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Hari Om Tat Sat

Sequence of Yoga Postures to Practice at Home

Compiled By : Yoga Guru Pankaj Sharma

Points to be remembered before we start with the yogic practices.

1. Meal should be consumed 3 – 4 hours before we start with our daily practice. It is very essential to get your food completely digested before we start practicing Yoga.
 2. Always try to calm down your mind and body for sometime before we start with the practices.
 - I. Sit in any Meditative Posture, Keeping your head, Neck and trunk in one line, Back straight, Eyes Closed, and Hands on your knees.
 - II. Try to focus on your breathing pattern in order to get control on your thoughts, the easiest way to get control over you mind.
 - III. Give yourself sometime to observe your own breath.
 - IV. Let's not manipulate our breathing pattern, try to keep it as it is. Just observe it very closely. Admire it.
 3. Relax down yourself Physically, Mentally and Spiritually.
 4. Before Yoga Asana, everyday Try to practice Kapalbhathi.
 - I. KapalBhati = Kapal (Forehead) + Bhati (Shining)
 - II. Though in some yogic text it is also known as Pranayama.
 - III. We will take it as Breathing exercise which helps you to get rid of lot of psychosomatic disorders / diseases.
- Steps of Kapalbhathi.**
1. Sit in any Meditative posture, keeping your back straight, Hands on your knees and Shoulders relaxed.
 2. We will take our lower abdomen (Lower part of your navel region) inside and hence it will facilitate the exhalation.
 3. Inhalation will be very passive and we will not be even aware about it.
 4. Keep your strokes even and same.
 5. Lets repeat the stroke for 20 times in one sitting.
 6. Keep your back straight while practicing Kapalbhathi.
 - i. People suffering from High Blood Pressure should practice under the guidance of Yoga Teacher.
 - ii. Very good practice to get rid of Excessive Abdominal Fat.
 - iii. Very good practice for people suffering from Sinus or any disorder above your shoulders.
 7. After Kapalbhathi relax yourself for sometime and keep sitting in the same meditative posture, keeping your eyes closed and try to feel the effects of Kapalbhathi on your body.
 8. Lie down on your back / Take a supine position very slowly and relax yourself in Shava Asana.
- Steps for Shava Asana**
1. Take a supine position.
 2. Take some distance between your legs, hands away from your hips.
 3. Fore head relaxed.
 4. Toes pointing outside and palms facing towards the sky.
 5. Try to relax yourself in Shava Asana before we start the Yogic practices.

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Last and not least:" I beg forgiveness of all those who have been with me over the course of the years and whose names I have failed to mention."

“SHAMBHOO TUBHYAM NAMAMI”

Prayer

The discipline of yoga has now acquired worldwide acclaim as a self discipline technique, a healing art and a mind body discipline that can help you to achieve a holistic sense of wellness. In traditional yoga, prayer is an indispensable part of the discipline. Certain mantras are chanted at certain postures and poses in order to maximize the effectiveness of yoga. While the western culture has mostly adopted yoga as a physical discipline and not a spiritual route, common experience shows that uttering the prayers in prescribed ways increases the efficacy of the yoga techniques. Scientific researches too have shown that regular prayers definitely have a healing effect.

True yoga need to be learned under the guidance of an experienced yoga teacher and each posture is accompanied by certain prayers and mantras. These are called yoga prayers, though they may also be performed even without yoga. It is thought that the breath control essential for the correct pronunciation of the yoga prayers is actually an integral part of the discipline of yoga and they confer a number of benefits. Hence, prayers must be practiced in the correct form with yoga if you want to enjoy the full benefits of this holistic discipline.

Examples of some yoga prayers

The yoga prayers are in Sanskrit. It is necessary to know the proper pronunciation and intonation of the chant in order to enjoy the full benefits. At the same time, learning the meaning can allow you a level of consciousness that would have been unreachable before.

The Shanti mantra is practiced at the beginning of discipline. You are to rein in your consciousness and will a sense of peace and good will towards the entire universe with the help of this prayer. It goes as follows:

Om.....Om.....Om.....
Sahana Vavathu, Sahanou Bhunaktu
Sahaveeryam-Karvavahai
Tejaswinaa Vadhitamastu, Ma...Vidvishavahai
Om.... Shanthi..... Shanthi..... Shanthi hi.....
The meaning of the above shloka is as follows:

Let us be together, Let us eat together, Let us produce the energy together, Let there be no limit to our Energies, Let there be no ill feeling among us, Om..... Peace, Peace, Peace.

1. This should be followed by the Guru stuti. It is a chant dedicated to the teacher. Complete devotion to your teacher can help you proceed along the true path of knowledge and light.

**Om..... Gurur Brahma.....Gurur Vishnuhu
Gurur Devo Maheshwaraha
Guru Sakshat Para Brahma
Tasmai Shree Guruve Namaha**

The meaning of the above shloka is as follows:

Guru is the glory of Brahma, Guru is the glory of Vishnu, Guru is the glory of the great Lord Shiva, Guru is the glory of the personified transcendental fullness of Brahma, to Him, to Shree Gurudev adorned with glory I bow down.

2. Another yoga prayer that is commonly practiced is the Bhunamana mantra. It runs as follows:

**Samudra vasane Devi
Parvathasthana Mandale
Vishnupathni Namasthubyum
Padasparsham kshemsvame**

The meaning of the above shloka is: Bhudevi, wife of Mahavishnu, Ocean itself is the clothes you wear, Mountains and hills are your breasts. I bow to you. Kindly excuse my sin for having stamped you.

3. The Yoga mantra has to be chanted at prescribed intervals for the best results. They run as follows:

**Yogena Chithasya Padenavacha
Malam Shareerasya Cha Vaidyakenam
Yopakartham Pravarammuneena
Pathanjalin Pranjalirana Thosmin
Abahu Purushakaram
Shanku Chakra Sidharinum
Sahasra Shirasum Shwetham
Pranamami Pathanjali**

The meaning of this mantra is as follows:

I bow with folded hands to Patanjali, the greatest of sages, who removed the impurity of mind by his work on Yoga, the impurity of speech by his work on grammar and the impurity of body by his work on medicine.

4. After Yogasanas

**Oom..... Asathoma Sadgamaya
Tamasoma Jyothirgamaya
Mrutyorma Amrutangamaya
Om... Shanthi... Shanthi... Shanthi hi...
The meaning of the above shloka is:**

Lead me from Untruth to Truth, from darkness to light, (from ignorance to enlightenment), from Mortality to Immortality, Om, Peace, Peace, Peace.

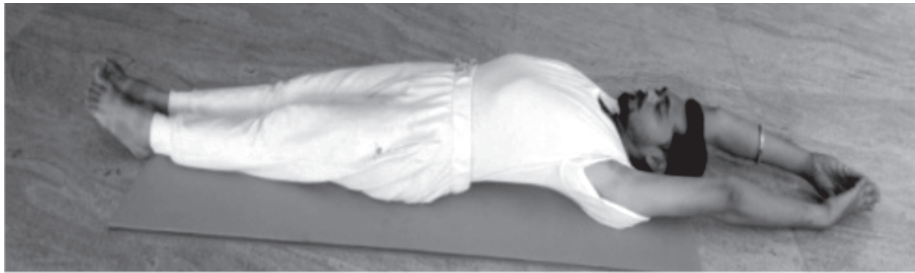
5. Finally, the Kara mantra is chanted as follows:

**Karagre Vasathe Lakshmi
Kara madhye Saraswathi
Kara moole Sthitha Gauri
Prabhathe Kara Darshanam**

The meaning is as follows:

Goddess Lakshmi, who is staying in the palms, Goddess Saraswathi who is staying in the centre, and Goddess Gauri who is sitting in the birth place, we are having your Darshan in the morning in our hands only.

SUPTA TADA ASANA



Practice

1. Legs together, stretch your hands by the side of your ears and hold it for some time.
2. Slowly turn your body towards the left side and maintain the stretch ability and hold the position again for some time.
3. Slowly come back to the center with control.
4. With control now, turn your body towards Right side and maintain the stretchability and hold the position again for some time.
5. Slowly come back to center and relax yourself in Shava Asana



Hold Time: 15 sec. in each Pose

Do's and Don'ts :

1. Keep ujjayi type of breathing while holding and adopting the posture.
2. Do not bend your body from anywhere, keep it in one line and keep it stretched.
3. Eyes should be closed while in final position.



Benefits

1. Instantly re-energizes you.
2. Very good practice for sciatic nerve.
3. Good practice for your entire body, to warm up your body instantly and get ready for the further yogic practices.

CROCODILE VARIATION NO. 1



Practice

1. Legs together, hands by the side of your thighs. Bend your legs from your knees.
2. Bring your hands / palms under your head.
3. Take some distance between your knees approx. up to your shoulder level.
4. Slowly bring your knees towards the right side on the floor and your head towards the left side.
5. Hold it for some time.
6. Slowly come back to the center.
7. Repeat from other side, knees left side and head right side, twist your spine.
8. Slowly come back to center, release your legs and hands and relax yourself in Shava Asana.



Hold Time: 15 sec.

Do's and Don'ts :

1. Keep ujjayi type of breathing while holding and adopting the posture.
2. Try to touch your knees to the floor and Eyes should be closed while in final position.
3. Feel the twist in your spine.

Benefits

1. Instantly re-energizes you.
2. Very good practice for vertigo, back pain, lower back pain, Asthama, Dibeitis etc.
3. Good practice to strengthen your spine and your knees.

CROCODILE VARIATION NO. 2



Practice

1. Legs together, hands by the side of your thighs. Bend your right leg from your knee.
2. Bring your hands / palms under your head.
3. Bring your right foot on your left knee.
4. Slowly brings your right knee towards the left side on the floor and your head to wards the right side.
5. Hold it for some time.
6. Slowly come back to the center. Release your right leg.
7. Repeat from other side, left foot on right knee, left knee towards the right side on the floor, head towards the left side.
8. Slowly come back to center, release your legs and hands and relax yourself in Shava Asana.



Hold Time: 15 sec in each position.

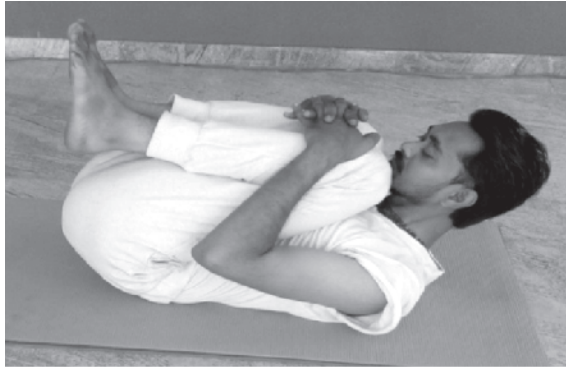
Do's and Don'ts :

1. Keep ujjayi type of breathing while holding and adopting the posture.
2. Try to touch your knees to the floor and Eyes should be closed while in final position.
3. Feel the twist in your spine.

Benefits

1. Instantly re- energizes you.
2. Very good practice for vertigo, back pain, upper back pain, Asthama, Dibetis etc.
3. Good practice to strengthen your spine and your shoulders and specula.

PAWAN MUKTA ASANA



Practice

1. Legs together, Hands by the side of you thighs.
2. Bend your legs from your knees, bring your knees towards your chest and hold your knees with help of a finger lock.
3. Slowly raise your head and place your chin in between your knees and hold it for some time.
4. Slowly first bring your head on the floor and then release your hands and then your legs.
5. Relax yourself in shavaasana.



Hold Time: 15 - 30 sec.

Do's and Don'ts :

1. Hold it with easiness and with comfortability.
2. People suffering from and kind of neck pain or any strain in their neck should not raise their neck.
3. Try to bring your knees closer to your chest.

Benefits

1. Very good practice for those who are suffering gastritis, constipation, dysentery.
2. Very good practice to get rid of excessive gas from your stomach instantly.
3. Activates your digestive system and strengthen your abdominal muscles.
4. Gives a natural massage to your livers, pancreas, and almost your complete digestive system getting affected.

ARDHA HALAASNA



Practice

1. Legs together, Hands by the side of you thighs.
2. Raise your legs up to 30 degree, without bending them from your knees.
3. Hold it for some time and then raise up to 60 degree.
4. Slowly raise them up to 90 degree and hold it for some time.



Hold Time: 15 sec in each position.

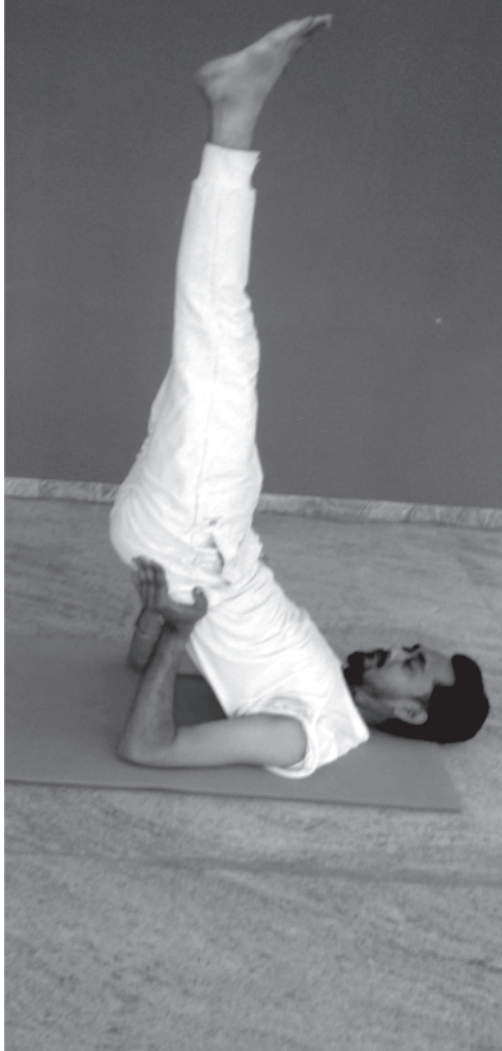
Do's and Don'ts :

1. Hold with easyness.
2. Kindly do not bend your legs from your knees, try to keep them straight.
3. Do not raise your head, keep it on the floor.

Benefits

1. Strengthen your Abdominal muscles.
2. Very good practice to trin your thigh muscles.
3. Very good practice for back pain.
4. Very good practice for sciatic nerve.
5. Best practice to get rid of your abdominal fat and excessive weight.

VIPRIT KARNI / INVERTED POSE



Practice

1. Legs together, Hands by the side of you thighs.
2. Slowly raise your legs up to 90 degree, without bending them from your knees.
3. Press your palms on the floor and raise your butt towards the sky, toes pointing towards the sky.
4. Legs should be perpendicular to the floor; complete body should be only on your elbows and your hands.
5. Hold it for sometime.
6. Slowly bring your legs above your head, release your hands and slowly bring your upper back on the floor first and then the mid back and then the Lower back with control.
7. Hold the position of Ardha halaasana for sometime and then bring your legs on the floor slowly with control.
8. Release your legs and your hands and relax in Shava Asana

Hold Time: 15 – 30 sec In final position

Do's and Don'ts :

1. Do it as slow as possible.
2. Do not bend your legs from you knees while adopting the posture and in final position.
3. Try to bring your legs perpendicular to the floor and not above your head.
4. While coming back, do not bend your legs from your knees.

Benefits

1. Very good practice for Anxiety and obesity.
2. Very good practice for your sexual organs, abdominal muscles.
3. Improves your personality and confidence level.
4. Bring glow on your face as it helps the rich supply of blood towards to your head.

MATSYA ASANA



Practice

1. Legs together, hands by the side of your thighs.
2. With the help of your hands raise your head and place the tip of your head on the floor.
3. Bring your palms on your stomach and press your elbows on the floor.
4. Try to give a perfect curve to your back.
5. Hold it for sometime.
6. Slowly with the help of your hands bring your head back on the floor and release your legs and hands and relax in shava Asana.

Hold Time: 15 sec.

Do's and Don'ts :

1. Try keep your eyes closed.
2. Hold it as per your own capacity.
3. Try give curve to back by pressing your elbows on the floor.

Benefits

1. Very good for diabetic person.
2. Very good for thyroid and para thyroid.
3. For back pain.
4. Good practice for Cervical region.

SETUBANDH ASANA



Practice

1. Legs Together, hands by the side of your thighs.
2. Bend your legs from your knees.
3. Hold your ankle joints with the help of your hands and raise the lower extremities of your body towards the sky.
4. Maintain it for some time with easiness.
5. Slowly release your lower extremities towards the floor.
6. Release your hands and then your legs.
7. Relax yourself in Shava Asana

Hold Time: 15 sec – 45 sec.

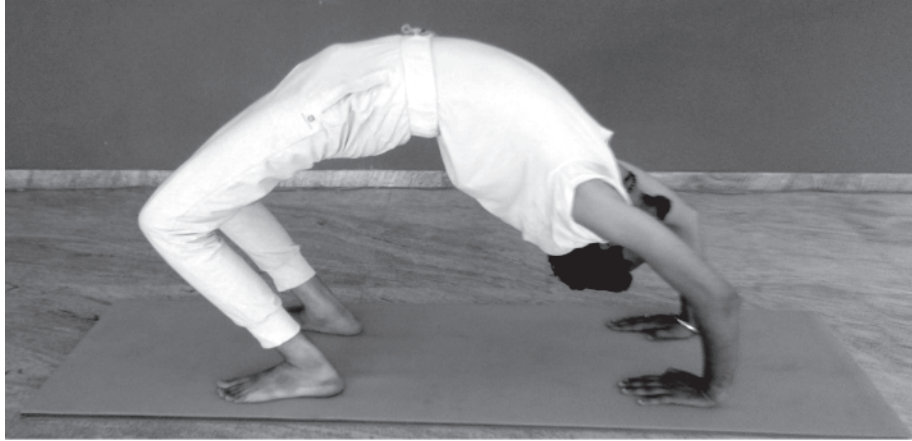
Do's and Don'ts :

1. Keep ujjayi type of breathing.
2. Achieve the final position as slow as possible.
3. Close your eyes while in the final position.

Benefits

1. Good practice for your lower back.
2. Very good practice for Slipped Disc.
3. Good Practice for Hernia.
4. Very good Practice for those who are suffering from Arthritis.

CHAKRA ASANA (SUPINE)



Practice

1. Legs together, bend your hands from your elbows palms by the side your ears on the floor.
2. Bend your legs from your knees.
3. Raise the complete body on your four limbs.
4. Maintain it for sometime with easiness.
5. Slowly release your body and relax your self in Makar Asana.

Hold Time: 15 sec to 20 sec. in final position.

Do's and Don'ts :

1. Do not over strain yourself.
2. If you have a acute back pain, kindly do not practice.

Benefits

1. Good practice to improve the flexibility the of your spine.
2. Helps to strengthen your spine.
3. Very good to get rid of excessive fat.
4. Good practice to strengthen your limbs.
5. Very good practice for your brain as there will be a rush of blood towards your brain.

MAKAR ASANA



Practice

1. Take a prone position; lie down on your abdomen.
2. Take some distance between your legs, toes pointing outside.
3. Forehead relaxed on your hands, elbows bended.

Hold Time: 15 sec.

Do's and Don'ts :

1. Relax yourself in maker Asana
2. Very good practice for back pain.
3. Do not practice after having meal.

Benefits

1. Very good practice for Slipped Disc, Varicose veins.
2. Very good practice for your spine. Helps to relaxdown your spine instantly.
3. Helpful for Asthmatic Person.

BHUJANGA ASANA



Practice

1. Legs together, hands under your shoulder; elbows facing towards the sky.
2. Raise the upper part of your body without taking much support of your hands.
3. Complete body weight should only be on your spine and on navel region.
4. Hold it for sometime with natural breathing.
5. Slowly bring back your upper body on the floor and relax your self in Makar Asana.



Hold Time: 30 sec – 45 sec. Final Position.

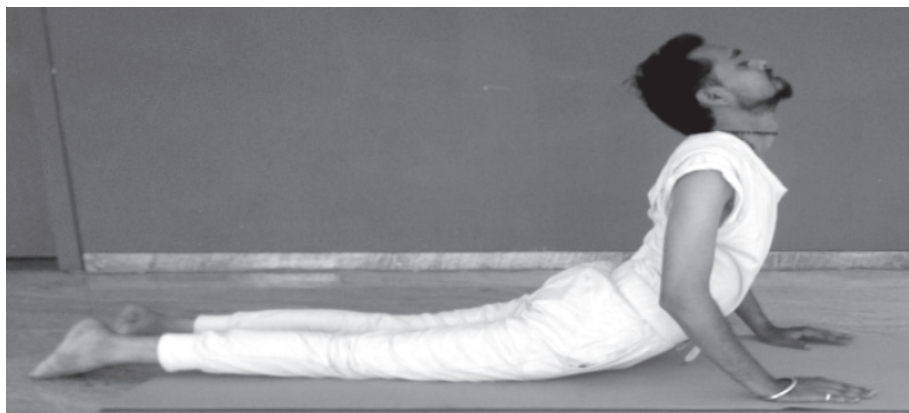
Do's and Don'ts :

1. Shoulders relaxed.
2. Do not give strain to your neck region.
3. Hold it as per our own capacity.
4. People went through any surgery in their stomach in past 1 year, kindly try sarpa Asana.

Benefits

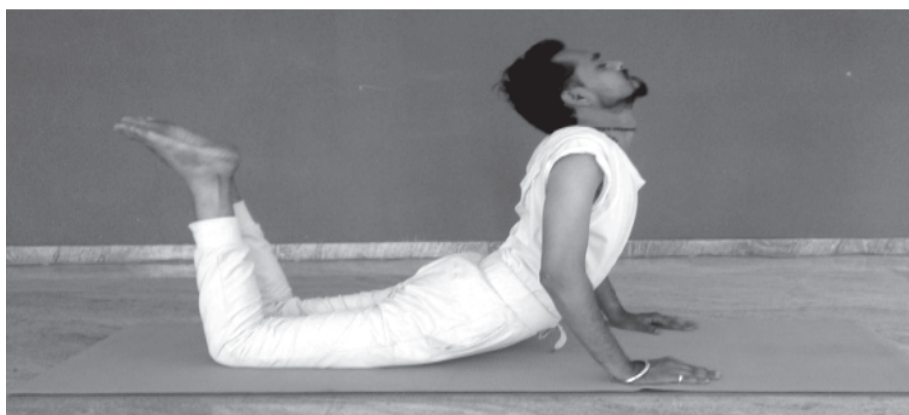
1. Very good practice for those who are suffering from Asthama.
2. Best practice to improve your lung capacity and stamina.
3. Best practice for those who want a spiritual upliftment.
4. Best practice for your upper back. And servical region.
5. Halps to restore your lungs and your digestive system.

SARPA ASANA



Practice

1. Legs together, hands under your shoulder; elbows facing towards the sky.
2. Raise the upper part of your, complete body on your hands, elbos slightly bended and pointing outside.
3. Try to push your groins/ sexual organ towards the floor and bend yourself backward from your lower back.
4. Hold it for some time with natural breathing.
5. Slowly bring back your upper body on the floor and relax your self in Makar asana.



Hold Time: 30 sec – 45 sec. Final Position.

Do's and Don'ts :

1. Shoulders relaxed.
2. Do not give strain to your neck region.
3. Hold it as per your own capacity.

Benefits

1. Very good practice to improve your lung capacity and stamina.
2. Helps to strengthen your arms and hands.
3. Very good practice for Slipdisc, varicose veins, lower back pain.
4. Best practice for your sexual organ, for Thyroid Glands and para thyroid glands.

NIRALAMBA ASANA



Practice

1. Legs together, stretch your hands by the side of your ears.
2. Forehead on the floor.
3. Bend your hands from your elbows and place your chin in between your palms.
4. Toes point backward.
5. Maintain it for sometime, keep breathing natural and normal.
6. Slowly with control release your chin then your hands and relax in Makar Asana.

Hold Time: 15 sec to 45 sec. Final position.

Do's and Don'ts :

1. Do not practice if you have a strain in your neck region.
2. Hold it easiness and lets comeback if you feel any dis-comfortness.

Benefits

1. Helps to get rid of any problems related to thyroid.
2. Very good practice for your upper back pain.
3. Very good practice to relax your self.

SHALBHA ASANA



Practice

1. Legs together, hands under your thighs, chin on the floor.
2. Raise both of your legs together as per your own capacity without bending them from your knees.
3. Hold it for sometime with natural and normal breathing.
4. Slowly release your legs first and then your hands, relax your self in Makar Asana.

Hold Time: 15 sec to 45 sec in final position.

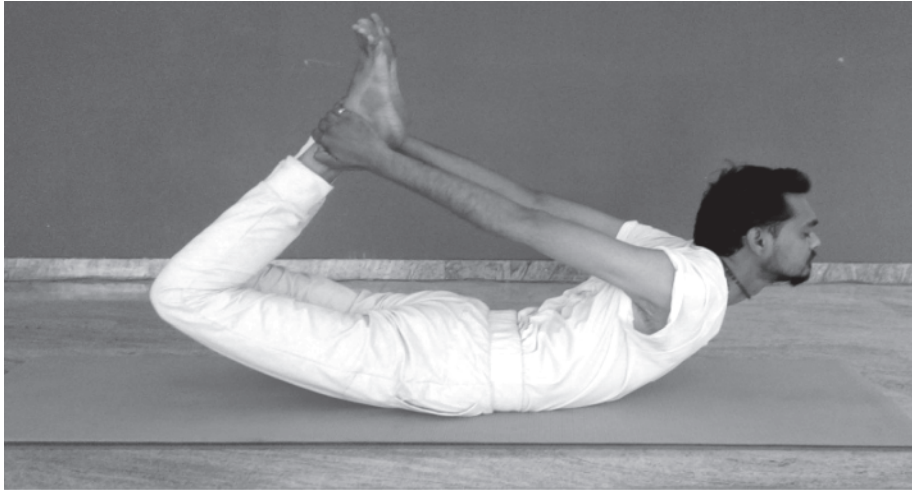
Do's and Don'ts :

1. Do not bend your legs from your knees.
2. Do not raise your chin from the floor.
3. Keep breathing natural and normal.
4. Maintain it as per your own capacity.

Benefits

1. Good practice to train your thigh muscles and your abdominal muscles.
2. Good practice for your digestive system.
3. Helps to make your back more flexible.
4. Good practice for lower back pain.

DHANUR ASANA (SIMPLE)



Practice

1. Legs together, hands by the side of your thighs forehead on the floor.
2. Bend your legs from your knees, hold your ankle joints with the help of your hands and pull your thighs towards the sky.
3. Raise the upper part of your body as well towards the sky and let's maintain it for sometime with natural breathing.
4. Slowly release the upper part of your body first then your thighs.
5. Release your hands then your legs.
6. Relax yourself in the final position.

Hold Time: 15 sec to 30 sec in final position.

Do's and Don'ts :

1. Hold it as per your capacity.
2. People who have gone through any kind of heart surgery/ abdominal surgery recently in the past 6 months, kindly do not practice this.

Benefits

1. Good practice for those who are suffering from Arthritis, Asthma, Diabetes, heart problems.
2. Good practice to get rid of your excessive weight.
3. Very good practice for your arms, shoulders and thighs, knees as well.

MARJAR ASANA (CAT POSE)



Practice

1. Sit on your knees and your hands. Take the position of an four legged animal.
2. Stretch your back by pressing your abdomen towards the floor. Pull your butt and head towards the sky.
3. Slowly Contract your back by pushing your back towards the sky and your chin should touch your chest.
4. Repeat the contraction and stretching of your back several times with easiness.
5. After completing, lets sit-up in Danda Asana.



Hold Time: 10 sec in each pose

Do's and Don'ts :

1. Do it as slow as possible.
2. Keep your breath natural and normal.
3. Practice it daily.
4. Can be done by anyone.

Benefits

1. Good practice for back pain.
2. Cervical and lumbar pain can be cured if practiced daily.
3. Regular practice will help you to get rid of the problems like slipped disc etc.
4. Best practice for those who work a lot sitting on chair at one place.

VAKRA ASANA (TWISTING POSE)



Practice

1. Legs together, back straight.
2. Bend your right leg from your knee. Keep the right foot in line with your left knee.
3. Right hand will give support to our back and left hand will cross the right knee and twist you completely towards the right side.
4. Hold it for sometime with easiness.
5. Slowly release your head first, then your hands, and then your leg.
6. Repeat from other side.
7. Left foot inline with right knee.
8. Left hand will give support to our back/ spine.
9. Right hand will cross the left knee and twist yourself towards the left side.
10. Maintain it for some time.
11. Slowly release in reverse order and relax in Danada Asana.

Hold Time: 15 to 30 sec in each pose.

Do's and Don'ts :

1. Try to keep your back straight.
2. Shoulder will be relaxed.
3. Keep breathing natural and normal.
4. Do not hold your breath.
5. Maintain it for sometime with easiness and with out any strain.

Benefits

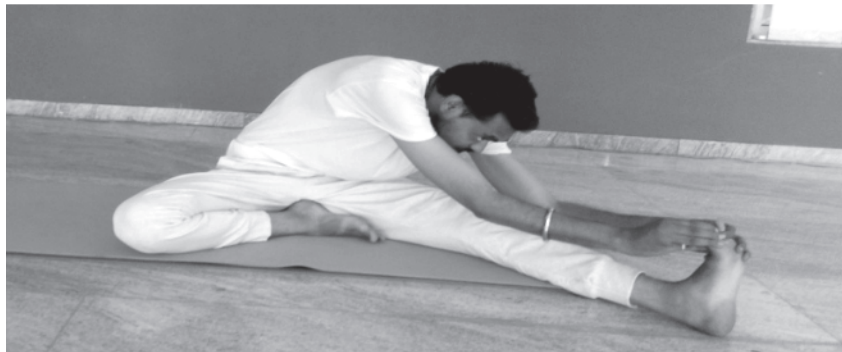
1. Very good practice for abdominal fat.
2. Very good practice for your spine.
3. Very good practice for your activate your digestive system.
4. Very good practice for those who are suffering from Gastritis, constipation.
5. Good practice for your heart, lungs and pancreass etc.

JANU SHIR ASANA



Practice

1. Legs together, back straight and hands by the side of your thighs.
2. Stretch your left leg.
3. Bend your right leg and place your right foot on your left thigh.
4. Stretch your hands and your back and bend forward slowly and hold the toe of your left leg.
5. Look straight and maintain it for sometime.
6. Slowly release your hands and then your leg.
7. Repeat from other side.
8. Bend your left leg, place your left foot on right thigh.
9. Stretch yourself and bend forward.
10. Maintain it for sometime with easiness.
11. Slowly release and relax in Danda Asana.



Hold Time: 30 sec in each pose.

Do's and Don'ts :

1. Maintain it with easiness and as per your capacity.
2. Look straight while holding your toes.
3. Keep breathing natural and normal.
4. Try to bend forward as much as your can.

Benefits

1. Very good practice for your thighs.
2. Very good practice for your lower back.
3. Best practice to improve the flexibility of your spine, thighs, and hips.

PASCHIMOTTAN ASANA



Practice

1. Legs together, back straight and hands by the side of your thighs.
2. Stretch your hands by the side of your ears and bend yourself from your lower back.
3. Try to hold your toes with the help of your fingers, bend your elbows towards the floor.
4. Try to touch your forehead on your knees.
5. Slowly release your head, hands and then then bring your spine perpendicular to the floor.
6. Release and relax yourself in Danda Asana.

Hold Time: 15 to 30 sec. In Final position

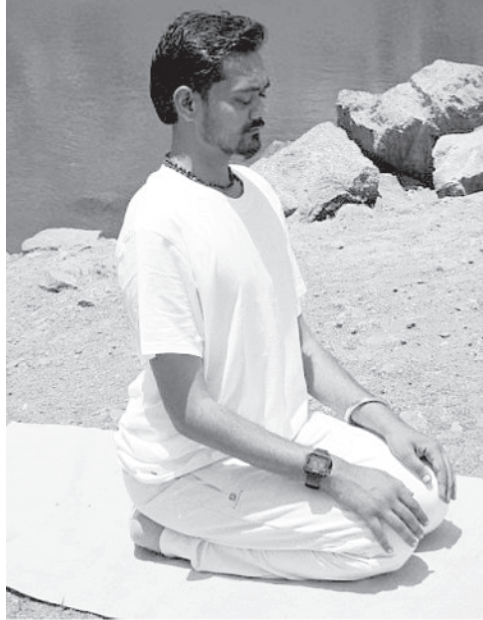
Do's and Don'ts :

1. Try to bend from your back.
2. Do not bend your legs from your knees.
3. Hold it as per your own capacity.
4. People went through any surgery in their abdomen recently in past six months should not practice.
5. People suffering from acute back pain, kindly practice after the pain is reduced.

Benefits

1. Very good practice to make your spine more flexible.
2. Very good practice to get rid of your abdominal fat.
3. Very good practice to get rid of your Ego.
4. Prepares your thighs to be more flexible and make them stronger.
5. Very good practice for your digestive system and sexual organs.
6. Makes your spine healthier and keeps you away from disease like kidney stone, Constipation, Asthama etc.

VAJRA ASANA



Note: It is advisable to perform this practice after every meal for 10 – 15 min, in order to help your food to get digested properly.

Practice

1. Legs together, Hands by the side of your thighs, back straight.
2. Bend your legs one by one from your knees and sit on your heels.
3. Keep your back straight.
4. Keep your Head, neck, trunk in one Line.
5. Keep your hand on your knees, keep breathing natural and normal.

Hold Time: 2 – 3 min

Do's and Don'ts :

1. Back Straight.
2. Toes pointing backward.
3. Complete body weight should be on your heels.
4. Maintain it with easiness.

Benefits

1. Very good practice to make your digestive system more active.
2. Very good practice to strengthen your knees and thighs.
3. Strengthen the muscles of our foot and strengthen the joints in our foot.
4. helps to strengthen the sciatic nerves.

SUPTA VAJRA ASANA



Practice

1. Take the position of Vajra Asana.
2. Take some distance between your feet and keep both of your but on the floor.
3. Bend your hands from your elbows and press them on the floor, try to lie down on the floor on your back.
4. Try to keep your back straight.
5. Now take your right hand and place it under your left scapula and left palm under your right scapula.
6. Hold it for some time, keep breathing, natural and normal.
7. Slowly release your hands, with the help of your hands, pressing your elbows try to lift your back.
8. Try to bring your back perpendicular to the floor.
9. Slowly release your legs, and relax in Danda Asana.

Hold Time: 15 – 20 sec

Do's and Don'ts :

1. Try to adopt the final posture as slow as possible with caution.
2. Very hard practice for those whose back is very stiff.
3. Do not rush through the practice while coming back, you might hurt your back.
4. Person going through acute back pain please do not perform this practice.

Benefits

1. Very good practice for those who are suffering from back pain.
2. Helps to stretch your back completely.
3. Helps to make your spine more flexible.
4. Backward bending practice always accompany after Pacchimotoana Asana will give 100 % effect.
5. Very good practice for your thighs, Knees and sexual organs.
6. Good practice for diabetes, asthma, kidney stone, arthritis etc.

PARVAT ASANA (MOUNTAIN POSE)



Practice

1. Take any Meditative posture (Padmasana, Ardh Padmasana, Vajra Asana etc.).
2. Stretch your hands by the side of your ears and join them above your head in Namashkar Mudra.
3. Keep your head, neck and trunk in one line.
4. Try to keep your face straight.
5. Spine should be erected to its full length and should be straight.
6. Maintain it for sometime keep breathing natural and normal.
7. Slowly release your hands and release your legs , relax yourself in Danda Asana.

Hold Time: 2 – 3 min

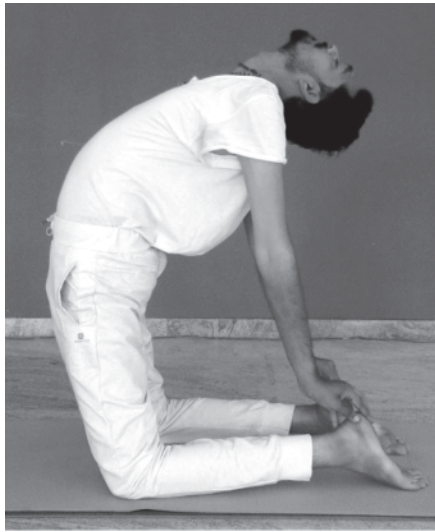
Do's and Don'ts :

1. Hold it as per your own capacity.
2. Keep your forehead relaxed, maintain it easiness.

Benefits

1. Very good practice for those who are spacey minded.
2. Very good practice to ground yourself to this practical world.
3. Very good practice for your arms, Shoulders, chest, and neck.
4. Helps to train your body muscles for higher yogic practices such as Pranayama, Dhyana, and Meditation etc.
5. Helpful for those who are suffering from anxiety and hypertension.

USHTRA ASANA (SITTING BACKWARD BENDING)



Note: Those who cannot touch their heels, can give support of your hands to your back and then Backward bending.

Practice

1. Sit in Vajra Asna.
2. Take some distance between your knees.
3. Stand on your knees, raise your hands parallel to the floor.
4. Slowly raise your hands and bring them at the back and hold your respective heels.
5. Loosen up your head towards the backward, and Push your hip towards the front.
6. Look backward, stretch your neck.
7. Maintain it for some time, keep breathing natural and normal.
8. Slowly bring your head first, then your hands one by one.
9. Slowly sit in Vajra Asana, keep ing your knees together.

Hold Time: 15 to 45 sec

Do's and Don'ts :

1. Maintain it as per your own capacity.
2. Do not give strain to your neck and keep it relaxed.
3. While coming back, kindly come back in reverse order.
4. Sit very slowly while coming back from the posture.

Benefits

1. Very good practice for your spine.
2. Helpful practice for those who are really Stiff physically and mentally both.
3. Very good practice for your lungs, Chest, Heart and Digestive system.
4. Best practice for thyroid and Para thyroid glands.
5. Best practice for tonsils.

SHASHANK ASANA (RABBIT POSE)



Note: Those who have a huge belly can take some distance between their knees and then bend forward.

Practice

1. Sit in Vajra Asana.
2. Forward Bend from your lower back and slide down your hands on the floor.
3. Touch your forehead on the floor and relax.
4. Do not raise your butts from your heels.
5. Maintain it for sometime, keep breathing natural and normal.
6. Slowly release your head, hands and then your back.
7. Release your legs and relax yourself in Danda Asana.

Hold Time: 1 - 3 min

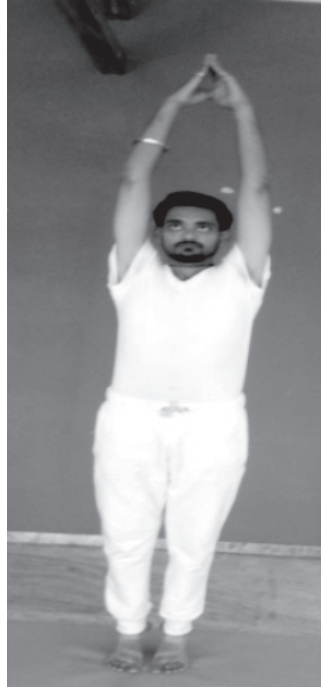
Do's and Don'ts :

1. Maintain it with easiness.
2. Do not raise your butts from your heels and keep breathing while in final position.

Benefits

1. Best practice to make you more creative, Active and innovative.
2. Very good practice to relax yourself quickly.
3. Helps with the rich blood flow towards your brain.
4. Best practice who are lazy and very slow.
5. Helps to get rid of Stress.

TADA ASANA (STANDING POSITION)



Practice

1. Legs Together, hands by the side of your thighs.
2. Slowly raise your hands parallel to each other and stand up on your toes.
3. Stretch your body and maintain it on your toes for some time.
4. Keep your focus at a single point so as to balance yourself for a while.
5. Maintain it with easiness and keep your breathing natural and normal.
6. Slowly release your hands and your legs, relax in Vishram Awastha

Hold Time: 30 – 45 sec

Do's and Don'ts :

1. Hold it for some time, let's not comeback quickly.
2. Keep your body in one line and let not move it.
3. Stretch yourself as much as you can.

Benefits

1. Very good practice to strengthen your sciatic nerves.
2. Very good practice for slipped disc.
3. Very good practice to improve balance between your body and mind.

KATI CHAKRA ASAN (STANDING)



Practice

1. Legs together, bend your hands from your knees and bring your hands closer to your chest.
2. Keep your palms facing towards the floor, elbows in-line with your shoulders.
3. Slowly Twist yourself towards the Right side and try to look at your right thumb, hand straight.
4. Maintain it for some time, with natural breathing.
5. Slowly comeback to the center.
6. Lets repeat from other side.
7. Slowly comeback to the center, release your hands and then your legs.
8. Relax in VishramAwastha.

Hold Time: 15 to 25 sec in each side

Do's and Don'ts :

1. Keep your legs together.
2. Hands will be in line with your shoulders.
3. Try to twist as much as you can.

Benefits

1. Very good practice for spine.
2. Very good practice for Asthma, and Diabetes.
3. Very good practice for your heart.
4. Very good practice for your cervical pain.

SIDE BENDING CHAKRA ASNA (LATERAL)



Practice

1. Legs together, hands by the side of your thighs.
2. Raise your right hand up to shoulder level, change your palm. Take inline with your ear.
3. Stretch your right hand and bend towards the left side.
4. Maintain it for some time, keep breathing natural and normal.
5. Slowly come back, release your right hand and lets repeat it from other side.
6. Raise your left hand, in-line with your ear, stretch it more and bend towards the right side.
7. Lets maintain it for sometime.
8. Slowly come back in reverse order.
9. Release and relax in Vishram Awastha.

Hold Time: 15 – 20 sec in each side.

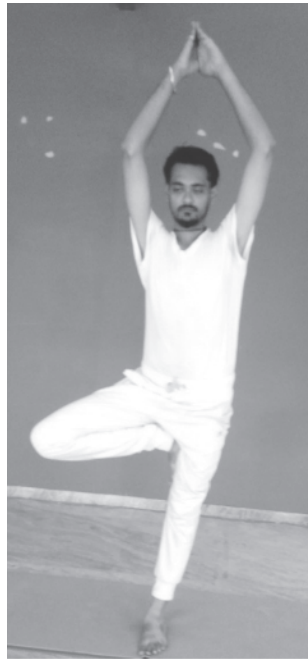
Do's and Don'ts :

1. Keep your hands inline with your ear.
2. Keep your body in one line.
3. Your hand should not bend from your elbows.
4. Try to keep knees straight.

Benefits

1. Very good practice to burn your side fat.
2. Very good practice to strengthen your arms, scapula and ribs.
3. Very good practice to make your spine more flexible.
4. Very good practice for diabetes.

VRIKSHA ASANA



Practice

1. Legs Together, hands by the side of your thighs.
2. Bend your Right leg from your knee and keep the right foot on left thigh.
3. Join your hands in Namashkar Mudra. Keep your back straight.
4. Maintain it for some time, with natural breathing.
5. Slowly release your hands and then your right leg.
6. Try from left leg.
7. Maintain it for sometime.
8. Slowly come back and relax in Vishram Awastha.

Hold Time: 15 – 30 sec

Do's and Don'ts :

1. Acquire the final position slowly.
2. Try to avoid jerky / hasty movements while holding the posture or while coming back from the final position.
3. People went through any surgery or muscle rapture in thigh region within past 2-3 months should not practice it.

Benefits

1. Very good practice to improve balance in your life, mentally, physically and Spiritually.
2. Very good practice for varicose veins, Sciatic nerve Hypertension, anxiety etc.
3. Helps to strengthen your legs and helps to improve the coordination between leg and brain.

TRIKONA ASANA



Practice

1. Legs together, hands by the side of your thighs.
2. Take some distance between your legs.
3. Right foot in 90 degree from left foot.
4. Bend your right leg from right knee.
5. Raise your hands parallel to the floor and in-line with your shoulders.
6. Twist your spin towards the right side.
7. Left hand should be placed beside your right foot.
8. Right hand should be pointing towards the sky.
9. Look at your right thumb.
10. Maintain it for sometime with natural and normal breathing.
11. Slowly comeback in reverse order.
12. Repeat from your left leg.

Hold Time: 15 – 20 sec in each side.

Do's and Don'ts :

1. Acquire the final position slowly.
2. Try to avoid jerky / hasty movements while holding the posture or while coming back from the final position.
3. People having any kidney issues in recent past 3- 4 months kindly do not practice it.

Benefits

1. Very good practice fro your hip joints.
2. Very good practice for Asthama, Lungs, Digestive system, Liver etc.
3. Very good practice to strengthen your thighs and knees.
4. Very good practice for your excessive abdominal fat.

PADA HASTA ASANA



Practice

1. Legs together, Hands by the side of your thighs.
2. Raise your hands by the side your ears and stretch them as much as your can.
3. Slowly bend your back forward from your lumber region (Lower back).
4. Try to touch your palms on the floor by the side of your respective foot.
5. Let's not bend our legs from our knees.
6. Try to touch your forehead on your knees.
7. Maintain the final posture for some time with natural breathing.
8. Slowly with controlled movement lets come back to the center. Release and relax.

Hold Time: 20 – 40 sec

Do's and Don'ts :

1. Avoid jerky and hasty movement.
2. Lets hold the final posture and let's not move our body in final position.

Benefits

1. Very good practice for your excessive abdominal Fat.
2. Very good practice for your brain, Knees, thighs, lower back pain etc.
3. Very good practice for heart, liver and kidney.
4. Strengthen your knees and thighs.
5. Helps to get rid of EGO

CHANDRA ASANA (BACKWARD)



Practice

1. Legs together, hands by the side of your thighs.
2. Bring your hands on your hips and bend yourself backward as much as you can.
3. Loosen up your head completely towards the backside.
4. Maintain the same for some time.
5. Slowly bring your head first and then your body, release and relax.

Hold Time: 15 – 30 sec

Do's and Don'ts :

1. Avoid jerky and hasty movement.
2. Let's hold the final posture and let's not move our body in final position.

Benefits

1. Very good practice to improve the flexibility of your spine.
2. Helps to get rid of problems related to thyroid.
3. Very good practice for lower back pain and cervical region as well.

NOTE :

After completing your asana practice lets, sit in any meditative posture. Keeping your back Straight, Head, neck and trunk in one line. Relax down your shoulders. Try to focus on your breathing for some time. Try to feel the effect of the practices you have gone throughout this one hour.



PRANAYAMA PRACTICE

Anulom Vilom / Nadishodhan Pranayam –

Anulom Vilom Pranayama or alternate nostril breathing exercise is one of the main practices of Pranayama. Anulom Vilom Pranayama is mentioned in the yogic texts Hatha Yoga Pradeepika, Gheranda Samhita, Tirumandiram, Siva Samhita, Puranas and in the Upanishads.

In the practice of pranayama, inhalation (called Puraka), retention (called Kumbhaka) and exhalation (called Rechaka) is used. Anulom Vilom pranayama can be practiced with or without Kumbhaka (holding of breath). Beginners should start the practice without Kumbhaka.

The duration of inhalation and expiration depends entirely on the capacity of the practitioner. Start with whatever you are comfortable with – say 4 seconds inhalation and 4 seconds exhalation. Later it can be increased up to 20 seconds or even more.

In Anulom Vilom pranayama, breathing is done only through one nostril which is alternated. During this process, the other nostril is closed using the fingers. The thumb is used to close the right nostril and the ring finger is used to close the left nostril.

Anulom Vilom Pranayama is an advanced practice (esp. when done with retention of breath). It has to be learned from a yoga expert. Those suffering from heart ailments or blood pressure problems (high as well as low) should avoid retention of breath during the process. They may do the Anulom Vilom pranayama without holding the breath. Also, consult a doctor if you have any medical condition before taking up the practice.

The purpose of Pranayama is to control the breathing mechanism which is an involuntary process. Breathing goes on even in our sleep as it is controlled by the central nervous system. With regular practice of pranayama, this process can be brought into our conscious control to some extent. In the yoga text Hatha Yoga Pradeepika, the breath is compared to a

wild animal. Just as elephants, lions and tigers can be controlled with steady and prolonged training, the yogi also brings the breath under his control with constant practice.

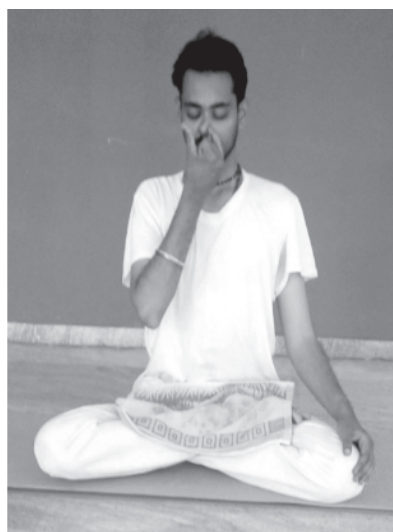
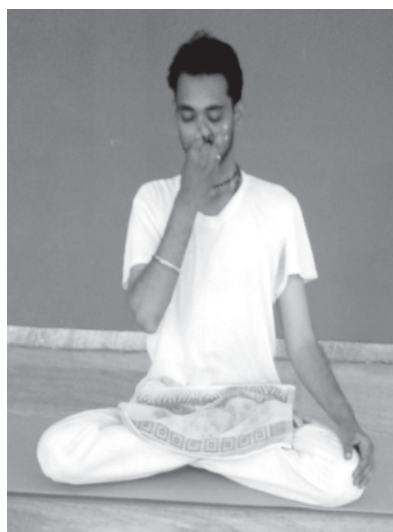
The practice of Pranayama should be taken up with care. Do not overdo the practice. Do not increase the duration of inhalation and exhalation beyond your limit. Also with Kumbhaka (retention), the practitioner should be very careful. It is said in Hatha Yoga Pradeepika that pranayama can cure all diseases. But, if done improperly, it may create diseases, which cannot be cured easily even through medical treatment. Hence one should be very cautious and increase the level of practice over a comfortable period of time. It is advisable to consult an accomplished yogi before taking up higher levels of practice.

Anulom Vilom pranayama should be done on an empty stomach, preferably in the morning after evacuation. It can also be done in the evening with a gap of 4 hours after the last meal. Also, avoid doing Anulom Vilom pranayama with retention of breath when the temperature is hot. Retention of breath can cause an increase in body temperature and should be done in a cool climate.



How to do Anulom Vilom Pranayama (Alternate Nostril Breathing)?

1. Sit in a steady asana. Padmasana is most suited for the practice. Siddhasana and Vajrasana may also be used.
2. Close the right nostril with your thumb and draw in air from the left nostril. Do this as slowly as you can, till your lungs are full.
3. Now release the thumb and close the left nostril with your ring finger. Then breathe out slowly through the right nostril.
4. Next take the air in from the right nostril and then release it through the left nostril (after closing the right nostril with the thumb).
5. This is one round of Anulom Vilom Pranayama.
6. Start with 5 rounds and increase it up to 20 rounds in one sitting.
7. Also, the duration of inhalation can start from 2 seconds and go up to 20 seconds or even beyond.
8. One can have one sitting in the morning and one in the evening. For advanced practitioners, the yogic texts recommends four sittings – one in the morning, one at noon, one in the evening and one at midnight. But for all practical purposes, two sittings (one in morning and one in evening) are enough.
9. After one has reached a certain level of proficiency, one can add Kumbhaka or retention of breath to the practice.



Ratio of Inhalation, Retention and Exhalation

Pranayama practitioners start with the ratio of 1:1 for inhalation and exhalation. For example if you inhale for 4 seconds through one nostril, then the exhalation from the other nostril is also 4 seconds. As you progress, the ratio can be changed to 1:2, which means if inhalation is 4 seconds, then exhalation is 8 seconds.

Once you add Kumbhaka (retention of breath), the ratio can start with 1:1:1. For example, 4 seconds of inhalation, 4 seconds of retention and 4 seconds of exhalation. With further progress, the ratio can be increased to 1:1:2, 1:2:2, 1:4:2, etc. The ratio of 1:4:2 is mentioned in most classic yoga texts. Those who practice advanced ratios of this pranayama, should eat only Satvic food (pure, nourishing and light).

Benefits of Anulom Vilom Pranayama (Alternate Nostril Breathing)

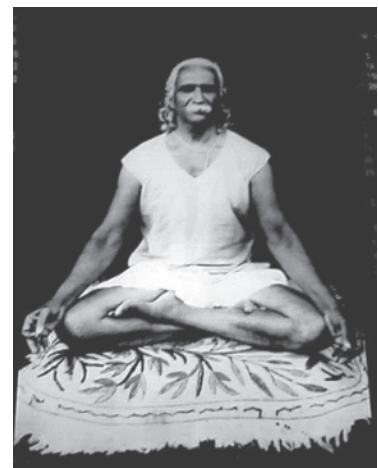
1. Anulom Vilom Pranayama cleans the pranic channels and makes the prana flow freely in the entire body. The nadis or the pranic energy channels are purified. Hence this pranayama is also called Nadi Shodhana Pranayama.
2. Purification of the energy channels ensures proper supply of pranic energy to all the organs enhancing the overall health of the body.
3. Anulom Vilom Pranayama balances the two main energy channels –Ida and Pingala. It balances the two hemispheres of the brain, bringing about peace and tranquility.
4. When the Ida and Pingala nadis are balanced, it awakens the central channel called Sushumna Nadi.
5. It removes toxins from the body.
6. Prolonged practice of Anulom Vilom Pranayama leads to next stage of yoga, which is Pratyahara or withdrawal of the senses. This enables the practitioner to progress towards higher practices of Dharana, Dhyana and Samadhi.
7. It can reduce weight in some practitioners depending on their body constitution and is a good practice for obesity.

Yoga has a complete message for humanity.
It has a message for the human body.
It has a message for the human mind.
And it has also a message for the human soul.

- Swami Kavalayanada.

Astanga yoga or way of life –

- Yama- Bridge between you and your society (Social Conduct).
- Niyams Bridge between you & your inner self (Personal Conduct).
- Asana – bridge between you and your body.
- Pranayama - bridge between you and your mind.
- Pratyahar- bridge between you and your sense organ.
- Dharna - bridge between you and your consciousness.
- Dhyana - bridge between you and your superconsciousness.
- Samadhi – you are fully integrated.



Simple energetic plan

- Supta Tada Asana (Hold 30 sec in each Postion)
- Parvatasana- 1 to 2 min.

Benefits-

- Reduces lethargy.
- Improves health of lung and thoracic cage.
- Increases tone of abdominal muscles.
- Improves the health of spine and associated muscles.
- Channelization of the energy.

For Better abdomen-(Plan-1)

- Pavanmuktasana
- Crocodiles.
- Yogamudra.
- Bhujangasana. (simple and with twist)
- Salabhasana
- Dhanurasana
- Ek pad shalabhasana.(simple and with twist)

For acute back Pain

- Makarasana.
- Matsyaasana.
- Simple pavanmuktasana. (without raising head)
- Marjar Asana

For healthy neck, Shoulder & Upperback

- Bhujangasana.
- Uttanmandukasana
- Baddhagomukhasana
- Parvatasana
- Brahammudra

For Hypothyroid, lethargic person

- Setubandh Asana (Bridge Pose) - 02 rounds
- Simhm Asana - 05 rounds.
- Jivha bandh - 05 rounds.
- Bramhmudra - 05 rounds.
- Kapalbhathi - 03 rounds 10 to 30 strokes in each round
- Sauryabhedana - 1 round (10 Breath through your Right Nostril and Exhale through Left Nostril).
- Ujjai pranayama - 20 Breath
- Bhramari Pranayama - 20 Breath.

When you get exhausted

- Shavasana.
- Makarasana
- Balkridasana / Shava Asana
- Breath awareness.
- Body awareness.

For healthy back- in injured peoples

- Niralambasan
- Simple bhujangasana
- Ek pad shalabhasana.
- Marjarasana.
- Ek pad uttanasana.
- Setubandhasana.
- Pavanmuktasana.(simple)
- Chakrasana- (side bending/kati)
- Parvatasana

Knee arthritis

- Dandasana.
- Ekpaduttanasana
- Ardhsalabhasana
- Crocodile variations

Abdominal Obesity

- Uttanpadasana/ekpad uttanasana.
- Salabhasana
- Dhanurasana
- Paschimuttanasana
- Ushtrasana.
- Vakrasana.
- Advanced crocodiles

How to calm down in anxiety

- Watch the breath.
- Slow down the breath.
- Count the breath.

For respiratory disorder

- Those asanas which gives more stretching, contraction & twisting to our chest are more effective.
- Jalaneti
- Vamana dhauti
- Kapal Bhati
- Ujjai

Diabities

- Pavanmuktasana
- Bhujangasana
- Ardhasalabhasana & twisting
- Crocodile practices
- Vakrasana
- Yogamudra
- Sidebending chakrasana
- Katichakrasana

For emotional & mental stability

- 10 rounds anuloma viloma
- 10 rounds omkar /amin/amen
- 10 rounds gaytri mantra

“This practice is called as kriya yoga”

Thank You

Pankaj Sharma

The yoga Teacher / Instructor

9096560204



Shiva Tandava Mantra is a great prayer of Dancing Shiva and those who reads Siva Tandav Stotra at the end of every worship or, reads it after worship of Lord Shiva on the Pradosha day, will get by the blessing of Lord Shiva, and the affectionate sight of god of wealth.

Shiva Tandava Stotram

**Jatatavee galajjala pravaha pavitasthale,
Gale avalabhya lambithaam bhujanga tunga malikaam,
Damaddamaddama ddama ninnadava damarvayam,
Chakara chanda tandavam tanotu na shivh shivam. -----1**

That Shiva, Who have long-garlands of the snake king (cobra) at the neck which is purified by the flow of trickling water-drops in the forest-like twisted hair-locks, Who danced the fierce Tāṇḍava-dance to the music of a sounding-drum, — may bless us.[1]

**Jata kataha sambhramabhramanillimpa nirjari,
Vilola veechi vallari viraja mana moordhani,
Dhaga dhaga dhaga jjwala lalata patta pavake,
Kishora Chandra shekare ratih prati kshanam mama----- 2**

At every moment, may I find pleasure in Shiva, Whose head is situated in between the creeper-like unsteady waves of Nilimparijharī (Gaṅgā), in whose head unsteadily fire (energy) is fuming the like twisted hair-locks, Who has crackling and blazing fire at the surface of forehead, and Who has a crescent-moon (young moon) at the forehead.[2]

**Dhara dharendra nandini vilasa bhandhu bhandura,
Sphuradriganta santati pramoda mana manase,
Kripa kataksha dhorani niruddha durdharapadi,
Kwachi digambare mano vinodametu vastuni----- 3**

May my mind seeks happiness in Shiva, Whose mind has the shining universe and all the living-beings inside, Who is the charming sportive-friend of the daughter of the mountain-king of the Earth (Himālaya's daughter parvati), Whose uninterrupted series of merciful-glances conceals immense-troubles, and Who has direction as His clothes.[3]

**Jata bhujanga pingala sphurat phana mani prabha,
Kadamba kumkuma drava pralipta digwadhu mukhe,
Madhandha sindhura sphuratwagu uttariyamedure,
Manovinodamadbhutam bibhartu bhoota bhartari----- 4**

May my mind hold in Shiva, by Whom — with the light from the jewels of the shining-hoods of creeper-like yellow-snakes — the face of Dikkanyās' are smeared with Kadamba-juice like red Kunkuma, Who looks dense due to the glittering skin-garment of an intoxicated elephant, and Who is the Lord of the ghosts.[4]

**Lalata chatwara jwaladdhanam jaya sphulingaya,
Nipeeta pancha sayakam namannilimpanayakam,
Sudha mayookha lekhaya virajamana shekharam,
Maha kapali sampade, sirijjatalamastunah----- 5**

For a long time, may Shiva — Whose foot-basement is grey due to the series of pollen dust from flowers at the head of Indra (Sahasralocana) and all other demi-gods, Whose matted hairlocks are tied by a garland of the king of snakes, and Who has a head-jewel of the friend of cakora bird — produce prosperity.[5]

**Sahastralochana prabhityashesha lekha shekhara,
Prasoonā dhooli dhorani vidhu saranghripeethabhuh,
Bhujangaraja Malaya nibaddha jaata jootakah,
Shriyai chiraya jayatam chakora bandhu shekharah. ----- 6**

May we acquire the possession of tress-locks of shiva, Which absorbed the five-arrows (of Kaamadeva) in the sparks of the blazing fire stored in the rectangular-forehead, Which are being bowed by the leader of supernatural-beings, Which have an enticing-forehead with a beautiful streak of crescent-moon.[6]

**Karala bhala pattika dhagaddhadhadgaddha gajjwala,
Ddhananjayahuti kruta prachanda panchasayake ,
Dharadharendra nandini kuchagra chithrapathraka,
Prakalpanaikashilpini, trilochane ratirmama-----7**

May I find pleasure in Trilocana, Who offered the five great-arrows (of Kāmadeva) to the blazing and chattering fire of the plate-like forehead, and Who is the sole-artist placing variegated artistic lines on the breasts of the daughter of Himālaya (Pārvatī).[7]

**Naveena megha mandali niruddha durdharatsphurat,
Kuhuh nisheethineetamah prabandha baddha kandharah.
Nilimpa nirjhari dharastanotu krutti sundarah,
Kalanidhana bandhurah shriyam jagat durandharah-----8**

May Shiva — Whose cord-tied neck is dark like a night with shining-moon obstructed by a group of harsh and new clouds, Who holds the River Gaṅgā, Whose cloth is made of elephant-skin, Who has a curved and crescent moon placed at the forehead, and Who bears the universe — expand [my] wealth.[8]

**Prafulla neela pankaja prapancha kalimaprabha,
Valambi kantha kandali ruchi prabandha kandharam,
Smarchchhidam purachchhidam bhavachchhidam makhachchhidam,
Gajachchhidandha kachchhidam tamant kachchhidam bhaje-----9**

I adore Shiva, Who supports the dark glow of blooming blue lotus series at around the girdle of His neck, Who cuts-off Smara (Kāmadeva), Who cuts-off Pura, Who cuts-off the mundane existence, Who cuts-off the sacrifice (of Dakṣa), Who cuts-off the demon Gaja, Who cuts-off Andhaka, and Who cuts-off Yama (death).[9]

**Akharva sarva mangalaa kalaa kadamba manjari,
Rasa pravaha madhuri vijrumbhane madhuvritam,
Smrantakam, purantakam, bhavantakam, makhantakam,
Gajantakandhakantakam tamantakantakam bhaje-----10**

I adore Shiva, Who only eats the sweet-flow of nectar from the beautiful flowers of Kadamba-trees which are the abode of all important auspicious qualities, Who destroys Smara (Kāmadeva), Who destroys Pura, Who destroys the mundane existence, Who destroys the sacrifice (of Dakṣa), Who destroys the demon Gaja, Who destroys Andhaka, and Who destroys Yama (death).[10]

**Jayatwadabhra vibhrama bhramadbujanga mashwasad,
Vinirgamat, kramasphurat, karala bhala havya vaat,
Dhimiddhimiddhimi maddhwanan mridanga tunga mangala,
Dhwani krama pravartitah prachanda tandawah shivah.-----11**

May Shiva, Whose dreadful forehead has oblations of plentiful, turbulent and wandering snake-hisses — first coming out and then sparking, Whose fierce tãᅇᅇava-dance is set in motion by the sound-series of the auspicious and best-drum (ᅇamaru) — which is sounding with ‘dhimit-dhimit’ sounds, be victorious.[11]

**Drushadwichitra talpayor bhujanga mauktikastrajor,
Garishtha ratna loshtayoh suhrid wipaksha pakshayoh,
Trinara vinda chakshushoh praja mahee mahendrayoh,
Sampravrittikah katha sadashivam bhajamyaham.----- 12**

When will I adore SadāShiva with an equal vision towards varied ways of the world, a snake or a pearl-garland, royal-gems or a lump of dirt, friend or enemy sides, a grass-eyed or a lotus-eyed person, and common men or the king.[12]

**Kada nilimpa nirjharee nikunja kotare vasan,
Vimukta durmatih sada shirahstha manjali vahan,
Vilola lola lochane lalama bhala lagnakah,
Shiveti mantra muchcharan kada sukhee bhavamyaham.----- 13**

Living in the hollow of a tree in the thickets of River Gaᅇgā, always free from ill-thinking, bearing aᅇjali at the forehead, free from lustful eyes, and forehead and head bonded, when will I become content while reciting the mantra “Shiva?”[13]

**Nilimpnath naagaree kadamb mauli mallika,
nigumpha nirbharkshanm dhooshnika manoharah.
tanotu no manomudam vinodineem maharshinam,
parshriyam param padam tadanjatvisham chayah.-----14**

Divine beauty of different parts of Lord Shiv which are enlightened by fragrance of the flowers decorating the twisted hairlocks of angles may always bless us with happiness and pleasure.[14]

**prachanda wadavaanal prabha shubh pracharinee,
mahaasht siddhi kaaminee janavahoot jalpana.
vimukta vaam lochano vivaah kaalikdhvanih,
shiveti mantra bhooshano jagajjayaay jaaytaam.-----15**

The Shakti (energy) which is capable of burning all the sins and spreading welfare of all and the pleasant sound produced by angles during enchanting the pious Shiv mantra at the time of Shiv-Parvati Vivah may winover & destroy all the sufferings of the world.[15]

**Imam hi nitya meva mukta muttamottamstavam,
Pathantaram bhunannaro vishuddhmeti santatam,
Hare Gurau sa bhaktimashu yati nanyatha gati,
Vimohanam hi dehinaa tu shankarasya chitanam.----- 16**

Reading, remembering, and reciting this eternal, having spoken thus, and the best among best eulogy indeed incessantly leads to purity. In preceptor Hara (Śhiva) immediately the state of complete devotion is achieved; no other option is there. Just the thought of Śhiva (Śhankara) is enough for the people.[16]

**Poojivasana samaye dasha vaktra geetam,
Yah shambhu poojana param pathati pradoshe,
Tasyasthiraam ratha gajendra turanga yuktaam,
Lakshmeem sadaiva sumukheem pradadaati shambuh.-----17**

At the time of prayer-completion, that who reads this song by Daśavakra (Rāvaṇa) after the prayer of Śambhu — Śambhu gives him stable wealth including chariots, elephants and horses, and beautiful face.[17]

Iti Shree Ravanavirachitam, Shiva tandava stotram, Sampurnam.