :in This Pranayama You Have To Breathe Out Continuously By Flapping The Stomach In. You Can Start This Pranayam With Inhale Deeply And Exhale Forcefully Drawing All The Air Out. Your Belly Should Be Drawn In, As You Exhale Forcefully Again And Continue Doing 5 To 10 Min. With Continue Practice You Can Increase The Time.

Benefits OfKapalbhati Pranayama.

1. It Improves The Function Of The Lungs And Other Respiratory System.
2. Improves The Function Of Reproductive System.
3. Improves The Function Of Pancreas. Helps To Produce Insulin Hormone Naturally.
4. It Removes Toxins From The Body And Helps To Clean The Internal System.
5. Calms The Mind And Bring Stability In Mind.
6. Very Effective In Weight Loss.
7. Cures Breast Cancer.
8. Helpful In Reducing Weight (Belly Fat).
9. Keeps Depression Away And Brings Positive Thoughts.
10. Helpful In Curing Respiratory Diseases As Asthma, Allergies, And Sinus.
11. Cure For Constipation, Acidity, Diabetes, Asthma And All Kinds Of Respiratory Troubles, Sinus And Even Hair Loss.
12. Cures Kidney Problems

Precaution

1. Those Are Heart Patient Should Do This Slowly While Exhaling. You Can Do Kapalbhatai Pranayama In Morning Or Evening Both The Time, But Keep In Mind That You Should Do This On Empty Stomach.
2. Pregnant Women Should Not Do This.
3. High Blood Pressure Patient Should Practice Kapalbhatai At A Slow Rate. Means 3 Exhalations Per 5 Seconds And Force Of Exhalation Should Be Reduced.
4. Those Women's Feel Comfortable Practicing Pranayama During Periods Can Go Ahead Otherwise Avoid It

5. UJJAYI PRANAYAMA : In This Breathing Exercise We Contract Our Throat While Inhaling . At The Time Of Inhaling There Should Be A Voice Create Thorough The Contaction Of The Throat It Creates The Vibration Of Air In The Throat .Then Exhale . Practice It 5 To 10 Times At Once

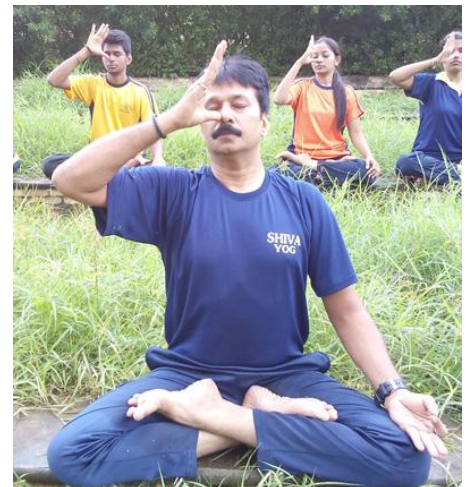
BENEFITS : Beneficial For Those Who Suffer From Colds ,Cough And Catarrh Throughout The Year , For Those Who Suffer From Thyroid Problems , Also Throat Problms Like Tonsillitis ,Snoring , Sleep Apnoea ,Etc.

IT SHOULD BE PRACTISED REGULARLY TO KEEP THROAT FIT , HEALTHY AND MELODIOUS . ALSO SUGGEST TO DO IN DEFECTIVE SPEECH OF CHILDREN.

6 .Anulomvilom Pranayama

Steps ForAnulomvilom Pranayama.

1. Close Right Nostril With Right Thumb And Breathe From Left Nostril. Then Close Left Nostril With Middle And Ring Finger And Breathe Out From Right Nostril.
2. Breathe In Deeply With Right Nostril And Then Close Right Nostril And Breathe Out Deeply With Left Nostril. Do The Repetition.
3. Do This For 5-10 Minutes.
4. Keep In Mind That Your Breathing Should Be Up To The Lungs And Not In The Stomach.



Benefits Of Pranayama Anulomvilom

It Improves Blood Circulation.

It Calms Your Mind.

Keep Away The Heart Related Problems

Provide Relaxation To Body And Mind.

Regular Practice OfAnulomvilom Breathing Exercise Cleanses, Strengthens And Tones Your Nervous System.

It Improves Your Concentration.

Excellent For Glowing Skin.

Helps To Improve Function Of Your Lungs.

Helps To Prevent Diabetes And Keeps Diabetes Under Control.

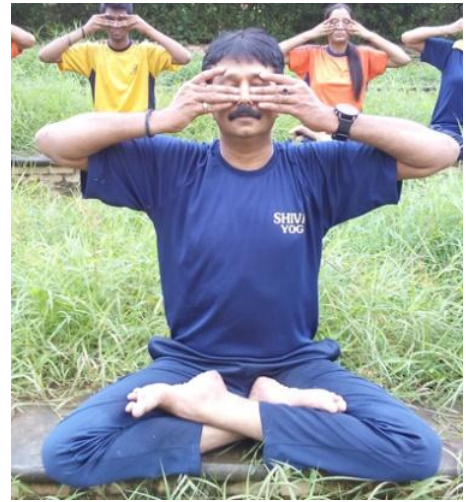
Remove Blockage Of Arteries.

Relive Stress Depression And Hypertension. Cure Asthma, Headache, Migraine, Neurological Problems, Heart Blockage, Depression etc.

7. BhramariPranayama : 'Bhramari' Is The Type Of 'Indian Bee' And 'Pranayama' Means Breathing. So It Is Called As Bhramari Pranayama.

Steps For Bhramari Pranayama (Humming Bee Breath)

1. Sit Straight In The Padmasana Or Sukhasana And Press Your close your ear With Your Thumb.
2. Place Your Index Fingers On The Forehead And With The Remaining Fingers Close Your Eyes.
3. Start Inhaling Through Both The Nostril Deeply And Slowly.
4. By Keeping Mouth Close, Exhale By Making A Humming Sound Bee Like "Hmmm". While Making Humming Sound Say 'Om' In Soft Humming Sound.
5. Feel Your Body Releases Impurity From Your Body And Experiencing Positive Energy.
6. Practice Daily For 3 To 5 Minutes.



Benefits Of Bhramari Pranayama (Humming Bee Breath)

1. It Relieve Tension, Anger And Anxiety.
2. Effective Against Hypertension.
3. Cures Sinus Problem.
4. Bhramari Pranayama Control The High Blood Pressure And Cure It.
5. Helps To Stay Calm And Bring Stability In Mind.
6. Cures The Problems Related To Nervous System.
7. During Pregnancy It Is Very Helpful For Pregnant Women For Easy And Trouble Free Childbirth.
8. Is The Excellent Breathing Exercise Which Plays An Important Role In Releasing Agitation, Frustration And Anger. It Is The Best Breathing Exercise In Calming Your Mind.

Precaution

It Should Be Practice Under Expert Guidance.

If You Feel Dizzy While Practicing, Stop The Exercise And Start Normal Breathing.

Consult A Doctor If You Are Suffering From Any Ear Problem Or And Medical Ailments Before Doing Bhramari Pranayama.

8. PranavaPranayama :after doing all the pranayamas concentrate your mind on inhalation and exhalation . pranava means pran means life . pranava pranayama is focusing on " life breath .inhale very very slowly as it does not produce inhalation voice . same you have to maintain in exhalation . it too soft as slower as you can . don't push your breath take very natural breath in and naturally breath out . try to equalies the inhalation and exhalation period like inhale once in 10 -20 count and exhale in 10 -20 count either feelooooooooomm inside while inhale and while exhale by maintaining the equal time .through the ong practice a yogi takes one breath in one minute .try to observe your breath . slowly it brings you in a state of meditation .

Benefits :it's a mainly a meditative breathing procedure . it fulfil the human life with calmness , satisfaction , happiness . it protect as a impenetrable armour through all the dieses ,disorders and polluting influnces.

Note : The Above package Is Made For Whole Fitness Purpose Of Human Body . If The Person Having Any Health Problems.. Should Consult With Doctor Before Starting....

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