



**SHRI VIVEK TIWARI**  
**ICCR YOGA TEACHER**  
**SAINT PETERSBURG RUSSIA**  
**TWO YEARS WORK REPORT**



**MUMBAI**



**INDIA**



**SAINT PETERSBURG**



**RUSSIA**

**ICCR  
SELECTION  
LETTER  
VIVEK**



भारतीय | INDIAN  
सांस्कृतिक | COUNCIL FOR  
सम्बंध | CULTURAL  
परिषद् | RELATIONS

Sanjay Vedi  
Programme Director (ICC)

No.ICC/552/43/2014-15  
21.04.2015

Dear *Mr. Tiwari,*

It is my pleasure to inform you that the Selection Committee for the selection of Yoga Teacher-cum-Performer for assignment abroad has, on the basis of a screening process, personal interviews, overall knowledge, communication skills and practical demonstration conducted during 25<sup>th</sup> to 27<sup>th</sup> March, 2015, recommended your name to be placed on the panel of Yoga Teacher-cum-Performer on merit basis. The panel will be valid for a maximum period of four years from 13.04.2015 to 12.04.2019 or till its exhaustion whichever is earlier. You will be considered for assignment at one of our Cultural Centres abroad during such period. In case of your declining towards ICCR's offer for appointment for any reasons whatsoever, no further consideration for such appointment will be given.

As and when there is an opportunity for an assignment at our Cultural Centres abroad for you, ICCR will inform you. It may kindly be noted that your empanelment does not obligate ICCR to appoint you as yoga teacher at our Centres abroad or depute you for any assignment abroad. The appointment will be subject to availability of post of yoga teacher at our Centres.

*With best wishes!*

Yours sincerely,

(Sanjay Vedi)

Mr. Vivek Tiwari  
Staff Quarter B-4,  
Kaivalyadhama Yoga Institute,  
Lonavla, Dist. Pune-403

**AZAD BHAVAN, INDRAPRASTHA ESTATE, NEW DELHI - 110 002**

Tel. : 23379309, 23379310 Fax : 23378639, 23378647, 23370732, 23378783, 23379509

Website : [www.iccrindia.net](http://www.iccrindia.net)

**ICCR  
SELECTION  
LETTER  
JYOTI**



भारतीय | INDIAN  
सांस्कृतिक | COUNCIL FOR  
सम्बंध | CULTURAL  
परिषद् | RELATIONS

Sanjay Vedi  
Programme Director (ICC)

No.ICC/552/43/2014-15  
21.04.2015

Dear *Ms. Tiwari,*

It is my pleasure to inform you that the Selection Committee for the selection of Yoga Teacher-cum-Performer for assignment abroad has, on the basis of a screening process, personal interviews, overall knowledge, communication skills and practical demonstration conducted during 25<sup>th</sup> to 27<sup>th</sup> March, 2015, recommended your name to be placed on the panel of Yoga Teacher-cum-Performer on merit basis for short term deputation for a maximum period of one week to Indian Missions abroad as part of celebrations for International Day of Yoga. The panel will be valid for a maximum period of four years from 13.04.2015 to 12.04.2019 or till its exhaustion whichever is earlier. You will be considered for assignment at one of our Cultural Centres abroad during such period. In case of your declining towards ICCR's offer for appointment for any reasons whatsoever, no further consideration for such appointment will be given.

As and when there is an opportunity for an assignment at our Cultural Centres abroad for you, ICCR will inform you. It may kindly be noted that your empanelment does not obligate ICCR to depute you abroad. The appointment will be subject to availability of post of yoga teacher at our Centres.

*With best wishes!*

Yours sincerely,

(Sanjay Vedi)

Ms. Jyoti Tiwari  
Staff Quarter B-4,  
Kaivalyadhama Yoga Institute,  
Lonavla, Dist. Pune-403

**AZAD BHAVAN, INDRAPRASTHA ESTATE, NEW DELHI - 110 002**

Tel. : 23379309, 23379310 Fax : 23378639, 23378647, 23370732, 23378783, 23379509  
Website : [www.iccrindia.net](http://www.iccrindia.net)

TO,

Shri. Vinay Sahastrabuddheji

President, Indian Consul for Cultural Relations

Ministry of External Affairs

Government of India

Subject: Regarding deputation as a Yoga Teacher (Cultural Teacher) abroad

Respected Sir,

I was working as a Senior Yoga Teacher The Health Care Center, Kaivalyadhama Yoga Institute, Lonavla.

I was selected through the ICCR interview in 2015 as a Yoga Teacher for short term.

But I went as a spouse with my husband Vivek Tiwari to The Consulate General of India, Saint Petersburg, Russia through ICCR. I worked from 16<sup>th</sup> April 2016 to 4<sup>th</sup> July 2018.

Our respected Consul General Shri Arun Kumar Sharma sent a request mail for my extension, but there was no response.

My all students gave me very impressive feedback to me and even they also gave a letter to the Consulate for my extension.

I conducted Indian Cooking classes in St. Petersburg as well as in various places to promote Yoga and Indian Culture in Russia.

I request you to consider work and give me chance to serve the Nation and spread Indian Culture in abroad.

Kindly consider my application and depute me in some country to promote Indian Culture and Yoga.

Thank you.

Jyoti Tiwari

Yoga Teacher

## **Covering letter**

### **Application for Pilates and Yoga Instructor**

**Dear Sir/ Madam**

I am **Certified, Highly Educated** and **Experienced Yoga Teacher/ Instructor** and **Pilates Instructor**. I will be the **ideal Instructor** for the clients, because I can teach **Traditional Hatha Yoga, Pranayama, Meditation, Power Yoga, Iyengar Yoga, Ashtanga Yoga and Stott Pilates**. This **unique combination** makes me **different than the other Yoga and Pilates Instructors**.

I would like to work with your company for, instructing skills and rich experience for some constructive purpose and build my career as well.

I request you to consider my application and replay me for interview and other formalities.

JYOTI V. TIWARI

CERTIFIED YOGA AND PILATES INSTRUCTOR

# CURRICULLUM VITAE

- 1. Name in full:** Mrs. Jyoti Tiwari
- 2. Present & Permanent Address:  
With Tel/Mobile No & e-mail ID**  
Staff Quarter Kaivalyadhama  
Yoga Institute Lonavla, pune-410403  
E-mail – jyoti05tiwari@gmail.com  
Mobile No- +918411859005
- 3. Date of Birth:** 10th may 1983
- 4. Marital Status:** Married
- 5. Education / Professional Experience:  
(With copies of Certificates/Diploma)**  
\*M. A. in Hindi literature  
\*P. G. D.Y.Ed from G. S. College of yoga & Cultural Synthesis  
Kaivalyadhama yoga institute, Lonavla  
\*M. A. Science of Living, Preksha Meditation and Yoga from Jain Vishva Bharati University, Ladnun, Rajasthan  
\*Certified STOTT PILATES Instructor (Intensive Mat & Reformer) from the Zone Mind Body Studio, Bangalore
- 6. Language known:** English, Hindi, Marathi
- 7. Field of Specialization:** Yoga
- 8. Professional Training / Experience:**  
\*Worked as a yoga teacher in Javahar Navodaya Vidyalaya, Pipalkoti, Dist. Chamoli, Uttarakhand 2007  
\*Worked as a Yoga Instructor in S.A.D.T Gupta Yogic Health Care Center, Kaivalyadhama yoga institute, Lonavla, Pune, India (2008- 2010)  
\*Worked as Yoga cum Pilates Instructor in Bangalore as a self-employed (2011- 2013)
- 9. Total Teaching Experience:** 8 Years

**10. Present Post,**

**Yoga Teacher in S. A. D. T. Gupta  
Yogic Hospital and Health Care  
Center**

**Basic Pay, Scale of Pay:  
Date of annual increment**

**Consolidated**

**11. Participation in National/International:**

**Participated in the International  
Conference in Kaivalyadhama  
Yoga Institute Lonavla in 2006**

**12. Any other relevant information:**

**Deputed in various places for Yoga  
Workshops through  
Kaivalyadhama like in Police  
Training Center Khandala, INS  
Shivaji of Indian Navy Training  
Center in Lonavla**

**13. Special achievements:**

**Therapy Yoga classes for patients of Back pain,  
Hypertension, Heart problems, Arthritis etc. and  
also for Pregnancy.**

**Conducted Cancer workshop and Chronic Cure  
Workshops in Kaivalyadhama**

**Mrs. Jyoti Tiwari**

**Yoga Teacher**

**Kaivalyadhama Yoga Institute Lonavla**

**IDY 2015**

**UGANDA &**

**RAWANDA**

**VIVEK**



INDIAN COUNCIL FOR CULTURAL RELATIONS  
Fax/e-mail Message

To: Shri Vivek Tiwari, Yoga Teacher

From: H.L. Verma, Programme Officer (ICC), ICCR.

This is in continuation of our earlier message dated 12/5/2015 conveying therewith your selection as Yoga Teacher for Kampala, Uganda for IDY celebration 2015 from 15-21 June, 2015.

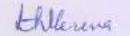
This is to inform you that our Mission in Kampala has requested to send you at Rawanda as they have located a local yoga teacher for Kampala to celebrate IDY 2015.

The competent authority of ICCR has now selected you for Rawanda for the IDY celebrations during 15-21 June, 2015 excluding travel time. ICCR will provide return air fare, hotel accommodation and admissible per diem.

Kindly send your acceptance urgently by return e-mail latest by the evening of 4/6/2015 for completion of all necessary procedural & travel formalities.

With regards

No. ICC/2015-16  
3 June, 2015

  
(H.L. Verma)

# First International Day of Yoga 2015 in Uganda and Rawanda





**ICCR YOGA TEACHER  
SELECTION LETTER  
CONSULATE GENERAL OF  
INDIA  
SAINT PETERSBURG  
RUSSIA**



भारतीय | INDIAN  
सांस्कृतिक | COUNCIL FOR  
सम्बंध | CULTURAL  
परिषद् | RELATIONS

F. No. ICC/640/1/15

18<sup>th</sup> December, 2015

Dear Sir / Madam,

Sh. Vivek Tiwari is being deputed as Yoga Teacher-cum-Performer at Consulate General of India, St. Petersburg, Russia for a period of two years in the month of January, 2016.

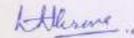
It is requested that Sh. Vivek Tiwari and his spouse may kindly be medically examined in accordance with the provision of FR 10 and SR 3 & 4 to determine his suitability for deputation to the aforesaid post and to ensure that he will be able to withstand the strain of the journey and the climate of St. Petersburg.

It is also requested that medical examination of Sh. Vivek Tiwari and his spouse may kindly be conducted on priority basis and the medical examination reports in the prescribed forms along-with declaration form duly attested by you, may please be handed over to him. Specimen medical fitness certificates and declaration forms are sent herewith.

Medical examination fee, if any, will not be reimbursed to Sh. Vivek Tiwari.

Thanking you,

Yours faithfully



(H.L. Verma)

Prog. Officer (ICC)

**AZAD BHAVAN, INDRAPRASTHA ESTATE, NEW DELHI - 110 002**

Tel. : 23379309, 23379310 Fax : 23378639, 23378647, 23370732, 23378783, 23379509

Website : [www.iccrindia.net](http://www.iccrindia.net)



भारतीय | INDIAN  
सांस्कृतिक | COUNCIL FOR  
सम्बंध | CULTURAL  
परिषद् | RELATIONS

F.No.ICC/640/1/15

15<sup>th</sup> December, 2015

OFFER OF APPOINTMENT

I am glad to inform you that **Sh. Vivek Tiwari, Sr. Yoga Teacher, Kaivalyadhama, Yoga Institute, Lonavla** has been selected and is hereby offered the post of Yoga Teacher-cum-Performer at CGI, St. Petersburg, Russia on the following terms & conditions.

- a) **Tenure**:- The deputation will be for a period of two years and tenure will be reviewed at the end of the first year. The period of deputation will commence from the date **he is relieved from his parent deptt.** and the date he joins the ICCR's Headquarters, New Delhi and will end on completion of Council's assignment. ICCR shall have all rights to recall **Sh. Vivek Tiwari** within this period on the ground of medical condition/moral turpitude/ unfitness to teach or other administrative ground without giving any reasons/ compensation etc.
- b) **Pay** :- During the period of deputation, the basic pay of **Sh. Vivek Tiwari** will be fixed in the pay band-2 of Rs.9300-34800/- alongwith Grade Pay of Rs.4600/- p.m. No deputation duty allowance will be admissible. It may also be added that any extra payment of any kind & howsoever described, honorarium etc. provided by the local organizations/Institutes during the entire period of deputation, has to be deposited with the Mission for credit of the Council.

**AZAD BHAVAN, INDRAPRASTHA ESTATE, NEW DELHI - 110 002**

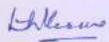
Tel. : 23379309, 23379310 Fax : 23378639, 23378647, 23370732, 23378783, 23379509  
Website : [www.iccrindia.net](http://www.iccrindia.net)

- c) **Duties :-** **Sh. Vivek Tiwari** is required to put at least 40 hours duty in a week by conducting classes, work shop etc. in **his** specific field as well as other fields he knows. He is also required to do any administrative / other office-related work that may be assigned by the Mission, St. Petersburg. In addition, **he** will also be required to perform or give lecture on India and other aspects, as and when required by the Mission.
- d) **Preparation Time :-** 8 days preparation time is admissible at the time of completion of term at the discretion of the Mission.
- e) **Foreign Allowance :-** **Sh. Vivek Tiwari** will be provided foreign allowance as admissible to non-representational **Non- Gazetted Officer** (Assistant level) in the Mission. The rate of foreign allowance admissible will be determined from time to time.
- f) **Leave :-** During the period of deputation, **Sh. Vivek Tiwari** will be entitled to 30 days leave per year. No other leave i.e. CL, Medical, earned & any special leave admissible etc. will be admissible. **He** will not carry over on return any credit or encashment for un-availed leave. Salary for the entitled period of leave availed during the deputation will be paid by the Council, hence no leave salary contribution will be payable by the Council.
- g) **Pension/Provident Fund etc.-** During the period of deputation **Sh. Vivek Tiwari** will continue to be governed by the rules of **Kaivalyadhama, Yoga Institute, Lonavla** relating to the Pension/Provident Fund etc. The Mission will remit employee's subscription as per the provided pay scale to the Provident Fund by RBI/SBI Drafts through deductions from the monthly salary bills to his parent department under intimation to the ICCR.
- h) **Accommodation :-** **Sh. Vivek Tiwari** will be provided single bed room / studio apartment as residential accommodation at **St. Petersburg** or as deemed appropriate by the Mission.
- i) **Passage & Baggage Allowance :-** **Sh. Vivek Tiwari and his spouse** will be provided to and fro International passage by most cheapest route and 560 kgs. unaccompanied baggage allowance in case of accompanying spouse and 375 kgs on single status by air and 1120 kgs. by sea route inclusive of free baggage allowance provided by the airline. His spouse is entitled to join him within the stipulated period of six months from joining on Govt. expenses. The return passage will be available only on completion of assignment. **Sh. Vivek Tiwari** is not entitled for midterm home leave and Emergency Passage during the entire period of **his** deputation. In any circumstances Council will not bear any expenses related to premature return of **Sh. Vivek Tiwari** to India.

- j) **Medical facilities** :- **Sh. Vivek Tiwari** will be entitled to medical facilities as admissible to an officer of comparable status in the **Consulate General of India, St. Petersburg**. However, **he** is required to submit a medical fitness certificate from any Govt. or recognized Hospital/Labs before joining stating that **he** is not a patient of Blood Pressure, Blood Sugar, Asthma or any severe disease, Medical examination fee if any or related expenditure will not be reimbursed to him. **His spouse** will not be entitled for medical facilities during **his** posting abroad. Only, in case of any acute emergency, the case may be sent to the ICCR for its consideration/approval.
- k) **Sh. Vivek Tiwari** is not allowed to take children on Govt., expenses. However, ICCR will assist in providing official passport and visa for **his** children subject to furnishing an undertaking that **he** will bear all the expenditure on, to and fro airfare, education, medical etc. and also not ask for extension of **his** tenure on educational ground of **his** children.
- l) **Sh. Vivek Tiwari** will be provided land line local telephone connection at **his** residence as per entitlement of non-representational, non-Gazetted officer (Assistant level) in the Mission. **He** will not be entitled for separate mobile phone and news paper facility etc.
- m) During the currency of **his** deputation with the Council, **Sh. Vivek Tiwari** will also governed by the provisions with the Indian Official Secrets Acts 1923 and other administrative, conduct and disciplinary rules as applicable to Government employees viz. the Central Civil Services (Conduct) Rules 1964 and the Central Civil Services (Classification, Control and Appeal) Rules 1965.
- n) **Sh. Vivek Tiwari & his spouse** shall not indulge in matters of political/ legal nature during the entire period of **his** posting abroad.
- o) **Sh. Vivek Tiwari & his spouse** shall not, except as required by **his** duties during **his** deputation, use for **his** own benefit or gain, divulge to any persons, firm, company or other organization whatsoever. **He** will not pass any confidential information belonging to the ICCR or relating to its affairs or dealings or damaging the reputation of ICCR, which may come to **his** knowledge during **his** deputation.
- p) During this period, **he** will not indulge in any activity inside or out-side the Mission's premises on regular/temporary or part time basis which is of commercial nature and/or generates monetary or other benefits. **His spouse** can, however, take a gainful employment only with the approval of ICCR on the recommendation of HOM after conveying the nature & term of such employment. Any such employment/work should not compromise **his** official position/status and dignity.
- q) Third A/c train fare for self and spouse from starting point to ICCR's Head Quarters at New Delhi at the time of joining the post and back at the time of completion of tenure will be provided.

- q) Matters not covered above, will be referred to the Council, whose decision will be final.
- r) The deputation will be subject to the provisions of a Memorandum of Agreement and submitting Indemnity Bond to be executed by **Sh. Vivek Tiwari** with the Council. Specimen Agreement is enclosed for ready reference and **his** signature is required on each page.
- s) **Sh. Vivek Tiwari** is required to join the **CGI, St. Petersburg** in the month of January, 2016, however, exact date from which the services is required by the Council will be intimated to **him** in due course on receipt of acceptance of term and condition of deputation contained herein and signed specimen Agreement from **him**. He is therefore, requested to send the acceptance to the offer and signed specimen agreement by courier latest by 21<sup>st</sup> December, 2015.

Secretary  
Kaivalyadhama,  
S.M.Y.M. Samiti,  
Lonavla-410403 (Pune).

  
(H.L. Verma)  
Prog. Officer (ICC)

To,

Date: -

The Programme Director (ICCR)

Indian Council for Cultural Relations

Azad Bhavan, I. P. Estate

New Delhi – 110002

Dear Sir/ Madam

I, under signed, Mr.Vivek Tiwari, the **Certified, Highly Educated and Experienced Yoga Teacher, Indian Cultural Teacher and Pilates Instructor**. I will be the **ideal Teacher**, because I can teach **Traditional Hatha Yoga, Pranayama, Meditation, Iyengar Yoga, Ashtanga Yoga and Stott Pilates**. This **unique combination** makes me **different than the other Yoga Teachers and Pilates Instructors**.

I would like to work with ICCR for my instructing skills and rich experience for some constructive purpose and build my career as well. So I am herewith attaching all self-attested photocopies of my all documents with application.

I request you to consider my application and reply me for interview and other formalities.

Thanking you

Yours truly

VIVEK TIWARI

INDIAN CULTURAL TEACHER & CERTIFIED YOGA  
TEACHER

## **Cover letter**

### **Application for Yoga and Indian Cultural Teacher**

**Dear Sir/ Madam**

I am **Certified, Highly Educated** and **Experienced Yoga Teacher/ Instructor** and **Pilates Instructor**. I will be the **ideal Instructor** for the clients, because I can teach **Traditional Hatha Yoga, Pranayama, Meditation, Power Yoga, Iyengar Yoga, Ashtanga Yoga and Stott Pilates**. This **unique combination** makes me **different than the other Yoga and Pilates Instructors**.

I would like to work with your company for, instructing skills and rich experience for some constructive purpose and build my career as well.

I request you to consider my application and replay me for interview and other formalities.

VIVEK S. TIWARI

CERTIFIED YOGA AND PILATES INSTRUCTOR

## CURRICULLUM VITAE

<b>Name in full:</b>	<b>Shri. Vivek Tiwari</b>
<b>Mother and Father</b>	<b>Shashikala and Sadashiv Tiwari</b>
<b>Address</b>	<b>Staff Quarters, Kaivalyadhama Yoga Institute Lonavla 410403, Pune, India Cell No: +918411859004 E-mail: vivekyogamaster@gmail.com yogibhaskar@yahoo.co.in</b>
<b>Date of Birth</b>	<b>8th May 1975</b>
<b>Marital status</b>	<b>Married</b>
<b>Education / Professional Experience</b>	<ul style="list-style-type: none"><li>• <b>M. A. Science of Living Preksha Meditation and Yoga (Jain Vishva Bharati University Ladnun) – 2010</b></li><li>• <b>P. G. Diploma in Yoga Education (Kaivalyadhama Yoga Institute Lonavla) 2005</b></li><li>• <b>Diploma in Naturopathy and Yogic Sciences (Sangamner College) – 2000</b></li><li>• <b>Certified STOTT PILATES Instructor (The Zone Body Mind Studio Bangalore) 2011</b></li><li>•</li><li>• <b>B. A. English (University of Pune) – 1999</b></li></ul>
<b>Language known</b>	<b>English, Hindi, Marathi</b>
<b>Field of Specialization</b>	<b>Yoga, Naturopathy and Indian Culture</b>
<b>Professional Training / Experience</b>	<ul style="list-style-type: none"><li>• <b>Worked as a ICCR Yoga teacher in the Consulate General of India, St. Petersburg, Russia (2016- 2018)</b></li><li>• <b>Was deputed to Uganda and Rawanda through ICCR for first International Day of Yoga (2015)</b></li><li>• <b>Yoga Teacher in Sr. Yoga Teacher in S. A.D. T. Gupta Yogic Hospital and Health Care Center Kaivalyadhama Yoga Institute Lonavla Pune (2006- 2010)</b></li><li>• <b>Yoga Teacher and Pilates Instructor in the Zone Body Mind Studio Bangalore (2011-2012)</b></li></ul>

	<ul style="list-style-type: none"> <li>• As a Faculty Lecturer for Diploma in Yoga Therapy the in G. S. College of Yoga and Cultural Synthesis Kaivalyadhama – 2013 and 2018/19</li> <li>• Yoga Teacher in Javahar Navoday Vidyalaya (2007)</li> <li>• Conducted Yoga workshop in Seva Sadan Hyderabad (2006)</li> <li>• Yoga workshop for Dentists in Femdent Show Mumbai (2009)</li> <li>• Yoga Teacher as self-employee in various places since 1999</li> </ul>
<b>Total Teaching Experience</b>	<ul style="list-style-type: none"> <li>• 15 Years</li> </ul>
<b>Present Post</b>	<ul style="list-style-type: none"> <li>• Sr. Yoga Teacher, Scientific Research Department Kaivalyadhama Yoga Institute Lonavla</li> <li>• As a Faculty Lecturer for Diploma in Yoga Therapy the subject - Practical and Professional understanding of Yoga in G. S. College of Yoga and Cultural Synthesis Kaivalyadhama – 2013</li> </ul>
<b>Basic Pay, and Scale of Pay</b>	<ul style="list-style-type: none"> <li>• Rs. 5200/-(PB-2)</li> </ul>
<b>Date of annual increment</b>	
<b>Participation in National and International</b>	<ul style="list-style-type: none"> <li>• Presented a Paper on Yoga and Holistic Health in the International Conference Kaivalyadhama Bhopal in 2005</li> <li>• Yoga Camp in The Round Square International Conference Mayo College Ajmer (2010)</li> <li>• In the International Conference of Institute of Naturopathy &amp; Yogic Sciences, Jindal Institute, Bangalore-2003</li> <li>• Two times selected for Inter University Yoga Competitions through University of Pune (1999 and 2000)</li> <li>• As a Yoga Teacher in the National Conference of Akhil Bharatiya Prakrutik Chikitsh Parishad (Rajghat New Delhi) at Kurukshetra-2003</li> </ul>

<p><b>Any other relevant information</b></p>	<ul style="list-style-type: none"> <li>• <b>Adviser to HAN YOGA MEDITATION INSTITUTE Seoul Korea</b></li> <li>• <b>Delivered Lectures in hundreds of Schools and Colleges on Yoga &amp; Naturopathy</b></li> <li>• <b>Worked as a coach of the College Yoga Team and coach of district yoga team of Ahmednagar, Maharashtra, 2000 and 2003</b></li> <li>• <b>Worked as a Judge in the selection Committee of the National Yoga Team, Pune University, 2002-2004.</b></li> <li>• <b>Worked as a Yoga Teacher for Sagarmatha Mountaineers, and Ahmednagar District Mountaineering Association, 2003-2005.</b></li> <li>• <b>Worked as Chief Judge in the selection Committee of Sangamner College Yoga Team and Ahmednagar District Yoga Team</b></li> <li>• <b>Conducted Yoga Camp for employees of State Transport (S.T), Sangamner Depot</b></li> <li>• <b>Conducted Yoga Camp in a School in Sangamner where 350 students, teachers and village commoners participated.</b></li> <li>• <b>Gramin Mahila Vikas Sanshta, Sangamner. Maharashtra</b></li> </ul>
--	--

**Vivek Tiwari**

**Indian Cultural Teacher and Yoga Teacher**

## Brief summary of my work report

TO,

THE Consulate General of India

St. Petersburg Russia

Respected sir,

I joined the Consulate as a Yoga Teacher through ICCR on 18<sup>th</sup> April 2016.

I have started regular Yoga classes in the consulate. Apart from that I am taking Yoga master classes, Yoga demonstrations, workshop in different places on different occasions.

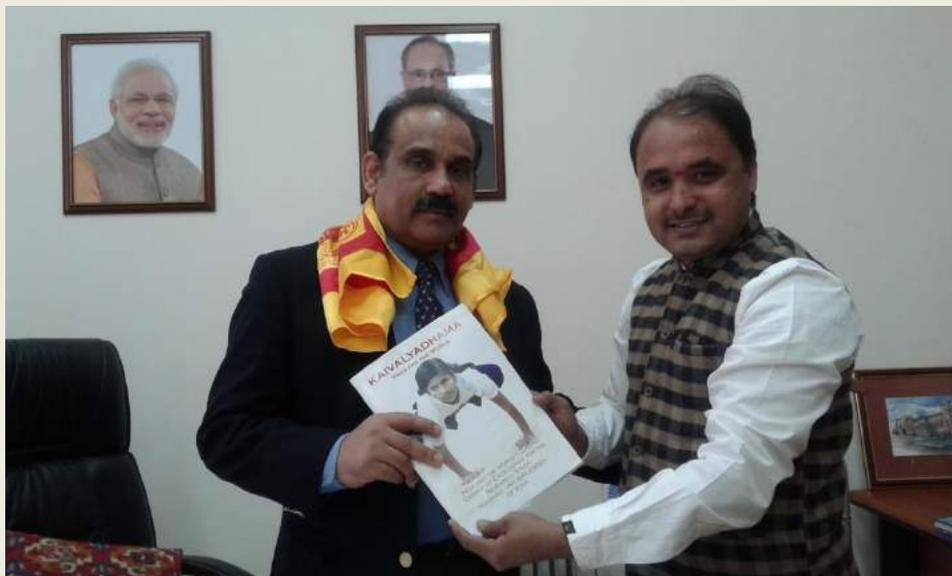
Following are the details

- Regular Yoga classes in the Indian Consulate from morning 7.30 am till 12.00 pm
- Visited Murmansk in May 2016 for the promotion of Yoga for International Day of Yoga 2016
- I was instructed to visit Piskov in June to give master class of Yoga for the promotion of International Day of Yoga 2016
- International Day of Yoga was celebrated on 26<sup>th</sup> June 2016
- Went to take Yoga Master class in the biggest Food Festival of Russia organized in Yelagin Ireland on Saturday, 23/07/2016 at 05.00 pm to 06.00 pm. Around 150 people attended my Yoga session
- Conducted Yoga sessions in the International Travel Exhibition held in Lenexpo Exhibition Complex, St. Petersburg, Russia from 13<sup>th</sup> to 15<sup>th</sup> Oct. 2016.
- I am taking regular Yoga sessions for the kids in Indian Cultural Dance Ensemble "The Joy of Life" under the Club 'Vyborgskaya Storona". At least one's in a month or sometimes twice a month, we take part in different consorts and during that program, I present Yoga Demonstration with kids.
- We performed on 26<sup>th</sup> March 2017 on the occasion of Holi festival.
- I have conducted several Yoga classes in the consulate for the disabled students of different schools.
- I was invited to take Yoga master class in the actual traditional way in Monomax. On the occasion of International Day of Yoga, they organized Yoga class on 20<sup>th</sup> and 21<sup>st</sup> May 2017.
- Yoga day was organized on 27<sup>th</sup> May 2017 as a part of Indian Cultural week.
- I started taking Yoga classes in Rabindranath Tagore Hindi School . After finishing my classes in the consulate I was going there.
- I am conducting Yoga master classes in Brahmakumaris Center. Santosh Didi is inviting me on some special occasions to take Yoga sessions. I was invited to take special Yoga sessions for the group of Brahmakumaris from China also.
- One week Pranayama workshop was organized by me from 8<sup>th</sup> May to 13<sup>th</sup> May 2017 in the Consulate General of India.
- We organized Yoga and Ayurveda workshop under the AYUSH ministry on 24<sup>th</sup> June 2017.

- Third International Day of Yoga was organized by the Consulate General of India in the Peter and Paul Fortress on 25<sup>th</sup> June 2017
- I conducted special Yoga sessions in the Taorichesky Park in the open air.
- I started taking Yoga classes on one of the oldest Ice Breaker Ship of Russia “Krassin”
- Second Pranayama workshop was organized from 23<sup>rd</sup> Oct to 28<sup>th</sup> Oct 2017 in the consulate.
- Diwali festival was organized by the club on 5th November 2017. I presented Yoga Demonstration along with my students.
- Third Pranayama workshop was conducted from 18<sup>th</sup> December to 23<sup>rd</sup> December.
- I am conducting Yoga classes in Krishna Vedic Temple, Lahkta. Mostly on Saturday or on some special occasions, the call me to conduct Yoga master class.
- I was invited to conduct Master Class of Yoga on Tuesday 5<sup>th</sup> December 2017 at 10:30 am on the occasion of International Day of disabled persons in “Yukki Boarding School” for disabled people from Leningrad.
- Fourth Pranayama workshop from 12<sup>th</sup> to 17<sup>th</sup> February 2018. This workshop was only for those who are regular practitioners of Pranayama. So my regular Yoga class students and students who already attended my Pranayama workshops, only those students were allowed to take part.

**Vivek Tiwari**

**Indian Cultural Teacher and Yoga Teacher**



## **Report of Yoga Teacher of ICCR**

### **Consulate General of India**

#### **St. Petersburg, Russia**

To whom it may concern.

Respected sir/ madam,

First we are thanking to ICCR for giving me this opportunity to promote Yoga in a new center of Russia.

I have joined as a Yoga Teacher in the Consulate General of India, St. Petersburg, Russia through ICCR from 15<sup>th</sup> April 2016.

### **1. Interest of people**

First time ICCR deputed a Yoga Teacher here in St. Petersburg, Russia. It was challenging and doubtful to get participants for Yoga/ Dance classes, but within 15 days of announcement of Yoga classes, we got more than 50 enquiries. And we started taking Yoga classes from May 2016. People are so interested in Indian culture and Yoga here, that even after so many local Russian Yoga schools and Yoga centers, they are coming here and enjoying the real traditional concept of Yoga, the cultural heritage of India.

### **2. Current status and Number of students**

- Yoga classes

I am starting classes at 07.30 am and proudly I want to mention that Consulate General himself along with his wife and almost all the staff members of Consulate are joining Yoga classes regularly. Apart from that 21 participants are coming regularly for Yoga classes on different timings, as I am taking back to back classes of one from 07.30 am to 02.30 pm from Monday to Saturday. As many of them are working, so we have given freedom of time to them.

I have prepared different schedules of Yoga classes according to the physical and mental conditions of the people, like Basic Yoga class, Intermediate Yoga class, Advanced Yoga class, and Therapy Yoga class especially for aged and conditioned people.

- Kathak Dance classes

I am starting at 02.30 pm to 09.30 pm.

We have more than 45 people showing interest in Kathak dance and presently 20 participants are coming regularly for Vocal and Kathak.

Day by day we will have more participants to learn Indian classical dance, Vocal and Instrumental music also.

### **3. Future planning and workshops**

Now we are planning to conduct Yoga workshops performances in different places of our jurisdiction within short time. We can announce special workshops like, Yoga for back pain, Yoga for stress management, Yoga for office workers and postural disorders, Yoga for female problems, Yoga for kids, Pranayama workshop, Meditation workshop, Special training for Yoga Teacher etc.

#### 4. Outdoor visits

We are also in contact with other Yoga centers and schools, Universities, colleges, Health centers and social organizations for the collaborative work to spread this spiritual health science of Yoga as a cultural heritage of India and not the part of any religion. As Yoga is universal science.

#### 5. Need/ demand of people and Teachers

- We have only one small hall in the consulate office and we are utilizing it for Yoga, so from morning to afternoon Yoga classes and from afternoon to night Kathak dance classes are conducted. But we have huge demand of Yoga and Dance classes in the morning and evening at a time, as most of the participants are working in different timings, but we are unable to provide them full facilities because of place.
- So we strongly request you to fulfill the demand of the people and need of Yoga Teacher and Dance teacher. For that, please sanction some big place having two separate halls to conduct Yoga and Kathak Dance classes simultaneously.
- We also need to sanction one separate Cultural Center of ICCR in St. Petersburg like JNCC Moscow. Along with Dance teacher, we need to appoint one Instrumental Music Teacher as per the demand of the people.
- Language is one of the big barrier between the teacher and students, so please sanction one regular post of interpreter of English and Russian, so that we can explain the things in depth and they can understand the crux of Yoga and Indian Dance. At present we are not able to reach them properly because of language problem and Yoga teacher is demonstrating and they are following only without any awareness. Whereas Yoga should be done with full awareness and body mind coordination, but some where we are missing our traditional concept of Yoga and teaching like television.



Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

TO,

Shri. Vinay Sahastrabuddheji

President, Indian Consul for Cultural Relations

Ministry of External Affairs

Government of India

Subject: Regarding deputation as a Indian Cultural Teacher and Yoga Teacher abroad

Respected Sir,

I am working as a Senior Yoga Teacher in Scientific Research Department and Lecturer in the G. S. College of Yoga and Cultural Synthesis, Kaivalyadhama, Lonavla.

I was selected through the ICCR interview in 2015 and deputed as a Yoga Teacher in The Consulate General of India, Saint Petersburg, Russia through ICCR. I worked from 16<sup>th</sup> April 2016 to 4<sup>th</sup> July 2018.

I was deputed for the first International Day of Yoga in Uganda and Rwanda in 2015.

I met you during International Conference of Ideologist in St. Petersburg in April 2018. As I am from Sangamner and you asked me about Respected Shri Shyam Jaju (Vice President of BJP). He knows my family.

I am so lucky that I could meet Honourable Prime Minister Shri Narendra Modiji in St. Petersburg, as he was Chief Guest of Saint Petersburg International Economic Forum in May 2017.

I am also strict follower of RSS and BJP since beginning.

Our respected Consul General Shri Arun Kumar Sharma sent a request mail for my extension, but there was no response.

My all students gave me very impressive feedback to me and even they also gave a letter to the Consulate for my extension.

I conducted Yoga classes in Indian Consulate as well as in various places to promote Yoga and Indian Culture in Russia.

Attached are some of the reports of my Yoga sessions and Pranayama workshops.

I request you to consider my previous work and give me one more chance to serve the Nation and spread Indian Culture in abroad.

Kindly consider my application and depute me in some country to promote Indian Culture and Yoga.

Thank you.

Vivek Tiwari Yoga Teacher

# REGISTRATION OF YOGA STUDENTS

## CONSULATE GENERAL OF INDIA

### SAINT PETERSBURG RUSSIA

SPB/YOGA/2016

CLIENT SR. NO	DATE OF ADMISSION	NAME & ADDRESS OF CLIENT	PASSPORT NO. & PHOTO
✓ 01	August	Maria Alexandrova +7 9602507685 mary.wonderwall@gmail.com	4005 582735 
✓ 02	August 1, 2, 3, 4, 5 A-J	Zaitseva Natalija Ivanovna +7 911949880 zay_chika@mail.ru	6704 121367 
✓ 03	August 1, 2, 8	Shagorva Larisa Leonidovna +7 9062671736 shagorag632@gmail.com	2802 791845 
✓ 04	August 1, 2, 3, 6, 7, 8 A-J not Dec.	Kucherenko Olga Vasilevna +7 wodka2005@gmail.com Passport No - 71 5055932	2501 553823 
05	August 1, 2, 3, 4, 5 7, 8 + July	Kuzminykh Oksana Viktorovna +7. 9112816691 <del>kostuykova</del> kostuykova@mail.ru	4014 178888 
06	August 1, 2, 3, 4, 5 A-J	Stukalova Natalia +7 9313227017 pogremushka0359@mail.ru	6480 03136 

SPB/YOGA/2016

CLIENT SR NO	DATE OF ADMISSION	NAME AND ADDRESS OF CLIENT	PASSPORT NO & PHOTO
✓ 07	August	Anfinogenara Viktoriya Ureva +7 965 056 2717 viktorija_06@mail.ru 64 - 9055858 Passport	4007 176188 
✓ 08	August oct. - nov.	Olya Filippova +7 9062617330 Filippova@mlr.ru	4008 673977 
	1, 2, 3, 4, 5, 6, 7 A-J		
✓ 09	August	Natasha Vasilkova +7 9219484162	4004 715623 
	1, 2, 3, 4, 5 6, 7, 8, A-J oct. - Dec.		
10	August	Fisheva Anastasiya +7 9312376893 ana.f@mail.ru	3206 221514 
	* 0, 2, 3, 4, 5 oct - nov		
✓ 11	August	Vitalii Gordov +7 8129737664 vtdmspb@mail.ru	4011 504921 

SPB/YOGA/2016

CLIENT NO	DATE OF ADMISSION	NAME AND ADDRESS	PASSPORT NO & PHOTO.
12	August	Dubarenk Svetlana Vladimirovna. +7,8122728183, 8123196163	4008 725509 
13	August	Oxana Ardeeva. +7 911792666 bulanova-ardeeva@mail.ru	4000-564311 
14	August	Svetlana Burkat. +7 9657867606 yoga.best.2008@gmail.com	4009-948886 
15	August 1,2,3	Chutkova Vera (Dr) +7 960 2735157 vchutkova@yandex.com	4013 - 854561 
16	August 1,2,3,4,5, 6,7,8	Abuabuykova Mengli +7 9819865438 menglidjiemoe@mail.ru	

SPB/7067/2016

CLIENT NO	MONTH OF ADMISSION	NAME & ADDRESS	PASSPORT NO & PHOTO
17	August  1, 2, 3, 4, 5, 6, 7, 8 A-J	Dolgushina Mariya +7 9214222440	4102-88884 
18	August  1, 2, 3, 4, 5, 6, 7, 8 A-J	Novokri Schenova Goding +7 9819280625	4003-784802 
19	September  1,	Sych Tatyana Vladimirovna +7 9817675160	4004-389178 
20	September  1, 2, 3, 4	Smirnova Irina +7 911585973	4011-305954 
21	September  1, 3, 4, 5, 6, 7	Natalia Popova +7 981 7320340	5006-057925 

CLIENT NO	MONTH/ DATE	NAME	PASSPORT NO & PHOTO
22	September 1,2,3,4,5,6,7 n.m.	Tennikoa Lubov +7 <del>92</del> 9219988773	4001-827043 
23	September 1,2,3,4	Nasthya Lannukhina lannukhinagg@mail.ru +7 9217822010	4001 064635 
24	September 1,2	Achintseva Margarita +7 9112801816	4005-291390 
25	September 1,2	Andenko Elena Vasilierna +7 9215879980	7411-773926 
26	September 1,2	Kristina Achintseva +7 9119756716	4005-522997 

SPB/YOGA/2016

CLIENT REF NO	Month & Date	Name	Passport No photo
27	September 1, A	Svetlana Fedorovna +7 9811 926887	4000-578748 
28	September 1, 2, 3, 4, 5, 6, 7	Natasha Linnik +7 911 2134089	5808-983672 
29	October 1	SHKUT KARI	72-7616580 
30	October 1, 2, 3	Maria Viktoria +8 911 777 2463	75-2275163 4010-133497 

SPR/10GGA/2016

CLIENT REF NO	MONTH & DATE	NAME	PASSPORT NO PHOTO
31	October 1, 2, 3	Lunko Tatiana +7 921 330 7831	4002 625708 
32	October 1, 2, 3 July-sep	Trofinovich Evgenia Nikolaevna +7 952 347 0332	51 5428434 
33	October 1, 2, 3, 4, 5, 6 A-J Aug Sept	Markova Elena +7 911 702 0248	4009-925204 
34	October 1, 2, 3	Podianine Ekaterina Andreevna +7 921 44 08508	6705-572671 
35	October 1, 2, 3, 4, 5, 6	Galina Iul'a +7 921 750 4872	4005-408176 

Client REF NO

EPB/ Youth/ 2016/	MONTH & DATE	NAME & CELL NO	PASSPORT NO & PHOTO
36	October 1, 2, 3, 4, 5, 6 A-J Sep	Smirnova Olga +7 911 771 2001	4011 - 416297 
37	November 1, 2 M-J	Yachenko Alla Vladimirovna +7 9118349049	0310 - 677266 
38	November 1, 2, 3, 4, 5 2-12-16	Andreev Georgy +7 9178843961	9209 - 710452 
39	November 1, 2, 3, 4, 5 A-J	Romon Teukman +7 9811480634	0406 - 325448 
40	November 1, 2	Ivanov Eduard +7 9626854461	4115 - 693382 

CLIENT  
REF NO

MONTH  
& DATE

SPB/  
YOGA/  
2016/

MONTH  
& DATE

NAME & CELL NO

PASSPORT NO

PHOTO

41

December

Elena Bakman

0408-544594



~~41~~

CLIENT  
REF NO.

SPB/ YOGA/ 2017/	MONTH & DATE	NAME & CELL NO	PASSPORT NO & PHOTO.
42	January 17 11/1/17 1,2,3	Rodin Dimitri +7 9219571197	4015-503333 
43	January 17 11/1/17 1,2,3	Smirnova Elena +7 921 741 2288	4001-999098 
44	January 17 1,2,3	Mikkokalevi +7 9967653307	4011-359076 
45	January 17 1,2,3 A J	Tsretkova Uliya +7 9502284383	6604-043735 
46	January 17 1,2	Bladislav	4010-248107 

REF  
NO

SPB/ YOGA/ 2017/	Month & Date	Name & Cell No	Pass Port No Photo.
47	February 13 1,2 A-M	Kotlov Ruslan +7 9500326821	4008-515179 
48	February 13 1,2 M-J	Elena Koschagina	2009-008700 
49	February 13 1,2	Kraeva Evgenia +7 9046006171	4002-752747 
50	February 13 1,2	Maslennikov Artyom +7 9520999952	4011-526688 
51	February 13 1,2	Natalia Zhebriz +7 9523793421	4004-800597 

Ref No SPB/ 4000/ 2017/	Month Date	Name Cell No	Pass Port Photo
52	February 13 1, 2	Musihina MePhina +7 9602304198	4001-929863 
53	February 13 1, 2 A.M.	Namsala Gini +7 9818577257	4016-664599 
54	March 1, A	Xudayberdiyeva Gulchexra +7 9213813325	AA 7950441 
55	March 19/3/17 1, A-S	Elena Volkova +7 921 630 20 61	4005-286074 
56	March 15/3/17 1.	Grahol'skaya Tatiana +7 9533558279	HB-2544616 

Ref No

SPB/ YOGA/ 2017	Month Date	Name Cell No	Pass port no photo
57	March 15/03/17	Rubezhova Anna +7 9522473570 Rubezov@mail.ru	4001-793732 
58	April 1, 2, 3,	Nadezda Miched +7 9214093093	4009-839798 
59	April	Anastasiya Maksimova +7 9215613649	1104-389746 
60	April	Surdaeva Elena +7 9219043874	4008-564593 
61	May	Tsyplakova Svetlana +7 9119510602 sa_tsyplakova74@mail.ru	4011-391950 

REF No SPB/ YOGA/ 2017	MONTH & DATE	NAME & PHONE No	PASSPORT & PHOTO
62	May <sup>10/05/</sup> 2017	Koznevnikova Olga +7 921 976 7231	4000-750584 
63	June <sup>16/06</sup> 2017	Kulagina Inna +7 921 980 1041	4011-490422 
64	June <sup>16/06</sup> 2017	Nofadina Kaluzhnaia +7 962 753 5993	1206-002260 
65	June <sup>16/06</sup> 2017	Yusupov Timur +7 911 779 8007	4009-800466 
66	June <sup>16/06</sup> 2017	Ruhela Shaveta +7 931 007 7218	J 1787722 

REF No SPB/ VOGRA/ 2017	MONTH & DATE	NAME & PHONE NO	PASSPORT No & photo.
----------------------------------	--------------------	-----------------	----------------------------

67 June 4/07  
2017

Svetli Hellan  
+7 9211888580

Z 1797353



68 June 04/07  
2017  
1,2,3,4

Irina Viktorovna  
+7 9117164332

71 6439803  
8712-552192



69 June 04/07  
2017

Smiznove Uliana  
+7 9119054455

4014-218199



70 June 04/07  
2017

Ekaterina Maksimovna  
+7 9110375056

4013-956270



71 July 04/07  
2017

Tatiana Lavionova  
+7 9118158863

7413-843756



RAF № SPB/ 40111 2017/	month & Date	Name & phone no	pass port no & photo.
72	July 06/07 2017	Elena Se. Vopova +7 9817451747	9405-627356 
73	July 31/07/2017	Vitaliy +7 9112294743	MP 742782 
74	July 31/07/17	Nika +7 9992057644	2015-444565 
75	July 31/07/17	Plofikova Olga +7 9045100055 9	72-4130103 

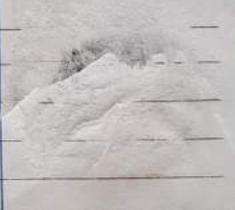
REF NO SPB/2017	MONTH & DATE	NAME & PHONE NO.	PHOTO PASSPORT NO
			4005 882666
76	July 31/07/17 1,	Zaksepina Elmira +7 9219890456	
77	July 31/07/17 1,	Smirnov Sergey +7 911 911 3434	4013- 896684 
78	July 31/07/17 1,	Ekaterina Vladimirovna +05 96632894	5804- 74311 
79	August 21/07/17 1,2	Lo. Oslora Yuliya +7 9810807720	4013-801062 
80	August 21/07/17 1,2	Lidiya Sapirova +7 9219784516	8007-524352 

REF NO SRB/USA /2017/	MONTH & DATE	NAME & CELLNO	PASSPORT NO PICTO
81	August 21/08/17 1,	Polina Matyushina +7 9817993213	7161 28072 
82	August 21/08/17 1, Oct-Dec.	Talston zhenko Tatiana +7 9819783772	5811-093465 
83	August 21/08/17 1,2,3	Fedorova Olga +7 950 034208	4004-324398 
84	August 21/08/17 1,2	Ivanov Vladimir +7 9213944160	4014-240325 
85	August September 04-10-17	Polina Smirnova +7 9215566622	4108-132951 

REF NO SPBI YOGA/ 2017/	MONTH DATE	NAME PHONE NO	PASSPORT PHOTO
86	September 09-10-17	Pavlova Ekaterina +7 911 831 4242	4016-516453 
87	September 09-10-17	Pavlov Dmitry +7 950 047 4868	4005-113717 
88	September 06-10-17	Nechaev Evgeniy Nikolaevich +7 9213 928412	4103-164439 
89	October 06-10-17	Epemuna Ekaterina. Anekraug pobka. +7 9215 890 194.	4016-637454 
90	October	Vasilieva Olga +7 9217 734724	4012-604237 

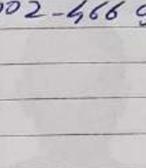
REF no SPB/ YOGA/ 2017	Month Date	Name & Phone No	Photo & Passport No
91	October 4-10-17	Nikitina Evgenia. +7 9052570228	4005-603812 
92	October 4-10-17	Shuvalova Mira +7 9119705569	4012-556255 
93	October	Sokolova Lidia +7 911 0098134	4008-544201 
94	October	Kiryonova Vera +7 921772 8167	4008-562578 
95	October Prumnyan	Elena Gorbatorskaya +7 9215532736	6610-565453 

REF No SPB/ YOGA/ 2017	Month Date	Name & Phone No	Passport No Photo
96	October Pranayan	Veronika Piragova +7 921 9294142	73-1915952 
97	October Pranayan	Chernomoz etc Galina Ivanovna +7 9117519557	4008-782300 
98	October Pranayan	Nikolay Sergaev +7 999 2167956	4007-309679 
99	October Pranayan	Romanova Natalia +7 921 9646093	4011-507473 
100	October Pranayan	Smirnov Denis +7 911 7213440	4011-484549 

Ref no SPB/ YDGA/ 2017	Month Date	Name Phone No	Passport No Photo
101	October Pravyyan	Shovalova Marina +7 911 855 639 911 944 639	4011-518923 
102	October Pravyyan	Rybachok Aleksey +7 921 793 4667	4001-908718 
<del>103</del>	<del>January</del>		

Ref No SPB/ Yaga/ 2018	Month	Name & phone No	Passport No Photo
103	January 18 Pranyar	Cherepanova Viktoria. +7 911 736 8888	4010-249289 
104	January Pranyar	Nazaruk Larisa +7 911 220 02 91	4009-892138 
105	January Pranyar.	Hogektorina Natalia +7 9045102207	4017-801157 
106	January Pranyar	Kropotov Ivan +7 952 380 30 69	4015-432886 
107	January Pranyar	Siana Akhmatovna. +7 9213 228339	4103-667424 



Post No SPB/ 4044/ 2018/	Month	Name	Phone	Passport No photo
113	Pranyan	Bubnova Galina	+7 921 896 9625	4023-076435 
114	Pranyan	Nikolaeva Lubov	+7 921 903 1317	4002-466 973 
115	January	Bzdiakina Anna	+7 911 790 0759	2013-703523 
116	Pranyan	Luganova Yulia	+7 911 090 3135	4017 828 717 
117	January	Nikirova Nadezhda	+7 911 197 4273	65 N 2099915 

SPB/ updat/ 2018	Month	Name	Phone	Russ passport photo
118	January	Fedorina Marina	+7 921 300 9575	4005-881140 
119	January	Machoryn Pavel	+7 9633475480	PP 0147204 
120	February	Kolesova Tatjana <del>+7 921 301 1571</del> +7 9213011571		7815-153287 
121	February	Romanova Ekaterina	+7 9219986807	<del>6010-262811</del> 4010-262811 
122	March	Serova Dima Sergeevna	+7 9522008028	72-3687743 

SPB/  
YOGA/  
2019

Month

Name & phone No

Passport No  
photo

123

March

Chikida Ksenya  
+7 9992460053

4011 507825



124

March

Ignatova Aleksandra  
+7 9085546263

6315-178393



125

March

Elena Malyshova  
+7 9992469169

8715-710544



126

March

Krasnova Anastasya  
+7 9992351907

5311-115255



**FEEDBACK OF YOGA STUDENTS**  
**CONSULATE GENERAL OF INDIA**  
**SAINT PETERSBURG RUSSIA**



**Name** Margarita Dolgushina

**Address** Leningradskaya oblast, Shcheglovo, 53A, apt 62

**Phone** +7 921 422 2440

**Purpose of joining yoga class** I had never before done Hatha yoga and joined the yoga class at the Consulate General of India in St Petersburg following advice of my friends with whom I practise Sahaja yoga.

**Benefits** Having started as a complete beginner I immediately felt the benefits of Hatha yoga: during class and after it I feel the joy of meditation - a sense of peace and calmness within, and at the same time a feeling of endless energy of love - as if I were floating in the sky.

On the body level it gives me enormous energy, satisfaction and desire to continue yoga practice.

Being a senior citizen and having a host of medical conditions I must say that thanks to the expertise and guidance of our Yoga Master Sri Vivek Tiwari my health and well-being have improved. After several months of regular practice, yoga has reduced chronic pain caused by arthritis and osteoporosis. It brings stress relief and makes it easier to focus on my thoughts.

**Teaching style of Yoga Teacher**

I am really happy to be able to attend the class taught by Sri Vivek Tiwari, a thoughtful teacher who is always patient with his students. The manner in which he teaches is gentle and noble. He is never critical or aggressive but is always polite, organized and sociable. It is of great value that Vivek reveals the essence of yoga, emphasizing, in his thoughtful way, the spiritual side of the ancient Indian mind-body discipline.

### **Performance, demonstrations**

It is very important that considering our limited knowledge of English the teacher is always willing to give clear demonstrations of yoga movements.

### **Behaviour of Yoga Teacher**

Mr Tiwari is an inspiration to students of all ages who are extremely grateful to his assistance.

### **My opinion of Yoga Teacher and the atmosphere at the Consulate General of India in St Petersburg**

I am happy to express my deep gratitude to the Government of India for the Programme launched to introduce the invaluable ancient Indian tradition, and to the Consulate General of India in St Petersburg for providing facilities for practising yoga. The friendly atmosphere at the Consulate makes us feel affinity between the cultures of our two great countries.

**Date** 20th February 2017

**Signature**



**Name** Galina Novokreshchenova  
**Address** Bolshaya Zelenina st., 16, apt 182  
St.Petersburg  
**Phone** 8-981 828 0625

**Purpose of joining yoga class** I started attending a regular yoga class established at the Consulate General in July 2016. My interest in Sahaja-yoga extended to Hatha-yoga, with the aim of not only exercising but learning to achieve a sound mind, body and spirit with emotional health.

**Benefits** Yoga practice has a positive impact on my daily life.

**Satisfaction** Doing yoga gives me an opportunity to reduce stress and to increase my energy level.

**Teaching style of Yoga Teacher** The teacher is kind and helpful. I admire his professionalism and determination to share his knowledge with his students.

**Performance, demonstrations** Mr Tiwari's performance is good. His instructions are easy to carry out.

**Behaviour of Yoga Teacher** Mr Tiwari is a wonderful teacher - completely dedicated.

**My opinion of Yoga Teacher and the atmosphere at the  
Consulate General of India in St.Petersburg**

I would like to thank the Consulate General of India for the opportunity provided to the citizens of St Petersburg to learn more about the cultural heritage of India and to practise a systematic approach to the ancient Indian science.

**Date** 27th February 2017

**Signature**

Name: Oksana Kuzminykh  
Saint-Petersburg, Peterhof, Ropshinskoe highway, 10-60  
Phone: + 7 (911) 281 66 91  
E-mail: kostuykova@mail.ru



1) Your Problems and Purpose of joining Yoga classes?

In childhood while falling down I got double-sided fracture of clavicle as a result of which spinal curvature has progressed. I came to Yoga practice to help my back and improve my posture at least a little bit. Within the classes, I felt little changes (and it's just a half of a year passed). My posture has improved, I'm keeping a moral backbone better, headaches have gone.

Sometimes I can't realize what I really want and what I don't. Inside of me there're fights among aspiring to inner development, passivity and laziness, wish and necessity to adapt to the world around. And I believe Yoga practice is what really helps me to figure out all these things: my body, physiology, breath and emotions.

2) Since when you joined Yoga?

I came to Vivek Tiwari's classes in August 2016. Before this I was occasionally practicing with my instructor in Peterhof (once in a week within the half of a year). After a few classes I felt at once I found the Master I had been looking for.

3) Did you get benefits and what?

At Vivek's classes all incredible things happen. It's so easy and you start training your body, understand and feel it better. When I took classes with other instructors, I got so tired and felt muscles pain. I hurt my back and got 2 little hernias. When I came to Vivek, I felt it got easier to practice. He explains and shows everything well, back and neck pains started disappearing. And the most important is this emotional state after the practice. It's hard to express, I can just feel that. You want to smile all the time, your eyes are shining after the practice. And these aren't just words. Just imagine. I live in the suburb of St. Petersburg. I get up at 5 a.m. and go out at 6 to come to the classes by 7.30. And it's like that every day. Everybody's around are getting surprised. Then I rush to my work and see how people in the transport react at me. In the morning everybody's so gloomy, in their sleepy state (I started feeling that with my skin), and you're coming in an awesome positive mood. People got puzzled. And the point is I've become calmer and more balanced.

4) Teaching style of Yoga teacher?  
This is Hatha Yoga

5) Yoga performance of Teacher?

Not all asanas are easy to do. However the teacher always explains and shows how to perform them correct and what you should aspire to. The most incredible thing is that I don't know English at all. But it's not a barrier, I seem to understand him intuitively. There're a few people in our group who like me don't understand the language, however Vivek can explain and show the way it's clear and easy. He can also show a required muscle which you need to stretch or relax. He can make you laugh to tears.

6) His behaviour with you?

His attitude is very good. Vivek is a very open-hearted and positive person.

7) You own experience about Yoga-teacher and Yoga and India?

Communication with Vivek is very easy for me in spite of the fact that I don't speak English. When I don't understand something from the classes, I write to him through Google Translate (however maybe it's not a correct translation). Vivek always relies to all questions and explains everything. I'd like to thank him from all of us for letting us join this incredible world of Yoga (a real world, not a gymnastics and sports as most instructors in the city do). It's awesome that we, citizens of St. Petersburg, have gained such a possibility to practice with a true Master. Yoga will definitely help us to keep to get lost health and strengthen our spirit. Recently I've passed over serious flu with complication (usually I get ill seldom) and I was absent within the classes for 1.5 months (January and a half of February). I literally dragged myself to the classes and was worried if I could practice asanas. However I started doing that together with other students and after the second class everything returned in a common state. And now I'm practicing Yoga almost daily. I don't want to think about the fact that in about a year Vivek will return back home to India. I believe in wonders, I'm sure and I hope something good will happen!

Name: Olga G. Filippova

Address: Saint-Petersburg,  
Komendantsky pr. 40-1-416

E-mail: filippova@nlr.ru



1. What are your concerns and aims to attend yoga classes?

I am 53 years old and I had many health problems, such as bronchitis, elevated blood pressure, back pains. After practicing yoga with Vivek Tiwari for half a year, I ceased to catch cold all the time, my blood pressure has stabilized, and I had no exacerbation of my chronic low-back pain this winter. I feel much better in a whole now.

2. How long have you been practicing yoga?

I did try to do yoga myself before, but I could not do it right without proper guidance. It was kind of irregular physical exercise, and I could not reach a good and long-lasting effect. I was not satisfied with my practicing.

3. What positive sides of yoga practicing have you discovered?

For me the most amazing thing about practicing with Vivek is that I started feeling much better. It seems almost unbelievable. I used to think that it was already because of my age that I felt sleepy, tired and in low spirits all the time. Now I know it is not a matter of age, it is a matter of lifestyle. It is never too late to practice yoga. And preferably with Vivek Tiwari. After Vivek's class I feel wonderful during the whole day.

4. What is the type of yoga your teacher is practicing?

Hatha yoga, we practice asana and pranayama.

5. What are the characteristic features of your yoga teacher practicing?

Our teacher's everyday yoga program is harmonious and wise and includes asanas for all parts of the body with the alternation of muscle tension and relaxation. We also practice pranayama, that is the most important. Vivek is an attentive and experienced teacher, he feels what we need, he sees our individual differences and difficulties and helps make our way to yoga. He shows well, he explains well, he answers our questions, sometimes silly, he jokes and he makes hard and complicated things easy and simple. Our teacher knows how to create a wonderful

atmosphere of peace, easiness, calmness and aspiration for self-improvement in class.

6. Your teacher's behavior towards you.

Vivek is an easy-going and friendly person and a strong personality at the same time. He makes me believe I can do more and that good things will come into my life. And he tells interesting stories about yoga and India. Before I met Vivek, India was far away and impersonal for me, now through Vivek's attitude I can feel the warmth and beauty of India, and I want to learn more about its magnificent culture.

7. What are your feelings about your yoga master and your yoga practice?

I feel great, I am happy to practice with Vivek and I want our teacher to stay with us in St. Petersburg forever.

Georgy Andreev  
Russia, Kazan/Saint Petersburg  
+79627297129  
[andreev89.09@gmail.com](mailto:andreev89.09@gmail.com)

Namaste!

My name is Georgy Andreev. I am 28 years old. I am an engineer. Currently I live in Saint Petersburg.

Three years ago I started to practice yoga by myself. I have read a lot of books about yoga. I have to use some applications with yoga teaching on my tablet. I used to watch videos on You Tube also. I felt that I have a problem of concentration. I have to try yoga and some meditation practices to solve the problem.

Last winter I have traveled in Southeast Asia. During this traveling I took a part in seven meditation retreats in different places. At one place in Thailand we had a yoga teacher who gave everyday yoga teaching to us. It was first experience of studying yoga for me. And it was wonderful. Mr. Supon was amazing teacher.

After my trip I came back to Saint Petersburg. I started to attend different yoga classes in the city. They all seemed the same. After one month of searching I found information about yoga class at Saint Petersburg Consulate General of India. I started to participate Mr. Vivek Tiwari yoga class in November, 2016. And it was something special for me.

Since that time I have got a lot of knowledge and experience of yoga. I have got an understanding of everyday yoga exercises and I started to practice yoga daily. Yoga asanas and pranayama practices became an important part of my life. I combine it with meditation practice and it give great effect to me. I feel a lot of benefits of this practices. In my mind and in my body. I am very happy to be a student of Mr. Vivek Tiwari. I am very grateful to him and to India government for this amazing opportunity. I hope to continue learning of the art of yoga. Twice I was in India and I'll go again for sure!

Thank you so much!

Georgy Andreev, 25.02.2017



Vivek Tiwari &lt;vivekyogamaster@gmail.com&gt;

---

**Review for yoga classes in Russia with Vivek**

1 message

---

**Цветкова Юлия** <cvetkova099@gmail.com>  
To: vivekyogamaster@gmail.com

Wed, Feb 22, 2017 at 11:12 AM

Hello, Vivek!  
I would like to tell about yoga benefits for me.

Before I started attending yoga classes, I had some problems with my body and mind health. There were regular neck and lower back pains, joint inflexibility, especially knees, ankles and wrists. I suffered seasonal headaches and insomnia, I often felt stress and anxiety.

5 years ago I began to attend yogatherapy classes here in Russia with russian teachers. Then I continued to do yoga asanas and pranayamas at home.

I started to attend yoga classes with Vivek in Indian consulate two months ago and I like them so much!

Yoga helps me to relieve pains along the spine and to strenghten the muscles on my back. Yoga practicing improved joint flexibility and removed my headaches.

In comparison with russian teachers, Vivek pays more attention to mindfulness in practice. He teaches us how to relax body and mind, not only to do yoga exercises for physical health.

Vivek offers to observe changes in ourselves after yoga practice, so I can understand what benefits yoga gives me every day. He shows pranayama techniques in details and I use them in my home practice.

Vivek introduces yoga techniques more softly and deeply than most of the yoga teachers I dealt with before. And now morning yoga class in consulate gives me wellness, joy and positive vibes for the whole day. It makes me calm and steady, so I can relax and enjoy the life :-)

Thank you for your work and good luck!  
Best wishes,  
Tsvetkova Yuliya

RESPONSE ON YOGA CLASSES WITH SHRI VIVEK TIWARI,  
CONSULATE OF INDIA, ST.PETERSBURG, RUSSIA

*Personal Details*

Name: Maria Alexandrova  
Address: Steglitzer Damm 57A  
12169, Berlin, Germany  
Mobile phone: +49 151 45001166  
E-Mail: mary.wonderwall@gmail.com



*Your Problems and Purpose of joining Yoga classes?*

A few months before starting doing Yoga upon some circumstances I got a personal crisis that finally brought me to necessity of changes in key spheres in my life such as work, goals, relationship, environment and health. My physical and spiritual health could be perfectly described as "totally exhausted" and I couldn't find any medicine for it. I was sick without any reason for months and one day I couldn't get up from my bed at all as I didn't have enough powers. It felt like spiritual dying when you realize you don't have your drive to go on. And without any motivation from your heart, your body just starts fading like a flower. That moment I got I need to do something and better immediately. Suddenly I remembered I was always curious about yoga. I needed to cure my inner side. So it should have been something that could keep up my spirit and mood first, however at the same time also strengthen my body. Yoga was the best alternative. And so I started.

*Since when you joined Yoga?*

Before joining Yoga classes with Shri Vivek Tiwari I took 1-month online Yoga course to get the main concept of the practice, check if it suits me and helps me out or not and further find a good school and a master for that. I joined Yoga class with Shri Vivek Tiwari in the Consulate General of India in the beginning of July 2016. A few days before I visited International Yoga Day festival arranged by the Consulate in St. Petersburg where I tried traditional Indian food, some cultural activities and also joined Yoga practice. I was very inspired indeed.

*Did you get benefits and what?*

I got benefits immediately. From the first day of Yoga practicing with Shri Vivek Tiwari I felt so much lightness and energy in my body, calm in my mind and peace in my soul. It was a complete feeling of happiness and tranquility that was growing from day to day. It was the right moment with the right Teacher. It seemed I had been searching for this way for so long and finally I found it. Lots of things changed right at once. With body powers and energy flow, I gained an absolute clear vision what to do, how to improve my life, feel positive and transfer this state to the world and people around. Honestly, since that time I inspired a lot of people to start doing Yoga and raised their interest to the Indian culture and language.

*Teaching style of Yoga teacher?*

Shri Vivek Tiwari follows Ashtanga Yoga. Moreover, this is original Yoga tradition which means you get knowledge from the primary clear source of Yoga.

*Yoga performance of Teacher?*

Shri Vivek Tiwari is a brilliant Master and awesome Yoga Teacher. He perfectly explains and shows all asanas and pranayamas. He does everything to support you, helps you to develop and always marks your even little progress. He creates a special atmosphere on his Yoga classes. You always feel connected to this spiritual source within his classes and you keep up this great state further within the day. Day by day, your life itself becomes this endless meditative Yoga practice full of wisdom and clearness in your heart and mind.

*His behavior with you?*

From the very first moment when I saw Shri Vivek Tiwari, I got finally I found my spiritual Teacher. He even didn't say anything. It was just an obvious thing, a clear impression that came from a special spiritual environment around him and was further confirmed within his Yoga classes. Like with all other students, with me also he was supportive, kind, inspiring and helped me to make a big step in my inward progress, in strengthening my mind and body health.

*You own experience about Yoga-teacher and Yoga and India*

I spent only 2 months within Shri Vivek Tiwari Yoga classes as in September 2016 I had to leave from St. Petersburg to study sound engineering in Berlin, Germany, where I'm currently living. However, I'm still practicing those Yoga asanas and pranayamas upon his techniques and keeping in touch with students that are attending his Yoga classes in St. Petersburg. In October 2016 we were happy to celebrate our Teacher's birthday (me - remotely).

My connection with Indian culture started in the end of 2015. I got acquainted with Indian people from Mumbai upon my work and we became close friends. It inspired me for learning Indian culture and reading sacred books like "Mahabharata" and "The Veda". Further in October 2016 we met in Amsterdam on International Marathon where they took part and I knew a lot about Indian culture and traditions from the first hand.

Since February 2016 till present I've been learning Hindi language on language courses and with a native-speaker from Mumbai as well. I'm still in touch with students and my first Russian teacher who also lived for 1 year in India before. My second teacher from Mumbai helped me to improve my speaking and reading skills and we are good friends now.

Within 2016, besides everyday Yoga classes with Shri Vivek Tiwari, I also attended Cookery classes in the Consulate General of India and other events arranged by the Consulate (e.g. Independence Day).

In August 2016 I've been volunteering in AISEC independent organization in St. Petersburg where I had to meet and accompany young people from India. We also became very good friends and we've been still keeping in touch.

So far I've got around 30 friends from this awesome country who I know personally and remotely with weekly communication in social networks and skype. We exchange photos and videos, life stories and our impressions about the world around. I also know a lot of their family members and I've been warmly invited to visit them any time in India.

When I finish my university in September 2018 in Berlin, I'm planning to travel to India for 3-6 months around the country to know the country, its culture and people better. Further I'd like to take Certificate Course in Yoga in Kaivalyadhama Ashram (Lonavla), the Yoga Institute where Shri Vivek Tiwari constantly gives his Yoga classes. After that I may continue my studying there taking P.G. Diploma in Yoga Education to get more profound knowledge of this practice, Indian culture and traditions.

I'm feeling a strong connection with India and its culture. I'm vegetarian, a Buddhist and fully share its world perception. So I hope to continue my further way along with these values and inspiration.

*January 19, 2017*





**Name** Natalia Vasilkova  
**Address** Fontanka 2, apt.617, St.Petersburg, Russia  
**Phone** +7 921 9484 162  
**e-mail** zlayatsesarka@gmail.com

### **Purpose of joining yoga class**

I joined the yoga class established at the Consulate General of India in St. Petersburg because I suffer from chronic low back pain. My hope was that yoga practice would help eliminate back pain that had for years affected my working, sleeping and daily activities.

### **Benefits**

Having had regular yoga practice for 8 months now, I already feel better. Yoga practice has restored vitality to my whole body. Moreover, it has created awareness and harmony in both my mind and body and has helped me to manage stress.

### **Teaching style**

The teaching style of Mr Tiwari is most agreeable. A lot of his efforts focus on the body ability to heal itself. His instructions are clear and well articulated, his manner is friendly and supportive. As a person with chronic low back pain I am vulnerable to injury and very conscious that any movement might do me harm. With Mr Tiwari's guidance I am always sure that I am perfectly safe. He is a very sensitive teacher who always knows what his students' needs are. He teaches without discriminating against age or religion.

#### **Performance of yoga teacher**

If necessary, the teacher gives practical demonstrations, setting an example for students, but never demanding that students should force their way through. He always warns that students do not strive for perfection but perform at their own capacity, which is indeed very encouraging.

#### **Behaviour of yoga teacher**

Mr Tiwari is always considerate and sympathetic to his students' needs.

#### **My opinion of the yoga class, yoga teacher and yoga**

I am really happy to have joined a yoga class at the age of 72. Yoga is a mind-body discipline that teaches me to feel better about myself. It has affected my whole well-being. Last but not least, the yoga class conducted by Vivek Tiwari has introduced me to yoga as cultural heritage of India and has inspired me to learn more about this great country.

**Signature**



Smirnova Olga

Saint-Petersburg, 194356,

Zavodskaya str., 20- 18

[os137@yandex.ru](mailto:os137@yandex.ru)



My purposes of Yoga practice are acquaintance with the Indian culture, creating good health, mood and self-knowledge.

I started doing Yoga with Vivek Tiwari since October 2016.

As a result of these awesome classes I've got a good mood, my health has been getting better, I've known more about Yoga.

I like Vivek Tiwari's classes very much. He's friendly and teaches well. He explains the right way for performing asanas, pranayamas, cleaning and lets us know about traditional Yoga.

Before I practiced Yoga in various Yoga-centers in St. Petersburg. Now I'm taking classes only with Vivek Tiwari as he's an experienced master and teaches traditional Yoga.

A handwritten signature in blue ink, appearing to read 'Olga Smirnova'.

Smirnova Olga

Elena Markova

St. Petersburg

Tankist Khrustitsky's str. 106, 27

Tel. +7911-702-02-48

elen044@mail.ru



- 1) Discomfort and back pains were the reason that brought me to Yoga classes. Also Yoga philosophy became interesting and close to my perception. I was inspired for much more spiritual development. I had visited other Yoga studios, however they weren't satisfying for me.
- 2) I've been doing yoga since 2015. I started taking Vivek's Yoga classes in July 2016, then I got 2-month break because I left St. Petersburg. On coming back I continued my Yoga classes with Vivek and I liked Vivek Tiwari's classes most of all.
- 3) I like Yoga practicing with Vivek. He perfectly shows and explains the performance technique and describes the purpose of this or that asanas or pranayamas, and also asanas meaning for the body and my inwardness.
- 4) I'm doing Hatha Yoga with the Teacher. I like that we are doing asanas and also respiratory exercises, as I'm learning how to relax my body properly.
- 5) I think I have found my Yoga Teacher and Spiritual Master. And this is Vivek.
- 6) Vivek helps me in asanas performance, corrects me if I do something wrong, shows how to do it in a proper and more comfortable way. He doesn't push me or make me do anything through efforts
- 7) As a result of Yoga classes my health has significantly improved. After classes I feel lightness in my body and burst of energy. I've got interest to the culture of India. I'd like to visit India once again with more conscious comprehension and Yoga classes in India.

Vivek Tiwari vivekyogamaster@gmail.com

Name: Abaydulova Menglidzhemal  
Address: 651, Kolomyazhskiy Prospect,  
Building # 20, Saint Petersburg  
Mobile: +79819865438  
Email: menglidjema@mail.ru



My purpose of joining yoga classes is to tone muscles and to improve health. Since when I joined yoga I started feel better not only physical but mental. I got good mood and tone after practice. Also I got a lot of information how improve health, about my body. I made friends at yoga classes.

Teaching style of yoga (Hathayoga) is adapted for my level. Actually there is three levels: advanced, average and beginner. Teacher is professional at yoga (health) field, has individual approach to each student, also kind and polite.

Before I used to practice yoga in hammock.

Glad to have experience with master from India.

A handwritten signature in black ink, appearing to be the name 'Abaydulova Menglidzhemal' in a cursive style.

Name: Natalia Popova  
Address: 561, Kolomyazhsky Prospect  
20, Saint Petersburg  
Mobile: +7 981 732 0540  
Email: narxatali@yandex.ru



I go on the class of hatha yoga for nearly a year. I like this style of teaching, because I develop not only physically but also spiritually. Morning practice gives a change of vivacity for the whole day and increases energy. Mantras and breathing techniques very well to soothe my mind. As the teacher talks about health and characteristics of the organism. It helps to understand yourself. After practice, I feel better.

*Natalia*

Eschenko Alla

18-20, Kondratievsky prospekt

SPB, 195197

8 911 8349049

Eshenkoalla@rambler.ru



I have begun to practice yoga because I have problems with a back. I have decided to take care of my health.

I practice yoga a few months, since November, 2016.

In a few months of practicing yoga, I noticed that the pain in back began to bother me less, I've become more flexible, noticed a deep observation of myself and the body, tranquility and appeasement appeared.

Our teacher practices Hatha yoga.

The teacher explains everything and shows exercises clearly. In case of mistakes in yoga practices made by the students, the teacher will surely correct them, will help to make everything correctly.

Towards me, as well as other students, Vivek shows respect, patience and understanding.

I deeply respect Vivek and appreciate that he shares his knowledge and experience with us. Yoga practice have helped me to feel healthy and have taught to listen to myself.

A handwritten signature in black ink, appearing to read 'A. Eschenko', written in a cursive style.

Name: Natalia Stukalova

Address: Saint-Petersburg,

Phone:+79313227017

E-mail:pogremushka0359@mail.ru



1. What are your concerns and aims to attend yoga classes?

The original purpose of attending yoga classes was to become familiar with the Indian culture. After visiting India, this absolutely wonderful country, I wanted to know more about it. But that was not the only reason. I had some health problems, like sleep and metabolic disorders. I was very happy to learn that a real Indian teacher had come to St. Petersburg to teach classical yoga, because here in St. Petersburg it gave us a unique opportunity to gain knowledge and experience of yoga directly from a traditional yoga teacher.

2. How long have you been practicing yoga?

I started practicing yoga in May 2016 under the supervision of my teacher Vivek Tiwari.

3. What positive sides of yoga practicing have you discovered?

Yoga has helped me to cope with my nervous and metabolic disorders, they do not bother me anymore. Now my mind and body make a balanced, harmonious, complete whole.

4. What is the type of yoga your teacher is practicing?

Hatha yoga.

5. What are characteristic features of your yoga teacher performance?  
During the class, Vivek teaches us asanas and various breathing practices. At first, he demonstrates and explains, then he describes the effect of practices on the body and how to use them in everyday life. Our teacher also supervises correctness of performance of asanas, and he also warns against performing of some asanas if we have health problems, and he explains how to replace these inadvisable asanas by simpler and more suitable ones.

6. Your teacher's behavior towards you.

Due to the positive attitude and careful attention of our teacher towards us we gradually achieve success in yoga.

7. What are your feelings about your yoga master and your yoga practice?

We are very grateful to our yoga teacher Vivek Tiwari for helping people to cope with their physical or moral ailments. He is a very fine person and an excellent teacher, and he is our best guide in the world of yoga.



***ADVANCED YOGA POSTURES***  
***BY***  
***SHRI VIVEK TIWARI***  
***ICCR YOGA TEACHER***  
***CONSULATE GENERAL OF INDIA***  
***SAINT PETERSBURG RUSSIA***

[E-MAIL—vivekyogamaster@gmail.com](mailto:vivekyogamaster@gmail.com)

MOBILE NO- +918411859004





**SHAVASANA**



**ARDHAHALASANA- ONE LEG**



**ARDHAHALASANA- BOTH LEGS**



**PURNAHALASA**



**VIPARITAKARNI**



**SARVANGASANA**



**MATSYASANA**



**CROCODYLE VARIATION-1**



**CROCODYLE VARIATION-2**



**CROCODYLE VARIATION-3**



**SETUBANDHASANA**



**PAVANAMUKTASANA**



**NAUKASANA**



**MAKARASANA**



**BHUJANGASANA**



**URDHVAMUKHA SHWANASANA**



**GOMUKHA SHWANASANA**



**SHALABHASANA**



**DHANURASANA**



**MARJARASANA**



**UTTANA MANDUKASANA**





**SUPTAVAJRASANA**



**USHTRASANA**



**SHASHANKASANA**



**YOGAMUDRA**



**ARDHAMATSENDRASANA**



**BHUNAMANASANA**



**AAKARNA DHANURASANA**



**UGRASANA**



**BHADRASANA**



**KAPOTASANA**



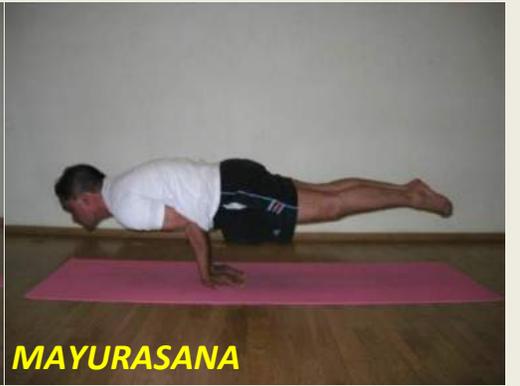
**JANUSHIRASANA**



**TOLANGULASANA**



**BAKASANA**



**MAYURASANA**



**KONASANA**



**TRIKONASANA**



**PARIVARTA TRIKONASANA**



**VEERABHADRASANA**





**ARDHACHANDRA**



**HASTAPADASANA**



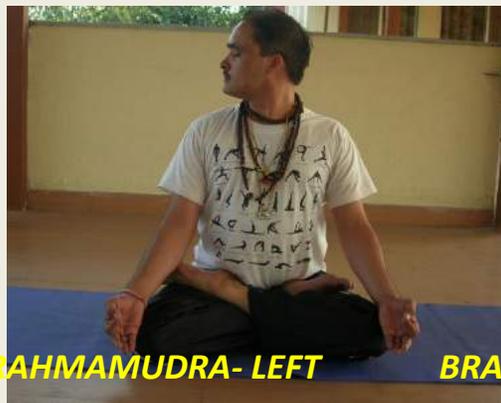
**NATARAJASANA**



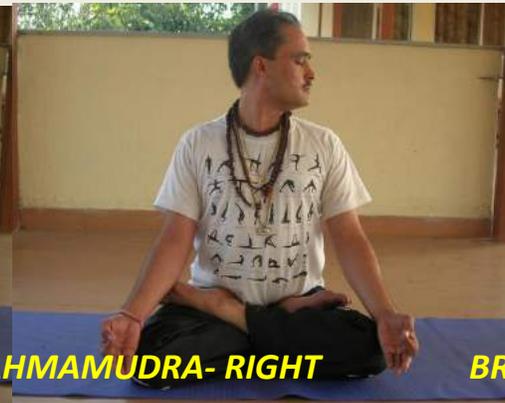
**UTKATASANA**



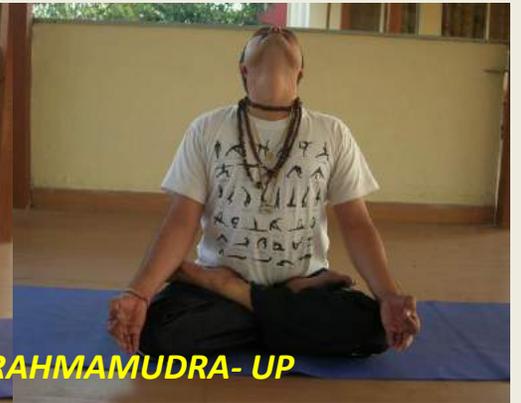
**VRIKSHASANA**



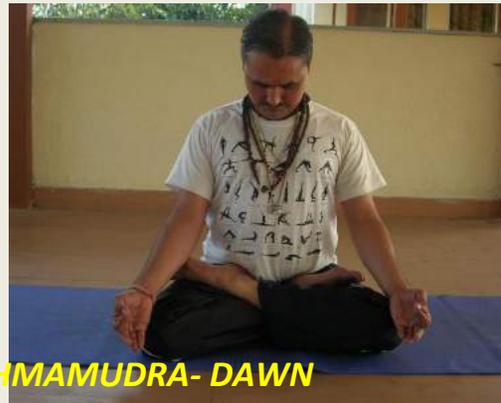
**BRAHMAMUDRA- LEFT**



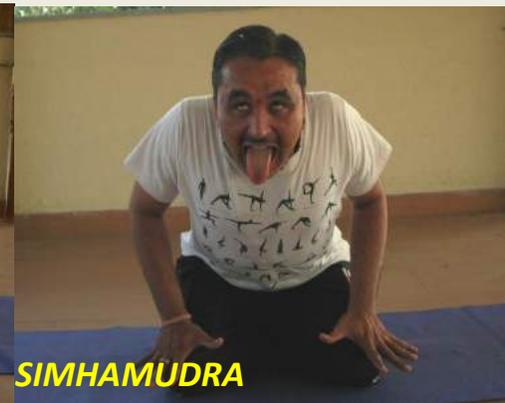
**BRAHMAMUDRA- RIGHT**



**BRAHMAMUDRA- UP**



**RAHMAMUDRA- DAWN**



**SIMHAMUDRA**



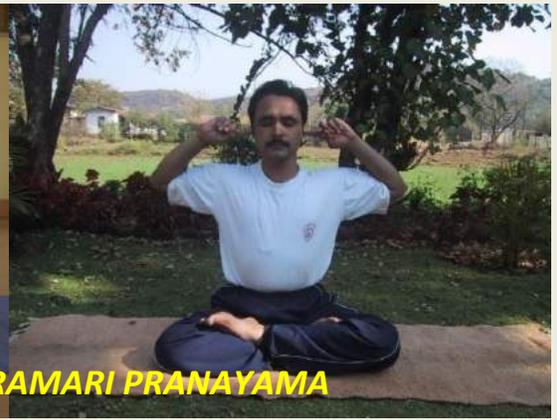
**KAPALBHATI**



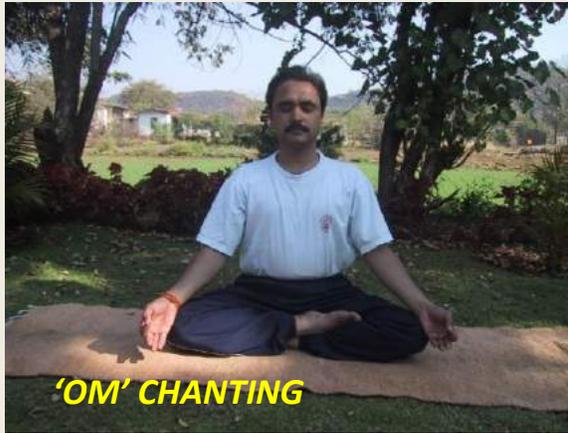
**ANULOMA- VILOMA PRANAYAMA**



**UJJAYI PRANAYAMA**



**BHRAMARI PRANAYAMA**



**'OM' CHANTING**



**SHAVASANA**

**SUGGESTION-**

---

---

---

**DATE-**

**SIGNATURE**

# YOGA THERAPY CHART

CONSULATE GENERAL OF INDIA SAINT PETERSBURG RUSSIA

SHRI VIVEK TIWARI: [E-MAIL—yogibhaskar@yahoo.co.in](mailto:yogibhaskar@yahoo.co.in)

MOBILE NO- +918411859004

NAME OF THE PATIENT-



MAKARASANA

NIRALAMBASANA

ARDHA SHALABHASANA

BHUJANGASAN



MARJARASANA- 1

MARJARASANA -1

MARJARASAN



SUPTA TADASANA

EK PADA UTTANASANA

ARDHA PAVANAMUKTASANA

PAVANAMUKTASANA



CROCODILE VARIATION-1

CROCODILE VARIATION-2

CROCODILE VARIATION-3

CROCODILE VARIATION-4



UTTANA MANDUKASANA

KATI CHAKRASANA



S. B. CHAKRASANA

KONASANA



BRAHMAMUDRA

ABOUT SHUDHI KRIYAS: -

ABOUT PRANAYAMA & MEDITATION:-

ANY OTHER INSTRUCTIONS:-

SIGNATURE OF YOGA TEACHER

# ***BASIC PROGRAMME OF YOGIC PRACTICES***

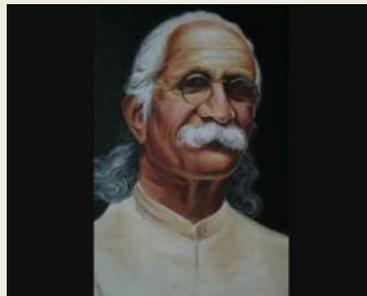
**BY- SHRI VIVEK TIWARI ICCR YOGA TEACHER**

**CONSULATE GENERAL OF INDIA**

**SAINT PETERSBURG RUSSIA**

[E-MAIL—yogibhaskar@yahoo.co.in](mailto:yogibhaskar@yahoo.co.in) [vivekyogamaster@gmail.com](mailto:vivekyogamaster@gmail.com)

MOBILE NO- +918411859004





SHAVASANA



SUPTA TADASANA



ARDHAHALASANA (ONE LEG)



ARDHA HALASANA (TWO LEGS)



SETUBANDHASANA



ARDHA PAVANMUKTASANA  
(ONE LEG)



PAVANMUKTASA  
(BOTH LEGS)



CROCODILE VARIATION- 1



CROCODILE VARIATION- 2



CROCODILE VARIATION- 3



CROCODILE VARIATION- 4



VIPARITAKARNI



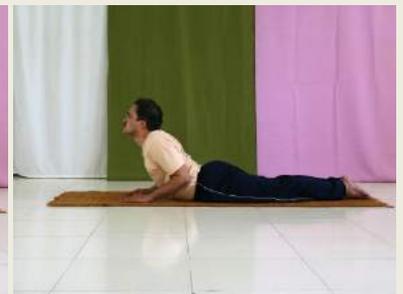
MATSYASANA



MAKARASANA



NIRALAMBASANA



BHUJANGASANA



ARDHA SHALABHASANA



SHALABHASANA



NAUKASANA (CO-ORDINATION)



MARJARASANA- 1



MARJARASANA -2



VAJRASANA



PARVATASANA



UTTANAMANDUKASANA



UTTANAMANDUKASANA



USHTRASANA



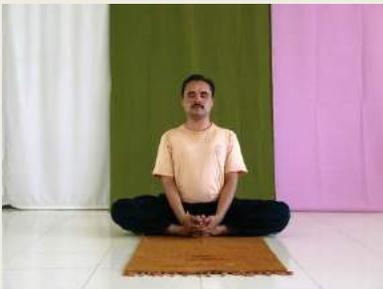
SHASHANKASANA



YOGA MUDRA



VAKRASANA



BHADRASANA



JANUSHIRASANA



JANUSHIRASANA



GOMUKHASANA



GOMUKHASANA



S. B. CHAKRASANA



KONASANA



KATICHAKRASANA-1



KATICHAKRASANA- 2



TRIKONASANA



UTKATASANA - 1



UTKATASANA - 2



TADASANA



VRIKSHASANA



BRAHMAMUDRA



BRAHMAMUDRA



BRAHMAMUDRA



BRAHMAMUDRA



**SIMHAMUDRA**



**KAPALBHATI**



**ANULOMA VILOMA PRANAYAMA**



**UJJAYI PRANAYAMA**



**BHRAMARI PRANAYAMA**



**'OM' CHANTING**



**SHAVASANA**

***ANY SPECIAL SUGGESTION BY THE DOCTOR OR YOGA INSTRUCTOR: -***

-----  
-----  
-----  
-----  
-----

***SIGNATURE***

**TRADITIONAL, CULTURAL AND  
SCIENTIFIC**

**EXPLANATION OF ASANA PRACTICES**

**BY**

**SHRI VIVEK TIWARI**

**YOGA TEACHER**

**CONSULATE GENERAL OF INDIA**

**SAINT PETERSBURG RUSSIA**

# ❖ Shirshasana

## ❖ Traditional information

This asana comes under the category of Viparitakarani so traditional information is same as Viparitakarani in Hathapradipika chapter- III<sup>rd</sup> - 78<sup>th</sup>& 80<sup>th</sup> verse.

### • The name

The position of the body here is head down and legs up so it is known as Shirshasana. 'Shirsha' means head in Sanskrit.

### • Technique

Kneel on the ground. Frame a finger lock of both hands. Make a triangle from finger lock and elbows on the ground in front of you. Bend forward, place a crown of the head on the ground in the finger lock. Now straighten the legs, slowly walk the feet forward.

By practice, soles will automatically leave the ground and thighs and knees will touch the abdomen. Maintaining the balance, straighten the legs from hip joint, keeping the knees folded. After being confident, straightening knees balance on the head. Maintain the pose as per the capacity and come back step by step. While returning back, fold the legs from knees first, then from hip joints, touch the knees to chest and slowly land the soles and then knees, raise the head and sit. Then take rest in Shavasana for a while.

### • Benefits

- ✓ gives excellent exercise to back and abdominal muscles
- ✓ while adopting and coming back, gives contraction and relaxation to all the muscles of the body
- ✓ Improves blood circulation towards head, heart and lungs, so improves vitality.
- ✓ Improves venous return, so prevents from varicose veins.
- ✓ Sharpens the brain because of excess blood circulation.
- ✓ Strengthens neck and shoulder muscles.
- ✓ Stimulates all the internal organs and glands.

### • Limitations

- ✓ Persons having High blood pressure, heart blockages or any cardiac condition should practice under proper guidance and modifications using props.
- ✓ Avoid this practice if having Cervical or lumbar Spondylosis, back pain, any spinal injury.
- ✓ Those having headache, migraine, dizziness, giddiness, should avoid this practice.
- ✓ If the arms and shoulders and neck are weak, please take support of wall and do under guidance.
- ✓ Hernia, hydroceles, hyper acidity, arthritis, osteoporosis should avoid this practice.
- ✓ Prolapsed uterus.
- ✓ Avoid in menstruation, pregnancy and 6- 8 months after delivery.

### • Precautions during procedure

- ✓ Firm the finger lock and tighten the shoulders so that balance can be maintained properly.
- ✓ Try to align the body vertically, and keep abdominal muscles under control.
- ✓ Body weight should be on the head, not on the shoulders and elbows.
- ✓ Don't rush for the final posture immediately. Practice progressively step by step.
- ✓ Don't lose the concentration.
- ✓ While coming out of the pose, don't come directly. Come in a reverse order step by step.



## ❖ Shavasana

### • Traditional information

The pose is called Shavasana; because it requires complete relaxation of all the muscles same like dead body. Traditional information is given in Gheranda Samhita, II<sup>nd</sup> chapter, 19<sup>th</sup> verse.

### • The name

In this asana the body looks like a dead body without any movement. 'Shava' means 'dead body' in Sanskrit. So it is called as Shavasana.

### • Technique

Lay down in supine position. Take comfortable distance between feet. (2- 3 ft.) Toes are pointing out and small toes resting on the ground. Rest the arms besides the body approximately 8- 10 inches away from the thighs, palms facing to the sky. Keep the fingers relaxed in half folded position. Relax whole body and collapse it down on the ground. Leave loose each and every part of the body from the top of the toes to the top of the head. If having any discomfort in the body or spine, relax it by shaking or by giving little movement. Close the eyes gently. Concentrate on the breathing process. Observe the movement of the abdomen while inhalation and exhalation. That is the movement of Prana or life force. Feel the flow of Pranic energy throughout the body with each inhalation and exhalation. Try to neglect the thoughts and keep the mind concentrated on breathing process. Be in this pose for 10- 15 minutes.

### • Benefits

- ✓ It relaxes whole body and mind.
- ✓ Mind becomes calm and quiet, good for depression, mental stress, fatigue and anxiety.
- ✓ Good for insomnia and high blood pressure.
- ✓ Breathing becomes normal and under control automatically.
- ✓ Relieves muscular tension of whole body.

### • Limitations

- ✓ Those having dizziness fear in mind cover the eyes with napkin.
- ✓ In severe back pain, slipped disc, keep folded towel or napkin under the lower spine.

### • Precautions during procedure

- ✓ Keep the eyes closed gently, don't move the eyeballs.
- ✓ There should not be any tension on any part of the body.
- ✓ If the small toes are not touching to the ground, bend the knees little.
- ✓ There should not be any expression on the face. Facial muscles should be relaxed.
- ✓ In severe back condition relax in Makarasana or keep fold of napkin under lower back.
- ✓ Do not move the body.
- ✓ Don't apply any force or tension on any part of the body.



## ❖ Viparitakarani

### • Traditional information

Placing head and hands on the ground raise the legs up and remain steady, is called Viparitakarani. Gheranda Samhita gives information of this asana in III<sup>rd</sup> chapter, 31<sup>st</sup> verse.

### • The name

Whole body is in inverted action, so it is called as Viparitakarani. 'Viparita' means 'inverted' and 'karani' means 'action' in Sanskrit.

### • Technique

Lay down in supine. Join the legs together, palms on the ground by the sides of the buttocks. Take a deep breath and get ready. Then slowly raise both the legs off the ground keeping the knees straight up to 30°, 60° and then 90° step by step. Now try to bring the knees close to the chest, so that buttocks will be lifted up automatically. Bend the elbows and give support to the buttocks with the help of palms. Balancing on the shoulder and elbows, raise up both the legs to the sky. Keep both knees straight and together. Now balance properly on the shoulders and elbows, so that lower body will be in the line of elbows and arms, vertical to the ground. Try to balance the pose as per the capacity. Then slowly come back, step by step, in a reverse order, with control.

### • Benefits

- ✓ As throat gets contracted nicely, thyroid glands get stimulated, so good for thyroid disorders and throat ailments, if practiced with Matsyasana.
- ✓ Antigravity force is acting on the lungs and diaphragm, so one has to struggle for inhalation and exhalation, hence improves breathing capacity or vital capacity of the lungs, so good for bronchial asthma and bronchitis.
- ✓ It stimulates pineal and pituitary glands.
- ✓ Good for insomnia, sleeplessness.
- ✓ Good for common cold sinus disorders.
- ✓ Improves blood circulation to the brain, head, face and chest, so stimulates all the organs of those areas and good to improve heart capacity.
- ✓ Improves digestive capacity and bowel movements and urinary disorders, as it gives pressure on the abdomen while adopting and coming out of the pose.
- ✓ Good for prolapsed uterus, ovarian cysts, irregular menstruation or menstrual disorders.
- ✓ Good for visceroptosis, sexual disorders in males and females because of degenerative changes in testis and ovaries.

### • Limitations

- ✓ In severe cardiac conditions, high blood pressure.
- ✓ Hernia, hydroceles, operated stomach.
- ✓ Severe back problems like slipped disc, lumbar or cervical Spondylosis, shoulder injury
- ✓ Fever, nostril blockages in chronic cold, headache, migraine, dizziness, giddiness.

### • Precautions during procedure

- ✓ Keep the knees straight.
- ✓ Abdominal muscles should be under control throughout the practice.
- ✓ Do not force to lift the buttocks, by regular practice it will come automatically.
- ✓ Don't go beyond capacity, please know the limits first.
- ✓ Don't hold the breath.
- ✓ Don't try to reach to the final posture in the beginning, be confident for the balance step by step.



## ❖ Sarvangasana

### • Traditional information

This asana comes under the category of Viparitarakarni so traditional information is same as Viparitarakarni in Hathapradipika chapter- III<sup>rd</sup> - 78<sup>th</sup>& 80<sup>th</sup> verse.

### • The name

This asana is called Sarvangasana because it stimulates thyroid glands, through which whole body functions are influenced. In Sanskrit 'Sarva' means 'whole'. It is the further development of Viparitarakarni.

### •Technique

Lay down in supine. Legs together, hands by the sides of the buttocks, palms facing to the ground. Now slowly raise both the legs up, step by step to 30<sup>o</sup>, 60<sup>o</sup> and then 90<sup>o</sup> from the ground very slowly. Relax the shoulders and arms. Now pressing the palms on the ground and keeping the knees straight, bring the knees to the chest. Here keep abdominal muscles under control. Buttocks will lift up off the ground automatically. Then bend both the elbows and give support to the buttocks with the palms. Now raise both the legs to the sky. Try to balance properly, and then press the palms more and give support to the middle spine and try to stretch the whole body up, so that it will be erect and vertical to the ground and body weight will come on the shoulders. Here, the chin should well set in the jugular notch. Maintain the pose as per the capacity and then come back very slowly, with control, step by step, in a reverse order. And take rest in Shavasana for some time to normalize the breathing.

### • Benefits

- ✓ It is one of the inverted pose, and comes in the category of Shirshasana, Viparitarakarni. So gives benefits of Shirshasana and Viparitarakarni.
- ✓ As throat gets contracted nicely, thyroid glands get stimulated, so good for thyroid disorders and throat ailments, if practiced with Matsyasana.
- ✓ Antigravity force is acting on the lungs and diaphragm, so one has to struggle for inhalation and exhalation, hence improves breathing capacity or vital capacity of the lungs, so good for bronchial asthma and bronchitis.
- ✓ It stimulates pineal and pituitary glands.
- ✓ Good for insomnia, sleeplessness.
- ✓ Good for common cold sinus disorders.
- ✓ Improves blood circulation to the brain, head, face and chest, so stimulates all the organs of those areas and good to improve heart capacity.
- ✓ Improves digestive capacity and bowel movements and urinary disorders, as it gives pressure on the abdomen while adopting and coming out of the pose.
- ✓ Good for prolapsed uterus, ovarian cysts, irregular menstruation or menstrual disorders.
- ✓ Good for visceroptosis, sexual disorders in males and females because of degenerative changes in testis and ovaries.

### • Limitations

- ✓ In severe cardiac conditions, high blood pressure.
- ✓ Hernia, hydroceles, operated stomach.
- ✓ Severe back problems like slipped disc, lumbar or cervical Spondylosis, shoulder injury
- ✓ Fever, nostril blockages in chronic cold, headache, migraine, dizziness, giddiness.

### • Precautions during procedure

- ✓ Keep the knees straight.
- ✓ Abdominal muscles should be under control throughout the practice.
- ✓ Do not force to lift the buttocks, by regular practice it will come automatically.
- ✓ Don't go beyond capacity, please know the limits first.
- ✓ Don't hold the breath.
- ✓ Don't try to reach to the final posture in the beginning, be confident for the balance step by step.

### • Muscular emphasis for Shirshasana, Viparitarakarni, Sarvangasana, Halasana and Karnapidasana

- ✓ Rectus Abdominis, external and internal Obliques isometrically to keep the torso stable
- ✓ While lifting the legs, Rectus Femoris (hip flexors) isotonicly and concentricly, Gluteus (Maximus, Medius and Minimus) and hamstrings eccentricly
- ✓ While lifting pelvic ,reaching legs to ceiling and to avoid spinal extension, rectus Abdominis and Obliques (internal and external) isotonicly and eccentricly in Viparitarakarni, Sarvangasana and Shirshasana



# ❖ Halasana

## Traditional information

There is no any reference of this asana in any traditional text. But it is very important pose  
Coming from tradition



- **The name**

This pose is called Halasana, because it imitates the shape of Indian plough. 'Hala' means Plough in Sanskrit.

- **Technique**

Lay down in supine. Legs together, hands by the sides of the buttocks, palms facing to the ground. Now slowly raise both the legs up, step by step to 30°, 60° and then 90° from the ground very slowly. Relax the shoulders and arms. Now pressing the palms on the ground and keeping the knees straight, bring the knees to the chest. Here keep abdominal muscles under control. Buttocks will lift up off the ground automatically. Now slowly try to bring toes to the ground above head, if comfortable, try to the toes on the ground, keeping knees straight. If this pose is comfortable, then proceed further, walk the toes away from the head as much as possible. Then make a figure lock behind the spine on the ground keeping elbows straight (or traditionally place the figure lock over the head). It makes firm chin lock automatically. Maintain the pose as per the capacity and come back slowly, with control, step by step, in a reverse order. Take rest in Shavasana for some time to normalize the breathing.

- **Benefits**

- ✓ It gives extreme contraction in throat and stretch in cervical muscles.
- ✓ After getting mastery over Viparitararani and Sarvangasana try for this asana.
- ✓ It is one of the inverted pose, and comes in the category of Shirshasana, Viparitararani. So gives benefits of Shirshasana and Viparitararani.
- ✓ As throat gets contracted nicely, thyroid glands get stimulated, so good for thyroid disorders and throat ailments, if practiced with Matsyasana.
- ✓ Good for diabetes, enlargement of liver, constipation.
- ✓ Antigravity force is acting on the lungs and diaphragm, so one has to struggle for inhalation and exhalation, hence improves breathing capacity or vital capacity of the lungs, so good for bronchial asthma and bronchitis.
- ✓ It stimulates pineal and pituitary glands.
- ✓ Good for insomnia, sleeplessness.
- ✓ Good for common cold sinus disorders.
- ✓ Improves blood circulation to the brain, head, face and chest, so stimulates all the organs of those areas and good to improve heart capacity.
- ✓ Improves digestive capacity and bowel movements and urinary disorders, as it gives pressure on the abdomen while adopting and coming out of the pose.
- ✓ Good for prolapsed uterus, ovarian cysts, irregular menstruation or menstrual disorders.
- ✓ Good for visceroptosis, sexual disorders in males and females because of degenerative changes in testis and ovaries.

- **Limitations**

- ✓ In severe cardiac conditions, high blood pressure.
- ✓ Hernia, hydroceles, operated stomach.
- ✓ Severe back problems like slipped disc, lumbar or cervical Spondylosis, shoulder injury
- ✓ Fever, nostril blockages in chronic cold, headache, migraine, dizziness, giddiness.

- **Precautions during procedure**

- ✓ Keep the knees straight.
- ✓ Abdominal muscles should be under control throughout the practice.
- ✓ Do not force to lift the buttocks, by regular practice day by day it will be possible to touch the toes on the ground.
- ✓ Don't go beyond capacity, please know the limits first.
- ✓ Don't hold the breath.
- ✓ Don't try to reach to the final posture in the beginning, be confident for the balance step by step.

## ❖ Karnapidasana



### • Traditional information

Traditional information is not available in any traditional text.

### • The name

'Karna' means the 'ear' and 'pida' means 'pain' or 'discomfort' in Sanskrit.

### • Technique

Follow all the steps of Halasana. Then keeping figure lock behind the spine, slowly bend both the knees and try to touch knees to the ears and shoulders. Join the soles of the feet and toes pointed. Then encircle both the arms to the legs at the back of the knee joints. Or maintain a figure lock behind the spine as it is.

### • Benefits

- ✓ This asana rests trunk, heart and legs. The spine is stretched more while bending the knees and this helps the circulation of blood round the waistline.
- ✓ It gives extreme contraction in throat and stretch in cervical muscles.
- ✓ After getting mastery over Viparitakarani and Sarvangasana try for this asana.
- ✓ It is one of the inverted pose, and comes in the category of Shirshasana, Viparitakarani. So gives benefits of Shirshasana and Viparitakarani.
- ✓ As throat gets contracted nicely, thyroid glands get stimulated, so good for thyroid disorders and throat ailments, if practiced with Matsyasana.
- ✓ Good for diabetes, enlargement of liver, constipation.
- ✓ Antigravity force is acting on the lungs and diaphragm, so one has to struggle for inhalation and exhalation, hence improves breathing capacity or vital capacity of the lungs, so good for bronchial asthma and bronchitis.
- ✓ It stimulates pineal and pituitary glands.
- ✓ Good for insomnia, sleeplessness.
- ✓ Good for common cold sinus disorders.
- ✓ Improves blood circulation to the brain, head, face and chest, so stimulates all the organs of those areas and good to improve heart capacity.
- ✓ Improves digestive capacity and bowel movements and urinary disorders, as it gives pressure on the abdomen while adopting and coming out of the pose.
- ✓ Good for prolapsed uterus, ovarian cysts, irregular menstruation or menstrual disorders.
- ✓ Good for visceroptosis, sexual disorders in males and females because of degenerative changes in testis and ovaries.

### • Limitations

- ✓ In severe cardiac conditions, high blood pressure.
- ✓ Hernia, hydroceles, operated stomach.
- ✓ Severe back problems like slipped disc, lumbar or cervical Spondylosis, shoulder injury
- ✓ Fever, nostril blockages in chronic cold, headache, migraine, dizziness, giddiness.

### • Precautions during procedure

- ✓ Keep the knees straight.
- ✓ Abdominal muscles should be under control throughout the practice.
- ✓ Do not force to lift the buttocks, by regular practice day by day it will be possible to touch the knees to the ears and shoulders on the ground.
- ✓ Don't go beyond capacity, please know the limits first.
- ✓ Don't hold the breath.
- ✓ Don't try to reach to the final posture in the beginning, be confident for the balance step by step.

### • Muscular emphasis

- ✓ Includes all points of Viparitakarani & Sarvangasana
- ✓ To bring legs over head and touch them on the floor, rectus Abdominis and Obliques (internal and external) isotonically and concentrically and while maintaining isometrically.

## ❖ Matsyasana



- **Traditional information**

Adopting Padmasana, lay down in supine and surround the head with the elbows, is Matsyasana. It is described in Gheranda Samhita, II<sup>nd</sup> chapter, 21<sup>st</sup> verse.

- **The name**

The pose is called Matsyasana, because in swimming a person c flat on water like a fish, for considerable time, if he steadily lies there in this posture. 'Matsya' means fish in Sanskrit.

- **Technique**

First sit in Dandasana. Then adopt Padmasana. Now with the support of arms and elbows, lay down on the back. Then with the help of elbows by the sides of the trunk or placing alms beneath the shoulders, bend the head backward and place the top of the head on the ground. Here the spine will arch back little. Catch hold of big toes with opposite hands and try to touch the elbows on the ground by the sides of the trunk. Stay in the pose as per capacity and come back. While coming back, first release the arms then taking support of the elbows, come in sitting pose and then release Padmasana.

- **Benefits**

- ✓ This pose is considered as a complimentary pose of Viparitakarani and Sarvangasana, as far as thyroid disorder is concerned.
- ✓ It strengthens the neck muscles.
- ✓ Gives stretch to the chest muscles and contraction in cervical and back muscles.

- **Limitations**

- ✓ Those who are suffering from cervical Spondylosis should either avoid this practice or should do carefully under guidance of expert yoga teacher.
- ✓ Arthritis, gout.
- ✓ Avoid in menstruation and pregnancy.

- **Precautions during procedure**

- ✓ There should not be hyper extension in the neck.
- ✓ Use cushion, pillow or fold of towel in case of cervical Spondylosis.
- ✓ Don't adopt Padmasana in case of knee arthritis, adopt simple cross leg position or keep the legs straight and rest palms on the thighs instead of holding the toes.

- **Muscular emphasis**

- ✓ Hamstrings concentrically, quadriceps eccentrically to adopt Padmasana, Rectus Abdominis, Internal and External Obliques isotonically and eccentrically, Erector Spinae and Trapezius concentrically, Hip Flexors and Intercostals eccentrically for neck and spinal extension.

## ❖ Ardha Pavanamuktasana & Pavanamuktasana



- **Traditional information**

There is no any information available in any traditional yogic text.

- **The name**

As its name suggests, this asana gives relief from excess wind in the belly. This asana can be done with one leg or both the legs. 'Pavana' means gas or wind and 'mukta' means to release in Sanskrit.

- **Technique**

### **Ardha Pavanamuktasana**

Lay down in supine pose. Join the legs together, palms by the sides of the body. Now slowly fold the right leg from the knee and hold the right knee by interlocking the fingers. Pull the knee towards the chest with the support of arms. Then slowly raise the head up and try to touch the chin or forehead to the folded knee. Maintain the pose without holding the breath, as per the capacity and come back to the original position. Then in the same way proceed with the left leg.

### **Pavanamuktasana**

Lay down in supine pose. Join the legs together, palms by the sides of the body. Slowly fold both the legs from knees and bring them to the chest. Make a figure lock and hold the knees. Press both the thighs on the abdomen and slowly raise the head with exhalation. Try to touch the chin or forehead to the knees. Maintain this pose without holding the breath as per the capacity and come back slowly in a reverse order step by step.

- **Benefits**

- ✓ Pavanamuktasana is the best natural way to get rid of foul gases.
- ✓ It helps to reduce extra fats around the abdomen.
- ✓ Prevents heart trouble and improves lungs capacity.
- ✓ Good for constipation, indigestion, gaseous filling.
- ✓ Improves general flexibility of the spine and body.
- ✓ Good for diabetes, as it creates pressure on the abdomen, stimulates pancreatic functions.
- ✓ Improves blood circulation in lumbar spine and pelvic region, so good to prevent back pain.

- **Limitations**

- ✓ In severe condition of heart problems, high blood pressure, cervical or lumbar Spondylosis, severe back pain, do only Ardha Pavanamuktasana without raising the head up.
- ✓ Avoid in case of hernia, hydroceles intestinal ulcers.
- ✓ Avoid in menstruation, three months of pregnancy and for six months after delivery.

- **Precautions during procedure**

- ✓ Do not force to reach to the final position in first attempt, go slowly day by day.
- ✓ Do not hold the breath in the final position.
- ✓ The other leg should be straight in Ardha Pavanamuktasana.

- ✓ **Muscular emphasis**

Hip flexors and hamstrings concentrically to bend the hips and knees respectively, rectus Abdominis, internal and external Obliques concentrically to lift head and shoulders, isotonically to maintain.

## ❖ Naukasana or Paripurna Navasana



- **Traditional information**

The pose is traditional but there is no any traditional text having its information.

- **The name**

Final pose resembles like a boat, so the name is. 'Nauka' means a boat in Sanskrit.

- **Technique**

Lay down in supine pose. Keep the legs together, hands by the sides of the buttocks, palms facing to the ground. Slowly inhale deeply and raise both the legs, keeping knees straight. Simultaneously raise the head, neck and trunk also. Maintain lower and upper body approximately at 45° from the ground. Maintain the final pose as per capacity without holding the breath and come back slowly without jerk.

- **Benefits**

- ✓ It straightens and tones up abdominal muscles, neck muscles and back muscles.
- ✓ Stimulates pancreatic, kidney and digestive functions, so good for diabetes, indigestion, constipation and flatulence.
- ✓ Increases metabolic rate.
- ✓ Improves lungs and heart capacity.
- ✓ Diverts blood circulation in pelvic and lower spine, because of the gravity.

- **Limitations**

- ✓ Avoid in cardiac condition, low blood pressure.
- ✓ Breathlessness, asthma, bronchitis, cold, headache, migraine
- ✓ Cervical and lumbar Spondylitis, slipped disc, sciatica, severe back pain.

- **Precautions during procedure**

- ✓ Don't try for the final pose in the beginning, try it slowly and improve day by day.
- ✓ Don't hold the breath in the final pose.
- ✓ Take support of the elbows, if having discomfort in the beginning.
- ✓ Keep the knees and elbows straight.

- **Muscular emphasis**

- ✓ Rectus Abdominis, Internal and External Obliques isotonicly and concentricly to lift upper torso, Hip flexors concentricly and Gluteus Maximus, Medius and Minimus, Erector Spinae eccentricly for hip flexion, Quadriceps isotonicly and Hamstrings eccentricly to keep knees straight, Gastrocnemius and Soleus concentricly to keep the toes pointed.

**Merudanda Abhyasa**

- **Traditional information**

The reference is not found in any traditional text.

- **The name**

These practices are done in lying down and spreading the arms like crocodile, so called as crocodile practices or variations.

The spine is getting exercised so known as Merudanda Abhyasa. 'Merudanda' means spinal column in Sanskrit. Effects on liver functions so known as Jatharaparivartanasana. 'Jathara' means liver in Sanskrit.

- **Technique**

**Variation- 1**

Lay down in supine. Legs together, hands by the sides of the buttocks, palms facing the ground. Now spread both the arms in the line of shoulders, palms facing to the ground. Slowly place right heel in between the left big toe and first toe. Then slowly with exhalation, turn the lower body (lower spine, pelvic and both the legs) to the left side and turn the face to right side. Keeping shoulders on the ground, try to twist the body maximum as per the capacity. Ideally the right toe should touch to the ground to the opposite side. Maintain this pose for comfortable time period, without holding the breath and slowly come back without jerk, in a reverse order. Now practice same posture with the other leg to the other side.

**Variation- 2**

Lay down in supine. Legs together, hands by the sides of the buttocks, palms facing the ground. Now spread both the arms in the line of shoulders, palms facing to the ground. Now fold the right leg from knee and place right sole on the left knee. Then slowly with exhalation, turn the lower body to the left and face to the right. Ideally right knee should touch to the ground to the left side of the body. But do it as per the capacity. After maintaining the pose for comfortable time period, come back slowly in a reverse order and proceed with the left leg to the other side.

**Variation- 3**

Lay down in supine. Legs together, hands by the sides of the buttocks, palms facing the ground. Now spread both the arms in the line of shoulders, palms facing to the ground. Now slowly fold both the legs from knees and place heels close to the buttocks. Keep knees, heels and toes together. Now slowly with exhalation, turn lower body to the left and face to the right as per capacity. Ideally both the knees should be on each other on the ground to the left side of the body. Maintain the final position without holding the breath as per the capacity and come back to the middle pose and proceed to the other side in the same way.

**Variation- 4**

Lay down in supine. Legs together, hands by the sides of the buttocks, palms facing the ground. Now spread both the arms in the line of shoulders, palms facing to the ground. Now slowly fold both the legs from knees and part the legs equal to the distance of the length of leg from knee to ankle (18" to 20"). Now keeping feet at the same place, slowly turn both the knees and legs to the right and face to the left with exhalation. Here ideally left knee should come on the right heel or sole. Maintain final pose without holding the breath and come back to proceed to the other side.

- **Benefits**

- ✓ Improves twisting flexibility of the spine.
- ✓ Improves digestive functions, as it creates pressure on the abdomen, because of which the peristalsis movement gets stimulated.
- ✓ So good for those having indigestion, constipation, gaseous feeling and flatulence.
- ✓ Stimulates kidneys and pancreatic functions, so good for diabetes and kidney disorders except inflammation in kidneys.

- ✓ Good for muscular back pain, neck pain, shoulder pain, arthritis and spinal stiffness.
- **Limitations**
- ✓ Anyone can practice first four variations except severe cardiac conditions and acute condition of slipped disc.
- ✓ Menstruation, pregnancy and up to six months after delivery.
- **Precautions during procedure**
- ✓ Keep both the arms in the line of shoulders.
- ✓ Don't lift the shoulders while proceeding to the final pose or in the final pose.
- ✓ Don't force to touch toe, knee or feet to the ground to the opposite side in the beginning.
- ✓ Don't hold the breath in the final pose.
- ✓ Don't compare with the others, know the limits first, day by day with practice, one can adopt final pose easily.

#### Variation- 5



Lay down in supine. Legs together, hands by the sides of the buttocks, palms facing the ground. Now spread both the arms in the line of shoulders, palms facing to the ground. Now slowly fold both the legs from knees and place heels close to the buttocks. Keep knees, heels and toes together. Then bring both the knees to the chest by lifting up the feet. Now slowly with exhalation, turn lower body to the right and face to the left as per capacity. Ideally both the knees should be on each other on the ground to the right side of the chest. Maintain the final position without holding the breath as per the capacity and come back to the middle pose and proceed to the other side in the same way.

#### Variation- 6



Lay down in supine. Legs together, hands by the sides of the buttocks, palms facing the ground. Now spread both the arms in the line of shoulders, palms facing to the ground. Now slowly lift the left leg up to 90° keeping knee straight. Keeping both the legs straight, with exhalation, slowly turn lower body and left leg to the right side and face to the left. Here ideally left toes will come in the line of right shoulder so that one can hold the left big toe with the grip of right index and middle finger and thumb. Maintain the pose without holding the breath as per the capacity and come back. Then proceed with the other leg to the other side.

#### Variation- 7



Lay down in supine. Legs together, hands by the sides of the buttocks, palms facing the ground. Now spread both the arms in the line of shoulders, palms facing to the ground. Now slowly lift both the legs up to 90° keeping knees straight. Keeping both the legs straight, with exhalation, slowly turn lower body and both the legs to the right side and face to the left. Here ideally both the legs, knees, heels and toes should come one over the other. Toes will come in the line of right shoulder so that one can hold big toes with the grip of index and middle finger and thumb. Maintain the pose without holding the breath as per the capacity and come back. Then proceed with the other side.

- **Benefits**

- ✓ All the benefits of first four variations.
- ✓ All the spinal, abdominal and shoulder muscles are getting stretched.
- ✓ Improves lungs and heart capacity.
- ✓ Stimulates liver functions.
- ✓ Reduces extra fats of the abdomen and waists.

- **Limitations**

- ✓ In case of any kind of back pain or spinal injury. Slipped disc, sciatica, lumbar or cervical Spondylosis, ankylosing Spondylosis, osteoporosis.
- ✓ Operated stomach, ulcers, hernia, hydroceles.
- ✓ High blood pressure, heart problems, asthma, bronchitis.
- ✓ Menstruation, pregnancy and up to 12 month after delivery.

- **Precautions during procedure**

- ✓ Keep both the arms in the line of shoulders.
- ✓ Don't lift the shoulders while proceeding to the final pose or in the final pose.
- ✓ Don't force to touch toe, knee or feet to the ground to the opposite side in the beginning.
- ✓ Don't hold the breath in the final pose.
- ✓ Don't compare with the others, know the limits first, day by day with practice, one can adopt final pose easily.
- ✓ After getting mastery over first four variations, then proceed for these variations.
- ✓ Keep the knees straight in 6<sup>th</sup> and 7<sup>th</sup> variations.
- ✓ Keep both legs together on one over the other in 7<sup>th</sup> variation.
- ✓ Tilt the pelvic in all the variations for better performance.

- **Muscular emphasis**

- ✓ Contralateral Obliques, Multifidus, Rotatores Brevis, Longus unilaterally for spinal rotation
- ✓ Rectus Abdominis and Gluteus isotonicly to prevent spinal extension.
- ✓ Sternocleidomastoid, Scalenus anterior, medial and posterior, Longus Capitis unilaterally to rotate neck.
- ✓ Pectoralis Major, Medial deltoids to keep arms at shoulder level.
- ✓ Quadriceps and Calves isotonicly to keep legs straight at knees and point toes respectively in 1<sup>st</sup> variation.
- ✓ Quadriceps eccentricly and hamstrings, hip flexors concentricly of bent leg in 2<sup>nd</sup> variation.
- ✓ Hip flexors, hamstrings and adductors concentricly, Quadriceps isotonicly of both legs in 3<sup>rd</sup> and 5<sup>th</sup> variation.
- ✓ Hip flexors, quadriceps eccentricly, Pectinus, Adductor Brevis, Longus and Magnus foe medial rotation at hip joint of top leg and Piriformis Obturator Externus, Internus, Gemellus Superior and Inferior, Quadratus Femoris of bottom leg for lateral rotation at hip joint in 4<sup>th</sup> variation.
- ✓ Quadriceps and Calves isotonicly to keep legs straight at knees and point toes respectively, Hamstrings eccentricly, Hip flexors concentricly of lifted leg and eccentricly of bottom leg in 6<sup>th</sup> variation, hip flexors concentricly of both legs in 7<sup>th</sup> variation.

## ❖ Setubandhasana



- **Traditional information**

This pose is not traditional. It was invented later, so there is no any traditional information in any old yogic text.

- **The name**

The body resembles like a bridge in this pose. 'Setu' means bridge in Sanskrit and 'bandh' means to lock or to build, so the name is.

- **Technique**

- **Variation- 1**

Lay on the supine pose. Join both the legs, place palms on the ground by the sides of the buttocks. Fold both the legs from the knees. Bring both the heels close to the buttocks. In the beginning, for comfort, one can part the feet. Slowly lift up buttocks and spine as much as possible. Ideally chest should touch to the chin. Try to lift the trunk up to the extent that knees will be making 90° angles. Arch back the spine maximum. Now if comfortable, try to catch hold of both ankle joints with respective arms. Otherwise keep the palms on the ground by the sides of the body.

- **Benefits**

- ✓ It reduces back pain. Especially lower back pain and sciatica.
- ✓ Good to reduce abdominal obesity.
- ✓ Good for thyroid disorder.
- ✓ Releases pressure on the intervertebral disc and nerve endings.
- ✓ It gives exercise and stretch to the diaphragm, opens rib cage and expands lungs. So improves breathing capacity.
- ✓ Tones up abdominal muscles and thigh muscles.

- **Limitations**

- ✓ Cervical Spondylosis or Spondylitis.
- ✓ Acute abdominal pain.
- ✓ Knee arthritis.

- **Precautions during procedure**

- ✓ Keep the feet little apart.
- ✓ Don't lift the heels.
- ✓ Don't try to hold ankles forcefully, if having discomfort, place the palms on the ground as it is.

- **Variation- 2**



It is further development of first variation. After getting mastery over first variation, fold both the arms from the elbows and give support to the buttocks or pelvic. Remember, both the elbows should be under the buttocks. Now start to stretch both legs either one by one or together, as per comfort, till they become straight from the knees and soles and toes touch to the ground. It becomes complete bridge pose. Maintain the pose without holding the breath and come back slowly. While coming back to original position, first fold the legs from the knees, then release the support of arms and then release the spine and buttocks.

- **Benefits**

- ✓ Gives maximum backward stretch to the lumbar spine.
- ✓ Abdominal muscles are stretched nicely.
- ✓ Opens chest and rib cage.
- ✓ Strengthens wrists, elbows and forearms.
- ✓ Strengthens thigh muscles, knees and calves.

- **Limitations**

- ✓ Slipped disc, sciatica, lumbar Spondylosis, back pain.
- ✓ Cervical Spondylosis.
- ✓ Abdominal or chest injury, operated stomach.
- ✓ High blood pressure, heart problems.
- ✓ Headache, migraine.
- ✓ Menstruation, pregnancy and up to 12 months after delivery.
- ✓ Hernia, hydroceles.

- **Precautions during procedure**

- ✓ Place the elbows below the buttocks and perpendicular to the ground.
- ✓ Try to keep the knees straight and touch the toes on the ground by stretching them.
- ✓ Both legs should be together.

- **Muscular emphasis**

- ✓ Gluteus Maximus, Medius, Minimus

## ❖ Makarasana



- **Traditional information**

Lay in prone pose, touching the chest to the ground and both the legs stretched out. Hold the head with both hands. This is Makarasana that increases heat of the body. This information is given in Gheranda Samhita, II<sup>nd</sup> chapter, 40<sup>th</sup> verse.

- **The name**

'Makara' means 'crocodile' in Sanskrit. In this asana the body assumes the shape of a crocodile floating in the water. So this asana is called as Makarasana.

- **Technique**

Take a prone laying position. Place hands by the sides of the body, palms facing to the ground. Slowly spread both the legs out, so that toes will face outward and heel will face inward. Now fold the left hand, bringing it from below the right armpit, place it on the right shoulder. Fold the right hand from elbow, bring it from below the left armpit and place it on the left shoulder. Then place the forehead on the triangle made by both the elbows. In the beginning one may find it difficult to place palms on opposite shoulders, because of stiffness. So we can simply fold the arms, crossing them in front of the head, rest the forehead on folded hands.

- **Benefits**

- ✓ Good for asthma.
- ✓ Improves wrong breathing pattern because of asthma or any reason.
- ✓ Abdominal muscles get natural massage.
- ✓ Reduces Stress and fatigue and gives relaxation to all the parts of the body.
- ✓ Good for back or spinal injuries, as it gives relaxation to spinal muscles and vertebral column.
- ✓ Releases pressure on the nerve endings.
- ✓ Improves blood circulation in pelvic region.
- ✓ Relaxes Para spinal and Inter vertebral muscles thus helps in Acute back pain. Thus helps in Disk injury, Sciatica.
- ✓ Gives strength to Diaphragm.

- **Limitations**

- ✓ Heart problems.
- ✓ Extreme high blood pressure.
- ✓ Obesity, gas trouble, abdominal injuries. Acute pain in Abdomen.
- ✓ Menstruation, pregnancy and up to 6 months after normal delivery and 12 months after caesarian.
- ✓ Acute Bronchitis.

- **Precautions during procedure**

- ✓ Take the optimum distance between the legs.
- ✓ Both heels should touch to the ground and breathing should be as it is.
- ✓ If elbow crossing is difficult, don't force yourself, do it by crossing the hands simply or by placing palms on one over the other.



## Niralambasana



- **Traditional information**

This not the traditional pose and there is no any reference of this asana in any traditional book.

- **The name**

- **Technique**

Lay in supine, stretch both the arms in front and fold them from the elbows. Lift up head, neck and shoulders, with the support of elbows and join both the wrists together. Then making a cup of the palms, place the chin in palms. If comfortable, join both the elbows together. Take a deep breath for 3- 4 times. After regular practice of few days, start to give movements to the legs by bending the knees one by one and both the legs together, for more stretch in lower spine and hip joints. Maintain the pose for comfortable time period and slowly come back to the original position.

- **Benefits**

- ✓ Increases strength of back muscles and repairs disc injury
- ✓ Useful in back pain
- ✓ Gives stretch to cervical & lower back region, so good for cervical, lumbar Spondylosis.
- ✓ Broadens the chest so improves breathing capacity.

- **Limitations**

- ✓ Acute cervical Spondylosis.
- ✓ Acute abdominal pain.

- **Precautions during procedure**

- ✓ Take the help of hand or elbow to keep the position.
- ✓ Breathing should b as it is in the final state.
- ✓ There should not be hyper extension in the neck.

## ❖ Bhujangasana



- **Traditional information**

Let the lower part of the body from the toes to the naval touch the ground. Place the palms on the ground and raise the head like a serpent. This information is given in Gheranda Samhita, 11<sup>th</sup> chapter, 42<sup>nd</sup> verse.

- **The name**

The final pose resembles like a hooded snake under irritation. 'Bhujanga' means a cobra in Sanskrit.

- **Technique**

Take a prone laying position. Join legs together, hands by the sides of the body, forehead and palms on the ground. Slowly fold the arms at the elbows and bring both the palms by the sides of the shoulders. Rest palms on the ground beneath the armpits. Now slowly lift up the head, chin, shoulders, chest and abdomen up to naval region with inhalation. Take a minimum support of the palms. Look in front. Take a breath in the final position. Maintain the pose for comfortable time period and slowly come back to the original position. While coming back, don't come directly, release the abdomen first, then chest, chin and head.

- **Benefits**

- ✓ Good for indigestion, constipation, gaseous feeling and flatulence.
- ✓ Good for diabetes, as it stimulates kidney and pancreas.
- ✓ Very effective for asthma, dyspepsia and 'Vata' disorders.
- ✓ Good for back problems, except lordiosis.
- ✓ Makes spine flexible.
- ✓ Increases strength of back muscles and repairs disc injury
- ✓ Massages the abdominal organs and helps to reduce fats in Abdomen.
- ✓ It increases the health of chest and improves lungs capacity.
- ✓ It helps in Cervical Spondylosis.
- ✓ Sarpasana improves backward bending flexibility of the spine.

- **Limitations**

- ✓ In acute pain in abdomen.
- ✓ Ischemic Heart disease.
- ✓ Hernia, severe high blood pressure, lordiosis, hyper thyroid.
- ✓ Menstruation, pregnancy, up to 9 months after delivery.

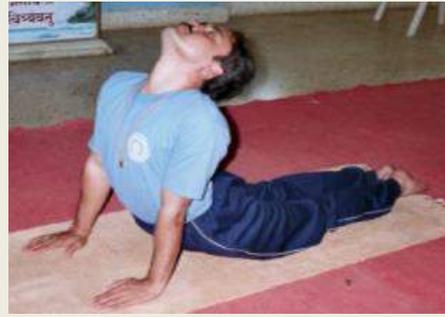
- **Precautions during procedure**

- ✓ Take the help of hand or elbow to keep the position.
- ✓ Breathing should be as it is in the final state.
- ✓ Fingers should be together and pointed in front.
- ✓ Do not lift the body below the naval.
- ✓ Don't give jerk while going to the final position or coming back to the original.
- ✓ Take minimum support of the arms, try to lift and maintain the pose with the support of spinal muscles.

## ❖ Sarpasana

### • Traditional information

There is no reference of this posture in any traditional text.



### • The name

'Sarpa' means snake in Sanskrit. In this pose one indicates snake reeled up on its caudal support so the name is.

### • Technique

Lay in prone pose. Keep Legs together, hands by the sides of the body, fore head and palms on the ground. Slowly fold the arms at the elbows and bring both the palms by the sides of the shoulders. Rest palms on the ground by the sides of the shoulders. Now slowly lift up the head, chin, shoulders, chest and abdomen up to pelvic region with inhalation. Bend back the head and spine maximum and stretch the toes and legs back. Maintain the pose as per capacity. While coming back to the original position, first release backward stretch of head and spine and then slowly release abdomen, chest, chin and head.

### • Benefits

- ✓ Removes spinal pain and cures other spinal disorders.
- ✓ Makes spine flexible.
- ✓ Exerts pressure on the internal organs of the abdomen.
- ✓ Pushes the waste matter to the rectum, thus cures constipation.
- ✓ Increases the heat in the body.
- ✓ Strengthens ovaries and uterus.
- ✓ Removes the disorders related to menstruation.
- ✓ Improves blood circulation to the uterus, it results to help for natural and easy delivery.
- ✓ Develops chest and makes body shaped.
- ✓ More effective for asthma, dyspepsia and Vata disorders.

### • Limitations

- ✓ In acute pain in abdomen.
- ✓ Ischemic Heart disease.
- ✓ Hernia, severe high blood pressure, lordiosis, hyper thyroid.
- ✓ Menstruation, pregnancy, up to 9 months after delivery.

### •Precautions during procedure

- ✓ Take the help of hand or elbow to keep the position.
- ✓ Breathing should be as it is in the final state.
- ✓ Fingers should be together and pointed in front.
- ✓ Don't give jerk while going to the final position or coming back to the original position.
- ✓ Don't spread the elbows out.

## ❖ Ardha Shalabhasana, Shalabhasana and Purna Shalabhasana

### • Traditional information

Lai in prone, pressing palms on the ground by the sides of the chest, and raise legs up to 9" high in the air. This is called Shalabhasana. It is mentioned in Gheranda Samhita, 11<sup>nd</sup> chapter, 39<sup>th</sup> verse.

### • The name

The final pose looks like a locust with lifted tail. 'Shalabha' means locust in Sanskrit.

### • Technique

#### ➤ Ardha Shalabhasana

Take a prone laying position. Legs together, toes pointed back and soles facing to the sky, hands by the sides of the thighs. Now make fists of the palms and place them under the thighs. Now slowly lift the right leg from the hip joint, keeping the knee straight. Pelvic should be on the ground as it is. Maintain the pose as per capacity without holding the breath and slowly come back to the original pose without jerk. Then proceed with the left leg in the same way.

### • Benefits

- ✓ Good for sciatica.
- ✓ Strengthens lower back muscles and hip joints, so good for lower back pain.
- ✓ Stimulates digestive functions.
- ✓ Strengthens thigh muscles.

### • Limitations

- ✓ Severe condition of slipped disc or disc injury.
- ✓ Menstruation, pregnancy and up to 4-6 months after delivery.

### •Precautions during procedure

- ✓ Don't bend the knees.
- ✓ Pelvic should be on the ground, don't tilt it.
- ✓ Don't hold the breath in the final pose.

#### ➤ Shalabhasana

Take a prone laying position. Legs together, toes pointed back and soles facing to the sky, hands by the sides of the thighs. Now make fists of the palms and place them under the thighs. Lift both the legs up with inhalation, keeping them straight at the knees. Don't try to lift the legs using thigh muscles, but use abdominal muscles. After getting mastery over this pose, go for further modification, in which, one has to make a figure lock under the pelvic and applying energy from shoulders and abdomen, lift the lower body and legs as much as possible. Or one can place palms on the ground below the pelvic, joining them together, so that the lower body and legs can be lifted up maximum, may be up to 45° to 90° from the ground. Maintain the pose as per capacity without holding the breath and slowly come back to the original pose without jerk.

### • Benefits

- ✓ Stimulates digestive functions.
- ✓ Good for diabetes.
- ✓ Strengthens thigh muscles and abdominal muscles.
- ✓ Opens rib cage and expands the chest, so good for asthma.
- ✓ Back muscles become strong.
- ✓ Improves blood circulation to the chest, lungs and heart.
- ✓ Good to improve stamina and vital capacity.

### • Limitations

- ✓ Severe condition of slipped disc or disc injury.
- ✓ Heart problems, severe high blood pressure.
- ✓ In severe condition of asthmatic attack.
- ✓ Stress related headache or migraine.
- ✓ Menstruation, pregnancy and up to 4-6 months after delivery.



### •Precautions during procedure

- ✓ Don't bend the knees.
- ✓ Pelvic should be on the ground, don't tilt it.
- ✓ Don't hold the breath in the final pose.

### ➤ **Purna Shalabhasana**

Take a prone laying position. Legs together, toes pointed back and soles facing to the sky, hands by the sides of the thighs. Now place both the palms under the pelvic, keeping them together. Front of the elbow should touch to the ground and arms should be stretched. Tighten the abdominal muscles and applying energy from abs and shoulders, lift the legs, lower body and pelvic from the ground. Arch back the spine and hang the feet over the head from back. Then slowly try to bring both the feet over the head. If comfortable, then try to rest both the feet on the ground by the sides of the ears. And at the last stage, try to stretch the legs and try to keep both the knees straight. This will be the extreme final position. But this pose is not for the common practitioner. Only those having enough flexibility in the spine and having stamina, they can try for the pose under an expert yoga teacher and not his own.

### • **Benefits**

- ✓ Makes the spine flexible.
- ✓ Improves backward bending.
- ✓ Improves stamina and vital capacity.
- ✓ Stimulates kidney functions, pancreatic functions and digestive functions, so good for diabetes.
- ✓ Abdominal muscles become stronger.
- ✓ Strengthens shoulders, scapulae and arms.
- ✓ Removes disorders reproductive system.

### • **Limitations**

- ✓ Severe condition of slipped disc or disc injury.
- ✓ Heart problems, severe high blood pressure.
- ✓ In severe condition of asthmatic attack.
- ✓ Stress related headache or migraine.
- ✓ Menstruation, pregnancy and up to 4-6 months after delivery.

### •Precautions during procedure

- ✓ Don't hold the breath in the final pose.
- ✓ Don't go beyond the capacity, know the limits first, don't compare with the others.
- ✓ Abs, shoulders and arms should be made stronger by practicing Shalabhasana first for few months.

**YOGASANA TABLE**

**BY SHRI VIVEK TIWARI**

**YOGA TEACHER**

**CONSULATE GENERAL OF**

**INDIA**

**SAINT PETERSBURG RUSSIA**

Asana (lying in supine)	Precautions during procedure	Maintenance	Frequency	Impact and benefit on	Limitations	Posture
Shavasana- Deep breathing- (slow and rhythmic)	<ul style="list-style-type: none"> <li>✓ Don't move the body</li> <li>✓ Keep your eyeballs stable</li> <li>✓ No expression on the face - like a dead body</li> </ul>	✓ 2 min	✓ 1	<ul style="list-style-type: none"> <li>✓ Relaxation of muscles, ligaments and internal organs.</li> <li>✓ Also, relaxation of mind</li> <li>✓ Useful in stress management</li> <li>✓ Insomnia</li> <li>✓ Body ache</li> </ul>	✓ In acute back pain	
Suptatadasana	<ul style="list-style-type: none"> <li>✓ Stretch the hands and legs without lifting the trunk</li> </ul>	✓ 10 seconds	✓ 2	<ul style="list-style-type: none"> <li>✓ Stretching of all muscles of extremities</li> <li>✓ Easy stretch</li> </ul>	✓ Not done in frozen shoulder	
Crocodile practice- 1, 2, 3, 4.	<ul style="list-style-type: none"> <li>✓ Leg and neck movements should be simultaneously performed</li> <li>✓ Feel the stretched part</li> </ul>	✓ 5 to 10 seconds each	✓ 2 to 3 times each	<ul style="list-style-type: none"> <li>✓ Stretching of abdominal and pelvic muscles</li> <li>✓ Useful in back pain</li> <li>✓ Good for spondylosis</li> </ul>	✓ Hip injury	
Ak pad uttanasana  right and left  (Ardhahalasna one leg only)	<ul style="list-style-type: none"> <li>✓ Don't take any strain on the neck and shoulders</li> <li>✓ Keep breathing as it is in the final state</li> <li>✓ Tremors will disappear gradually</li> </ul>	<ul style="list-style-type: none"> <li>✓ 10 to 30 seconds</li> <li>✓</li> </ul>	✓ 2 to 3 times each	<ul style="list-style-type: none"> <li>✓ Increases strength of abdominal and thigh muscles</li> <li>✓ Useful in back pain and obesity</li> <li>✓ Very useful post delivery</li> </ul>	<ul style="list-style-type: none"> <li>✓ Heart disease</li> <li>✓ Hip injury</li> </ul>	
Uttanpadasana  (Ardhahalasna both legs)	<ul style="list-style-type: none"> <li>✓ Don't take any strain on the neck and shoulders</li> <li>✓ Hold the breath in the final state</li> </ul>	<ul style="list-style-type: none"> <li>✓ 10 to 20 seconds</li> <li>✓</li> <li>✓</li> </ul>	✓ 2 to 3 times each	<ul style="list-style-type: none"> <li>✓ Increases strength of abdominal and thigh muscles</li> <li>✓ Useful in back pain, obesity and varicosity</li> <li>✓ Very useful post delivery</li> </ul>	<ul style="list-style-type: none"> <li>✓ Heart disease</li> <li>✓ Hip injury</li> </ul>	

<p>Matsyaasana</p> <p>Simple</p>	<ul style="list-style-type: none"> <li>✓ Take napkin before the process and place under the head</li> <li>✓ Breathing should be as it is</li> </ul>	<ul style="list-style-type: none"> <li>✓ 10 to 30 seconds</li> </ul>	<ul style="list-style-type: none"> <li>✓ 2</li> </ul>	<ul style="list-style-type: none"> <li>✓ Stretches anterior neck and chest muscles</li> <li>✓ Broadens the chest</li> <li>✓ Useful for thyroid</li> </ul>	<ul style="list-style-type: none"> <li>✓ Acute pain in the neck</li> </ul>	
<p>Ardha pavanmuktasana</p> <p>Right and Left</p>	<ul style="list-style-type: none"> <li>✓ Flexion of hip should be done while exhaling your breath</li> <li>✓ In final state, breathing should be as it is</li> </ul>	<ul style="list-style-type: none"> <li>✓ 10 to 30 seconds</li> </ul>	<ul style="list-style-type: none"> <li>✓ 2 to 3 times each</li> </ul>	<ul style="list-style-type: none"> <li>✓ Stretches lower back muscles</li> <li>✓ Improves peristalsis</li> <li>✓ Helps in back pain and indigestion related problems</li> </ul>	<ul style="list-style-type: none"> <li>✓ Cervical spondylosis or acute neck pain</li> </ul>	
<p>Pavanmuktasana</p>	<ul style="list-style-type: none"> <li>✓ Flexion of hip should be done while exhaling your breath</li> <li>✓ In final state, breathing should be as it is</li> <li>✓ Do Ashvini Mudra in final state</li> </ul>	<ul style="list-style-type: none"> <li>✓ 10 to 30 seconds</li> </ul>	<ul style="list-style-type: none"> <li>✓ 2</li> </ul>	<ul style="list-style-type: none"> <li>✓ Stretches lower back muscles</li> <li>✓ Improves peristalsis</li> <li>✓ Helps in back pain and indigestion related problems</li> </ul>	<ul style="list-style-type: none"> <li>✓ Cervical spondylosis or acute neck pain</li> </ul>	
<p>Sethubandasana</p>	<ul style="list-style-type: none"> <li>✓ Breathing should be as it is in final state</li> <li>✓ Place napkin under the head</li> </ul>	<ul style="list-style-type: none"> <li>✓ 10 to 20 seconds</li> </ul>	<ul style="list-style-type: none"> <li>✓ 2</li> </ul>	<ul style="list-style-type: none"> <li>✓ Helps in back pain</li> <li>✓ Lumbar spondylosis</li> <li>✓ Hypothyroidism</li> <li>✓ Strengthens abdominal muscles and reduces fat</li> </ul>	<ul style="list-style-type: none"> <li>✓ Acute neck pain</li> <li>✓ Cervical spondylosis</li> <li>✓ Acute back pain</li> </ul>	
<p>Naukasana (Viparita)</p>	<ul style="list-style-type: none"> <li>✓ Exhale should be done during movement</li> <li>✓ In the final state, breath should be as it is.</li> </ul>	<ul style="list-style-type: none"> <li>✓ 10 to 20 seconds</li> </ul>	<ul style="list-style-type: none"> <li>✓ 1</li> </ul>	<ul style="list-style-type: none"> <li>✓ Increases strength of abdominal muscles</li> </ul>	<ul style="list-style-type: none"> <li>✓ Cervical spondylosis</li> <li>✓ Acute back pain</li> </ul>	

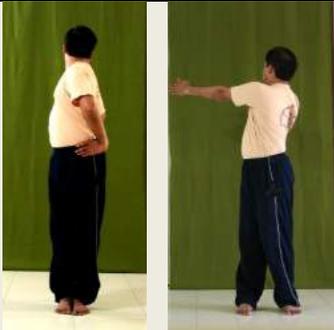
Viparita karani	<ul style="list-style-type: none"> <li>✓ Adjust elbows and hands to keep the final state</li> <li>✓ Breathing should be as it is in the final state</li> </ul>	✓ 10 to 30 seconds	✓ 1	✓ Useful in health of thyroid, neck muscles, eyes	<ul style="list-style-type: none"> <li>✓ Cervical spondylosis</li> <li>✓ Heart diseases</li> </ul>	
-----------------	--	--------------------	-----	---	--	--

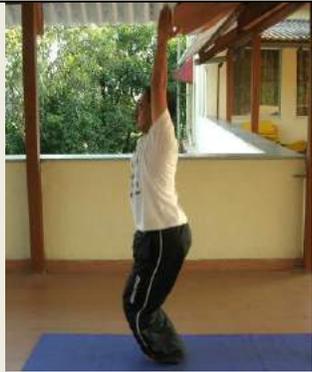
Asana Lying in prone position	Precautions during procedure	Maintenance	Frequency	Impact and benefit on	Limitations	Posture
Niralambasana	<ul style="list-style-type: none"> <li>✓ Do flexion of the knee separately or combined intermittently</li> <li>✓ Breathing should be as it is</li> </ul>	✓ 2 to 5 minutes	✓ 1	<ul style="list-style-type: none"> <li>✓ Increases strength of back muscles and repairs disc injury</li> <li>✓ Useful in back pain</li> </ul>	✓ Acute abdominal pain	
Bhujangasana	<ul style="list-style-type: none"> <li>✓ Take the help of hand or elbow to keep the position</li> <li>✓ Breathing should be as it is in the final state</li> </ul>	✓ 30 seconds	✓ 2	<ul style="list-style-type: none"> <li>✓ Increases strength of back muscles and repairs disc injury</li> <li>✓ Useful in back pain</li> </ul>	✓	
Ardha Shalabhasana	<ul style="list-style-type: none"> <li>✓ Take the help of hand, if lifting is difficult</li> <li>✓ Hold the breath in final state</li> <li>✓ Don't take strain on the knee of the unlifted leg</li> </ul>	✓ 10 to 20 seconds	✓ 2 to 3 times each	<ul style="list-style-type: none"> <li>✓ Increases strength of low back and gluteus muscles</li> <li>✓ Important for ovaries</li> <li>✓ Important for lower back pain</li> </ul>	✓ Hip injury	
Shalabhasana	<ul style="list-style-type: none"> <li>✓ Keep both hands under the thigh and lift both legs simultaneously</li> <li>✓ Keep breathing as it is if possible</li> </ul>	✓ 10 to 20 seconds	✓ 1 to 2 times	<ul style="list-style-type: none"> <li>✓ Increases strength of back muscles</li> <li>✓ Useful for ovaries</li> </ul>	✓ Acute abdominal pain	

Naukasana	<ul style="list-style-type: none"> <li>✓ Lift the hands and legs simultaneously with exhalation</li> <li>✓ Keep the breathing as it is, if possible</li> </ul>	✓ 10 to 20 seconds	✓ 1	<ul style="list-style-type: none"> <li>✓ Stretches chest and abdominal muscles</li> <li>✓ Useful in obesity</li> </ul>	<ul style="list-style-type: none"> <li>✓ Acute abdominal pain</li> </ul>	
Dhanurasana	<ul style="list-style-type: none"> <li>✓ Lift the hands and legs simultaneously with exhalation</li> <li>✓ Keep the breathing as it is, if possible</li> </ul>	✓ 10 to 20 seconds	✓ 1	<ul style="list-style-type: none"> <li>✓ Stretches chest and abdominal muscles</li> <li>✓ Useful in obesity</li> </ul>	<ul style="list-style-type: none"> <li>✓ Acute abdominal pain</li> </ul>	
Makrasana	<ul style="list-style-type: none"> <li>✓ Take the optimum distance between the legs</li> <li>✓ Both heels should touch the ground and breathing should as it is</li> </ul>	✓ 2 to 5 minutes	✓ 1	<ul style="list-style-type: none"> <li>✓ Relaxes back muscles</li> <li>✓ Useful in acute back pain</li> </ul>	<ul style="list-style-type: none"> <li>✓ N/A</li> </ul>	
<b>Asana Sitting positions</b>	<b>Precautions during procedure</b>	<b>Maintenance</b>	<b>Frequency</b>	<b>Impact and benefit on</b>	<b>Limitations</b>	<b>Posture</b>
Vajrasana	<ul style="list-style-type: none"> <li>✓ Keep the trunk and neck erect</li> <li>✓ Close the eyes</li> <li>✓ Place the napkin under the ankle if the pain is there</li> </ul>	✓ 2 to 5 minutes	✓ 1	<ul style="list-style-type: none"> <li>✓ Normalizes position of spine</li> <li>✓ Useful in digestion</li> </ul>	<ul style="list-style-type: none"> <li>✓ Knee injury</li> </ul>	
Parvatasana	<ul style="list-style-type: none"> <li>✓ Stretch the shoulder muscle as per your capacity</li> <li>✓ Breathing should be as it is</li> <li>✓ Close the eyes in the final state</li> </ul>	✓ 30 to 120 seconds	✓ 1 to 2 times	<ul style="list-style-type: none"> <li>✓ Normalizes position of spine</li> <li>✓ Increases strength of shoulder, back, chest, and abdominal muscles</li> </ul>	<ul style="list-style-type: none"> <li>✓ Acute shoulder pain</li> <li>✓ Frozen shoulder</li> </ul>	

Yogamudra	<ul style="list-style-type: none"> <li>✓ Exhale with forward bending</li> <li>✓ Try to keep the breathing as it is in the final state and keep the eyes closed</li> </ul>	✓ 30 to 60 seconds	✓ 2	<ul style="list-style-type: none"> <li>✓ Stretches back muscles</li> <li>✓ Useful in indigestion</li> <li>✓ Useful for eyes</li> </ul>	<ul style="list-style-type: none"> <li>✓ Cervical spondylosis</li> <li>✓ Acute abdominal pain</li> </ul>	
Uttana mandukasana	<ul style="list-style-type: none"> <li>✓ There should be no strain on the neck</li> <li>✓ Arms should be touching the ears and head</li> <li>✓ Keep the breathing as it is in the final state</li> </ul>	✓ 30 seconds	✓ 1 to 2 times	<ul style="list-style-type: none"> <li>✓ Normalizes the position of spine</li> <li>✓ Increases strength of shoulder, chest and back muscles</li> <li>✓ Useful in back pain</li> </ul>	<ul style="list-style-type: none"> <li>✓ Acute shoulder pain</li> <li>✓ Frozen shoulder</li> </ul>	
Bhadrasana	<ul style="list-style-type: none"> <li>✓ Slowly bring the feet closer towards the body</li> <li>✓ Feel the stretch in the thigh and pelvic muscles</li> <li>✓ Slowly try to bring your knees towards the ground</li> </ul>	✓ 30 to 60 seconds	✓ 1 to 2 times	<ul style="list-style-type: none"> <li>✓ Stretches peroneal and thigh muscles</li> <li>✓ Useful for hip joint</li> </ul>	<ul style="list-style-type: none"> <li>✓ Acute hip pain</li> <li>✓ Knee injury</li> </ul>	
Ugrasana	<ul style="list-style-type: none"> <li>✓ If forward bending is not possible, grab your foot and bend your neck</li> <li>✓ Breathing should be as it is in the final state</li> </ul>	✓ 10 to 20 seconds	✓ 1 to 2 times	<ul style="list-style-type: none"> <li>✓ Stretches peroneal and thigh muscles</li> <li>✓ Useful for hip joint</li> </ul>	<ul style="list-style-type: none"> <li>✓ Acute hip pain</li> <li>✓ Knee injury</li> </ul>	
Vakrasana Right and Left	<ul style="list-style-type: none"> <li>✓ Feel the stretch in the final state and keep breathing as it is</li> </ul>	✓ 10 to 20 seconds each	✓ 1	<ul style="list-style-type: none"> <li>✓ Stretches abdominal muscles</li> <li>✓ Increases elasticity of spine</li> </ul>	<ul style="list-style-type: none"> <li>✓ Acute back pain</li> </ul>	

<p>Ardha matsyendrasana</p> <p>Right and Left</p>	<ul style="list-style-type: none"> <li>✓ Feel the stretch in the final state and keep breathing as it is</li> </ul>	<ul style="list-style-type: none"> <li>✓ 10 to 20 seconds</li> </ul>	<ul style="list-style-type: none"> <li>✓ 1</li> </ul>	<ul style="list-style-type: none"> <li>✓ Stretches abdominal muscles</li> <li>✓ Increases elasticity of spine</li> </ul>	<ul style="list-style-type: none"> <li>✓ Acute back pain</li> </ul>	
<p>Gomukhasana</p>	<ul style="list-style-type: none"> <li>✓ Keep the breathing as it is in the final state</li> <li>✓ Don't take strain on neck in final state</li> </ul>	<ul style="list-style-type: none"> <li>✓ 30 seconds</li> </ul>	<ul style="list-style-type: none"> <li>✓ 1 to 2 times</li> </ul>	<ul style="list-style-type: none"> <li>✓ Normalizes position of spine</li> <li>✓ Increases strength of shoulder and back muscles</li> </ul>	<ul style="list-style-type: none"> <li>✓ Acute shoulder pain</li> </ul>	
<p>Utakatasana</p>	<ul style="list-style-type: none"> <li>✓ Adjust your hands if the balance is not proper</li> <li>✓ If the balance is proper, keep eyes closed</li> </ul>	<ul style="list-style-type: none"> <li>✓ 10 to 30 seconds</li> </ul>	<ul style="list-style-type: none"> <li>✓ 1</li> </ul>	<ul style="list-style-type: none"> <li>✓ Increases strength of pelvic and thigh muscles</li> <li>✓ Useful in constipation</li> </ul>	<ul style="list-style-type: none"> <li>✓ Hip injury</li> </ul>	
<p>Marjarasana</p>	<ul style="list-style-type: none"> <li>✓ Exhale while arching your back up</li> </ul>	<ul style="list-style-type: none"> <li>✓ 30 seconds each</li> </ul>	<ul style="list-style-type: none"> <li>✓ 2 to 3 times</li> </ul>	<ul style="list-style-type: none"> <li>✓ Increases elasticity of spine</li> <li>✓ Useful in back pain</li> </ul>	<ul style="list-style-type: none"> <li>✓ Knee, elbow and wrist injury</li> </ul>	

Asana Standing position	Precautions during procedure	Maintenance	Frequency	Impact and benefit on	Limitations	Posture
Side bending chakrasana Right and Left	<ul style="list-style-type: none"> <li>✓ Stretch the shoulder upward first and then bend</li> <li>✓ Breathing should be as it is in final state</li> </ul>	<ul style="list-style-type: none"> <li>✓ 10 to 20 seconds each</li> </ul>	<ul style="list-style-type: none"> <li>✓ 1 to 2 times</li> </ul>	<ul style="list-style-type: none"> <li>✓ Increases elasticity of spine</li> <li>✓ Strengthens abdominal and back muscles</li> </ul>	<ul style="list-style-type: none"> <li>✓ Hip injury</li> <li>✓ Shoulder injury</li> </ul>	
Katichakrasana Right and Left	<ul style="list-style-type: none"> <li>✓ Take the optimum distance between both legs</li> </ul>	<ul style="list-style-type: none"> <li>✓ 10 to 20 seconds each</li> </ul>	<ul style="list-style-type: none"> <li>✓ 1 to 2 times</li> </ul>	<ul style="list-style-type: none"> <li>✓ Increases elasticity of spine</li> <li>✓ Strengthens abdominal and back muscles</li> </ul>	<ul style="list-style-type: none"> <li>✓ Hip injury</li> <li>✓ Shoulder injury</li> </ul>	
Konasana Right and Left	<ul style="list-style-type: none"> <li>✓ Stretch the shoulder upward first and then bend</li> <li>✓ Breathing should be as it is in final state</li> <li>✓ Take the optimum distance between both legs</li> </ul>	<ul style="list-style-type: none"> <li>✓ 10 to 20 seconds each</li> </ul>	<ul style="list-style-type: none"> <li>✓ 1 to 2 times</li> </ul>	<ul style="list-style-type: none"> <li>✓ Increases elasticity of spine</li> <li>✓ Strengthens abdominal and back muscles</li> </ul>	<ul style="list-style-type: none"> <li>✓ Hip injury</li> <li>✓ Shoulder injury</li> </ul>	
Padhastasana (Hasta padhastasana)	<ul style="list-style-type: none"> <li>✓ Exhale while bending forward</li> <li>✓ Take normal breath in final state</li> </ul>	<ul style="list-style-type: none"> <li>✓ 10 to 30 seconds</li> </ul>	<ul style="list-style-type: none"> <li>✓ 1 to 2 times</li> </ul>	<ul style="list-style-type: none"> <li>✓ Increases elasticity of spine</li> <li>✓ Strengthens hamstring muscles</li> <li>✓ Useful for eyes</li> </ul>	<ul style="list-style-type: none"> <li>✓ Acute back pain</li> <li>✓ Lumbar spondylosis</li> <li>✓ Hip injury and knee injury</li> </ul>	

Utakatasana	<ul style="list-style-type: none"> <li>✓ Keep the final state according to the condition of knee</li> </ul>	<ul style="list-style-type: none"> <li>✓ 10 to 20 seconds</li> </ul>	<ul style="list-style-type: none"> <li>✓ 1 to 2 times</li> </ul>	<ul style="list-style-type: none"> <li>✓ Increases strength of thigh and shoulder muscles</li> </ul>	<ul style="list-style-type: none"> <li>✓ Knee injury</li> </ul>	
Vrikshasana Right and Left	<ul style="list-style-type: none"> <li>✓ Fix your sight on one specific object in front of you for balance</li> <li>✓ If balance is clear, keep eyes closed</li> </ul>	<ul style="list-style-type: none"> <li>✓ 30 to 60 seconds each</li> </ul>	<ul style="list-style-type: none"> <li>✓ 1 to 2 times</li> </ul>	<ul style="list-style-type: none"> <li>✓ Increases the strength of thigh, leg, knee and hip.</li> <li>✓ It increases balancing ability</li> <li>✓ Increases attentiveness</li> </ul>	<ul style="list-style-type: none"> <li>✓ Hip injury</li> <li>✓ General weakness and anaemia</li> </ul>	
<b>Mudras, Breathing Practices</b>	<b>Precautions during procedure</b>	<b>Maintenance</b>	<b>Frequency</b>	<b>Impact and benefit on</b>	<b>Limitations</b>	<b>Posture</b>
Brahma Mudra	<ul style="list-style-type: none"> <li>✓ Feel the stretch of neck in the final state</li> <li>✓ Movement should be very slow</li> </ul>	<ul style="list-style-type: none"> <li>✓ 10 to 20 seconds for each position</li> </ul>	<ul style="list-style-type: none"> <li>✓ 2 to 4 rounds</li> </ul>	<ul style="list-style-type: none"> <li>✓ Useful for neck muscles</li> <li>✓ Cervical spondylosis</li> </ul>	<ul style="list-style-type: none"> <li>✓ N/A</li> </ul>	
Sinmahamudra	<ul style="list-style-type: none"> <li>✓ Do posture while exhaling</li> <li>✓ Hold the breath in the final state</li> </ul>	<ul style="list-style-type: none"> <li>✓ 5 to 10 seconds in final stage</li> </ul>	<ul style="list-style-type: none"> <li>✓ 1 to 2 times</li> </ul>	<ul style="list-style-type: none"> <li>✓ Useful to relieve stress</li> <li>✓ Good for facial muscles</li> </ul>	<ul style="list-style-type: none"> <li>✓ Throat infection</li> </ul>	
Kapalbhati	<ul style="list-style-type: none"> <li>✓ Trunk should be erect</li> <li>✓ Stroke should be soft</li> <li>✓ Don't move shoulders during stroke</li> <li>✓ Don't take strain on the face and neck</li> </ul>	<ul style="list-style-type: none"> <li>✓ 30 to 120 strokes</li> </ul>	<ul style="list-style-type: none"> <li>✓ 1 to 3 rounds</li> </ul>	<ul style="list-style-type: none"> <li>✓ Activates metabolism</li> <li>✓ Changes bad residual air</li> <li>✓ Lethargy</li> </ul>	<ul style="list-style-type: none"> <li>✓ Hypertension and IHD</li> </ul>	

Ujjayi pranayama	<ul style="list-style-type: none"> <li>✓ Be attentive about the particular sound during inhalation and exhalation</li> </ul>	✓	✓ 12 breaths	✓ Mostly useful for thyroid person	✓ N/A	
Anoulom - Vilom Pranayama	<ul style="list-style-type: none"> <li>✓ Press the nose very gently</li> <li>✓ Inhalation and exhalation should be without sound</li> <li>✓ Keep eyes closed</li> </ul>	✓	✓ 12 breaths	✓ Mostly useful in acute anxiety depression	✓ N/A	
Brahmari Pranayama	<ul style="list-style-type: none"> <li>✓ Be attentive about the vibrations</li> </ul>		✓ 12 breaths	✓ Useful in phobic disorder and to relieve stress	✓ N/A	
Omkar	<ul style="list-style-type: none"> <li>✓ Be attentive about the vibrations</li> </ul>		✓ 12 breaths	✓ Useful in phobic disorder and to relieve stress	✓ N/A	
Breath Consciousness (posture is same as Brahmari, Omar, Kapalbhathi)	<ul style="list-style-type: none"> <li>✓ Feel the coolness and warmness in the nasal cavity during inhalation and exhalation</li> <li>✓ Count the breath to keep your mind on the breath</li> </ul>		✓ 100 to 200 breaths	✓ In acute stress and for meditation purpose	✓ N/A	

## ***Diet chart for obesity***

Name-

Date-

yoga class- Therapy/ Basic/ Advance

Time	Before/ After Breakfast/ Lunch/ Dinner	Particulars	Quantity
05:30- 06:00 am	before herbal tea	luck warm water with lemon and honey	2 glasses
08:15- 08:30 am	before breakfast	bottle guard juice with ginger and mint	1 glass
08:30- 09:00 am	breakfast	seasonally fresh fruits	
11:45- 12:00 pm	pre lunch	sprouts	1 table spoon
		salad	1 bowl
12:00- 12:30 pm	lunch	vegetable	1 bowl
		dal	1 bowl
		chapati	1/ 2
03:00- 04:00 pm		herbal tea without milk	
07:00- 07:00 pm	dinner	vegetable soup	2 bowls
		vegetable	1 bowl
		chapati	1/ 2
		or light liquid mung dal khichadi	
09:00- 09:30 pm	before bed	ishav goal with luck warm water	1 tea spoon

Avoid-

Any special suggestions-

Signature

## ***Diet chart for diabetes***

Name-

Date-

yoga class- Therapy/ Basic/ Advance

Time	Before/ After Breakfast/ Lunch/ Dinner	Particulars	Quantity
05:30- 06:00 am	before herbal tea	methi water, over night soaked	1 glass
08:15- 08:30 am	before breakfast	palak pudina juice or karela juice	½ cup daily
08:30- 09:00 am	breakfast	veg upama, veg dalia, veg poha, etc	1 bowl
11:45- 12:00 pm	pre lunch	salad	1 bowl
		sprouts	1 table spoon
12:00- 12:30 pm	lunch	vegetable	1/ 2 bowl
		dal	1 bowl
		chapatti	2/ 3
		fresh butter milk	1 glass daily
03:00- 04:00 pm		fruits- papaya/ apple/ water melon	200 gm
07:00- 07:00 pm	dinner	veg soup	1 bowl
		vegetable	1 bowl
		chapatti	2/ 3
09:00- 09:30 pm	before bed	ishav goal with luck warm water	1 tea spoon

Avoid-

Any special suggestions-

Signature

## ***Diet chart for asthma***

Name-

Date-

Yoga class- Therapy/Basic/ Advance

Time	Before/ After Breakfast/ Lunch/ Dinner	Particulars	Quantity
05:30- 06:00 am	before herbal tea	luck warm water with honey	1 glass daily
06:00- 06:30 am	herbal tea	without milk	
08:15- 08:30 am	before breakfast	tulsi pudina ginger/ carrot/ cabbage juice	1 cup daily
08:30- 09:00 am	breakfast	veg upama, veg dalia, veg poha, etc	1 bowl
11:45- 12:00 pm	pre lunch	salad	1 bowl
		sprouts with ginger and few lamon drops	1 table spoon
12:00- 12:30 pm	lunch	vegetable	1/ 2 bowl
		dal	1 bowl
		chapatti	2/ 3
03:00- 04:00 pm		herbal tea without milk	1 glass daily
07:00- 07:00 pm	dinner	fruits- papaya/ apple/ water melon	200 gm
		veg soup	1 bowl
		vegetable	1 bowl
		chapatti	2/ 3
09:00- 09:30 pm	before bed	ishav goal with luck warm water	1 tea spoon

Avoid-

Any special suggestions-

Signature

## ***Diet chart for arthritis***

Name-

Date-

Yoga class- Therapy/ Basic/ Advance

Time	Before/ After Breakfast/ Lunch/ Dinner	Particulars	Quantity
05:30- 06:00 am	before herbal tea	methi water, over night soaked or hot water with honey	1 cup daily 1 glass
06:00- 06:30 am		herbal tea	
08:15- 08:30 am	before breakfast	carrot/ cabbage juice	1 cup daily
08:30- 09:00 am	breakfast	veg upama, veg dalia, veg poha, etc	
11:45- 12:00 pm	pre lunch	salad	1 bowl
		sprouts with ginger and few lemon drops	1 table spoon
12:00- 12:30 pm	lunch	vegetable	1/ 2 bowl
		dal	1 bowl
		chapatti	2/ 3
03:00- 04:00 pm		herbal tea/ fruits	
07:00- 07:00 pm	dinner	veg soup	1 bowl
		vegetable	1 bowl
		chapatti	2/ 3
09:00- 09:30 pm	before bed	ishav goal with luck warm water	1 tea spoon

Avoid-

Any special suggestions-

Signature

## ***Diet chart for thyroid disorder***

Name-

Date-

Yoga class- Therapy/ Basic/ Advance

Time	Before/ After Breakfast/ Lunch/ Dinner	Particulars	Quantity
05:30- 06:00 am	before herbal tea	aamla water, over night soaked or tulsi gingerand mint juice with jaggary	1 cup daily 1 cup
06:00- 06:30 am		herbal tea	
08:15- 08:30 am	before breakfast	carrot/ bottle guard juice	1 glass daily
08:30- 09:00 am	breakfast	veg upama, veg dalia, veg poha, etc	1 bowl
11:45- 12:00 pm	pre lunch	salad	1 bowl
		sprouts with ginger and few lemon drops	1 table spoon
12:00- 12:30 pm	lunch	vegetable	1/ 2 bowl
		dal	1 bowl
		chapatti	2/ 3
		brawn rice	half bawl
03:00- 04:00 pm		herbal tea/ fruits	
07:00- 07:00 pm	dinner	veg soup	1 bowl
		vegetable	1 bowl
		chapatti	2/ 3
09:00- 09:30 pm	before bed	ishav goal with luck warm water	1 tea spoon

Avoid-

Any special suggestions-

Signature

## ***Diet chart for constipation***

Name-

Date-

Yoga class- Therapy/ Basic/ Advance

Time	Before/ After Breakfast/ Lunch/ Dinner	Particulars	Quantity
05:30- 06:00 am	before herbal tea	hot water with honey	1 cup daily
06:00- 06:30 am		herbal tea	
08:15- 08:30 am	before breakfast	carrot/ bottle guard juice	1 cup daily
08:30- 09:00 am	breakfast	veg upama, veg dalia, veg poha, etc	
11:45- 12:00 pm	pre lunch	salad	1 bowl
		sprouts with ginger and few lamon drops	1 table spoon
12:00- 12:30 pm	lunch	vegetable	1/ 2 bowl
		dal	1 bowl
		chapatti	2/ 3
		brawn rice	1 bawl
03:00- 04:00 pm		herbal tea/ fruits	
07:00- 07:00 pm	dinner	veg soup	1 bowl
		vegetable	1 bowl
		chapatti	2/ 3
09:00- 09:30 pm	before bed	ishav goal with luck warm water	1 tea spoon

Avoid-

Any special suggestions-

Signature

# Diet chart

Name-

Diet for-

Date-

Yoga class- Therapy/ Basic/ Advance

Time	Before/ After Breakfast/ Lunch/ Dinner	Particulars	Quantity
05:30- 06:00 am	Before herbal tea	Methi water, aamla water, over night soaked or Tulsi ginger and mint juice with jaggary over night soaked or Hot water with honey Luck warm water with lemon and honey	1 cup/ glass 1 cup/ glass 1 cup/ glass
06:00- 06:30 am	Tea time	Herbal tea With/ without milk	
08:15- 08:30 am	Before breakfast	Carrot/ Cabbage/ Bottleguard/ Tulsi Pudina Ginger/ Palak Pudina, Karela juice	1 cup daily
08:30- 09:00 am	Breakfast	Veg Upama/ Veg Dalia/ Veg Poha, seasonally fresh fruits etc	
11:45- 12:00 pm	Pre lunch	Salad	1 bowl
		Sprouts with/ without Ginger, few Lamon drops	1 table spoon
12:00- 12:30 pm	Lunch	Vegetable	1/ 2 bowl
		Dal	1 bowl
		Chapatti	2/ 3
		Brawn Rice	1 bowl
03:00- 04:00 pm		Herbal tea/ Fruits	
07:00- 07:00 pm	Dinner	Veg soup	1/ 2 bowl
		Vegetable	1/ 2 bowl
		Chapatti	2/ 3
09:00- 09:30 pm	Before bed	Ishav goal with luck warm water	1 tea spoon

Avoid-

Any special suggestions-

Signature

**REPORTS OF DIFFERENT**

**YOGA AND INDIAN**

**CULTURAL EVENTS**

**CONDUCTED BY**

**ME AND MY FAMILY**

# **Report of Yoga Master Class in Murmansk**

**As per the instructions from Consul General and HOC, I (Shri Vivek Tiwari, Yoga Teacher) visited Murmansk to conduct Yoga Master Class and Yoga Demonstration for the promotion of International Day of Yoga. More than 50 people participated in the master class.**

**Murmansk is a Navy Center of Russia. It is also Atomic center.**

**I visited oldest and first Ice Breaking Ship of 13 floors and it was run with Atomic energy at the time of second world war.**

**We had a meeting with all the Yoga Teachers and Schools of Yoga and discussed/ guided about IDY. And introduced them Kaivalyadhama, as they were not aware about Traditional and spiritual but scientific contribution of Kaivalyadhama, but many of them are interested to visit Kaivalyadhama.**

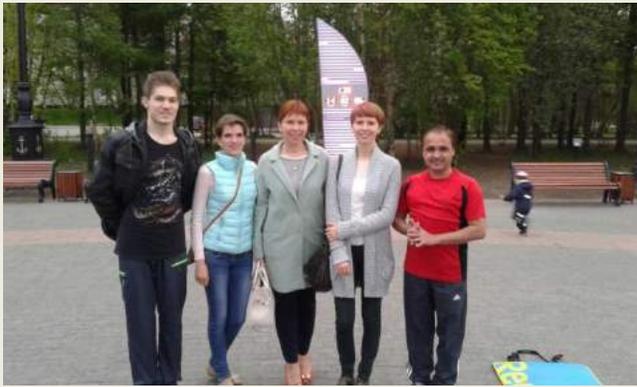
**Next day morning I conducted Yoga Master Class at 11.00 am to 12.30 pm then we attended Jagannath rath Yatra and cultural programmes. In the evening I (Shri Vivek Tiwari) demonstrated some Asanas. More than 300 people were watching live performance of Asana.**

**All the participants and organizers appreciated Yoga and Kaivalyadhama Institute of Yoga.**

**Thank you**

**Yours faithfully**

**Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia**



## **Report of Yoga master class in Pskov**

**I was directed to visit Pskov to conduct Yoga master class by the consulate for the promotion of International Day of Yoga.**

**Mrs. Jyoti was with me as a demonstrator.**

**I explained about the traditional and classical way of yog and its importance, as people are not knowing actual cultural of Yog and doing it at physical level as a exercise only.**

**More than 30 people attended my class and appreciated it.**

**All of them requested me to come again regularly.**

**We distributed T- shirts of IDY, IDY booklet and Yoga Protocol DVD to the organizer. And requested them to celebrate International Day of Yoga on 21<sup>st</sup> June 2016 and they are agreed for the same.**

**Thank you**

**Yours faithfully**

**Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia**



Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## YOGA CLASSES IN MONOMAX IDY

I was invited to take Yoga master class in the actual traditional way in Monomax. On the occasion of International Day of Yoga, they organized Yoga class on 20<sup>th</sup> and 21<sup>st</sup> May 2016.

More than 25 people attended my Yoga sessions on both days. As Yoga is being diluted all over the world, in Russia also, many Yoga Teachers are modifying Yoga as a exercise, but when I explain them about real aspect of Yoga, they get surprised and more interest to understand Indian Yoga culture.





Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## **Report of IDY 2016**

**We celebrated International Day of Yoga at Peters and Paul Fortress, the oldest Historical place of St. Petersburg.**

**This is first time in the history of Russia that I conducted Yoga session according to IDY Protocol. People were surprised and impressed with actual traditional practices of Yoga.**

**More than 600 people attended my Yoga session of IDY.**

**The programe was organized in collaboration with some local Yoga Schools and Organizations. They organized some Indian Cultural programes like Kathak, Kuchipudi, Manipuri, Bharathnatyam, Udissi, Rajasthani, Panjabi, Gujrathi and Maharashtraian dance performed by all Russian dancers.**

**And now so many people are interested to learn Indian traditional Yoga Classes. I was giving instructions, our DYEd student Swetlana was interpreting, another student of CCY Vlada, Jyoti Tiwari and Saumya Tiwari were demonstrating on the stage.**

**I am really lucky and happy that I am a family member of Kaivalyadhama and a part of ICCR and Indian Consulate family.**

**I really feel proud.**

**Whole stage was occupied by Kaivalyadhama members.**

**Hope to get same support from authorities and all family members in the future also.**

**Thank you.**



Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## **YOGA CLASSES IN INTERNATIONAL TOURISM EXHIBITION**

**I was invited to conduct Yoga sessions in the International Travel Exhibition held in Lenexpo Exhibition Complex, St. Petersburg, Russia from 13<sup>th</sup> to 15<sup>th</sup> Oct. 2016.**

**This was first time in the history of Tourism Expo; I introduced Yoga as a part of Incredible India.**

**We had our stall of Indian Consulate.**

**The aim was to promote Indian Tourism, so I found a great opportunity to expose Kaivalyadhama Tradition.**

**I demonstrated some Asanas and distributed my Kaivalyadhama Visiting cards to the visitors.**

**More than 30 thousand people visited in three days.**

**Mrs. Jyoti Tiwari, Yoga Teacher and Saumya Tiwari were requested to introduce our culture in the cultural Indian Sari that was a great attraction to the people.**

**We run the documentary of Kaivalyadhama all the time, and people were watching it with interest.**

**Thank you**

**Yours faithfully**

**Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia**



Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## **Report of Yoga Master Class in the International Food Festival at Yelagin Ireland**

**As per the directions of Consulate, I went to take Yoga Master class in the biggest Food Festival of Russia organized in Yelagin Ireland on Saturday, 23/07/2016 at 05.00 pm to 06.00 pm.**

**Around 150 people attended my Yoga session. They were very happy and interested to attend regular Yoga classes in the Indian Consulate.**

**And on Monday we received 15 new registration forms.**

**So day by day we are increasing number of Yoga students in the consulate.**

**I hope we will have more people from Russia in Kaivalyadhama as a student or as a patient.**

**Thank you**

**Yours faithfully**

**Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia**



Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## **Consulate General of India**

### **St. Petersburg Russia**

**We are going to organize a Pranayama Workshop, Sacred Breath by our Yoga Teacher Shri Vivek Tiwari.**

**This workshop will help you to understand actual traditional concept of Yoga and Pranayama.**

**You can join this workshop free of cost.**

**We invite you all to learn, understand, experience and implement Indian traditional way of practicing Pranayama.**

#### **Dates**

**29<sup>th</sup> April, 1<sup>st</sup> May, 6<sup>th</sup> May, 8<sup>th</sup> May and 9<sup>th</sup> May 2017**

#### **Time**

**7:30 am to 9:30 am**

#### **Venue**

**Consulate General of India**

**St. Petersburg Russia**

**Thank you.**

## **PRANAYAMA WORKSHOP MAY 2017**

One week Pranayama workshop was organized by me from 8<sup>th</sup> May to 13<sup>th</sup> May 2017 in the Consulate General of India.

This was the first ever special Traditional Pranayama workshop in Russia.

Apart from 17 regular students, 10 new students attended this workshop.

I introduced them actual traditional concept of Yoga, traditional techniques of Pranayama, Tratak and Meditation.

As this was beginners workshop, so Kumbhaka and Bandhas were not introduced.

Tratak and Meditation was appreciated more by all the students.

Because like all the countries, in Russia also actual Yoga Tradition and culture is diluted, And when I introduced them Indian Yoga Culture, all were confused in the beginning, but after the practice of two days in a proper way, all were satisfied and happy.

**Thank you**

**Yours faithfully**

**Mr. Vivek Tiwari   Yoga Teacher   CGI St. Petersburg, Russia**



Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## Special Yoga Day was celebrated on 27<sup>th</sup> May 2017 in Yalagin Ireland

On the occasion of 70<sup>th</sup> Anniversary of India and Russia Diplomatic relationship and 50<sup>th</sup> Anniversary of Mumbai and Saint Petersburg sister relationship, Indian Cultural week was celebrated from 23<sup>rd</sup> to 28<sup>th</sup> May 2017.

27<sup>th</sup> May was devoted for Yoga Day.

I conducted Yoga demonstration along with small kids of "Joy of Life" Cultural Club and then I conducted open Yoga Session for all.



Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## YOGA CLASSES IN PARK

I conducted special Yoga sessions in the Taorichesky Park in the open air.

All the regular students attended the class.

On Saturday, instead of taking Yoga class in the Consulate, I asked the students to come in a park.

All were enjoying open air Yoga in a fresh air and sunlight.

Mostly in summer, on Saturday, I take class in the park. And many people are watching us practicing Traditional Yoga and they started coming for regular Yoga classes in the Consulate.



Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## YOGA DEMONSTRATIONS IN DANCE CONSERTS

I am taking regular Yoga sessions for the kids in Indian Cultural Dance Ensemble “The Joy of Life” under the Club ‘Vyborgskaya Storona”

Nataliana Feodrana is the dance teacher. She is teaching Indian dance to Russian kids. And I am teaching them Yoga.

Then we prepared a Yoga Demonstration of the kids. And at least one’s in a month or sometimes twice a month, we take part in different consorts and during that program, I present Yoga Demonstration with kids.

It becomes some different attraction to the parents and all people also.





Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## INTERNATIONAL DAY OF YOGA 2017

This was second time I conducted International Day of Yoga Protocol.

Third International Day of Yoga was organized by the Consulate General of India in the Peter and Paul Fortress.

More than 1200 people took part in my Yoga session. Apart from that, many people visited and attended different Yoga and Cultural sessions in a day.

This time also various Yoga Teachers from different schools conducted Yoga sessions. But my Yoga session according to the protocol of International Day of Yoga was main attraction for all.

Before and after my session, various Indian cultural dance programs were organized by Russian artists.

Indian food stalls, Indian car and craft shops were also attraction in the festival.





**Thank you**

**Yours faithfully**

**Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia**

## PRANAYAMA WORKSHOP OCTOBER 2017

Second Pranayama workshop was organized from 23<sup>rd</sup> Oct to 28<sup>th</sup> Oct 2017 in the consulate.

This was also beginner's workshop.

Apart from regular students, 8 new students attended this workshop.

Total students were 24.

I introduced and explained all the traditional techniques of Pranayama and their positive effect on regular stressed life.

Kumbhaka was introduced with the round ratio of 1: 1: 2 and 1: 2: 2 but no Bandhas.

After the workshop, all started demanding to conduct such kinds of workshops and regular follow up sessions for corrections and progressive practice.



Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## PRANAYAMA WORKSHOP DECEMBER 2017

Third Pranayama workshop was conducted from 18<sup>th</sup> December to 23<sup>rd</sup> December.

13 new students took part in this workshop along with regular students.

This workshop was with little explanation but mostly in continuation.

Kumbhaka with round ratio of 1: 3: 2 was introduced.

But this time I explained about Bandhas also. And regular Yoga class students were allowed to practice with Bandhas.

I gave explained the techniques and theory separately to the new students and regular students or the students who already attended my previous workshops, they were taken to the next phase of Pranayama.

Again Tratak and deep relaxation sessions were main attractions of the workshop.



Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## REPORT OF INTERNATIONAL CULTURAL FESTIVAL OF HOLI 2017

I was invited for the International Cultural Festival on the occasion of Holi. I delivered a welcome speech as a guest in the beginning and then different Cultural Dance performances started. 74 different groups from different countries like Ukraine, Finland, and Russian federation etc took part in the festival named as "Smile at each other"

The festival started at 11.00 am and ended at 2:00 pm.

I went by taxi at my own.



Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## REPORT OF YOG CLASSES IN RAVINDRANATH TAGORE HINDI SCHOOL

I am going in Ravindranath Tagore Hindi School, St. Petersburg to teach Yog on every Wednesday. First class starts at 4:00 pm to 5:00 pm for kids and second class from 5:00 pm to 6:00 pm for yielders.

Around 15 to 20 kids of the age group of 7 to 10 years are attending my class. We are getting good response from the kids and the school administration.

5 to 6 girls and teachers of the school are attending my second session. And they are enjoying the Indian Cultural Yog. As they learned some different modified Yoga styles before, they can find the difference.





Thank you

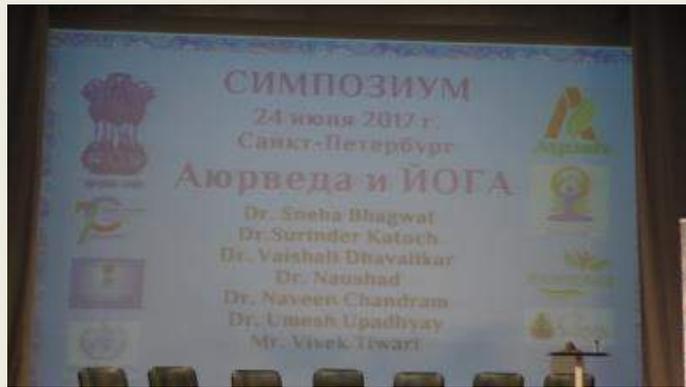
Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## YOGA AND AYURVEDA WORKSHOP

We organized Yoga and Ayurveda workshop under the AYUSH ministry on 24<sup>th</sup> June 2017. Dr. Sneha Bhagwat and her team from India came for Ayurveda sessions and I conducted Yoga sessions.

More than 120 people attended this workshop.



Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## YOGA CLASSES FOR DISABLED STUDENTS IN CGI

I have conducted several Yoga classes for the disabled students of different schools.

Around 8 to 10 students were coming to the consulate with their teacher.

I was giving separate time for them apart from regular classes.

It was great experience for me as a challenge. But I was enjoying my teaching. As I was giving instructions in English, then one local staff was interpreting in Russian and then the teacher was interpreting in actions for the students.





Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## Diwali festival 5<sup>th</sup> November 2017

Diwali festival was organized by the club on 5<sup>th</sup> November 2017.

I presented Yoga Demonstration along with my students.

This was something different for all because all Russian students were performing Yoga on “Vande Mataram” song.





Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## YOGA CLASSES IN BRAHMAKUMARIS CENTER

I am conducting Yoga master classes in Brahmakumaris Center. Santosh Didi is inviting me on some special occasions to take Yoga sessions.

I took Yoga master class for the members of center. Mostly all the members are old and having some conditions, so I taught them simple Yoga practices which can be done sitting on the chair. And they are very happy after learning those Yoga practices.

I was invited to take special Yoga sessions for the group of Brahmakumaris from China also.





Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

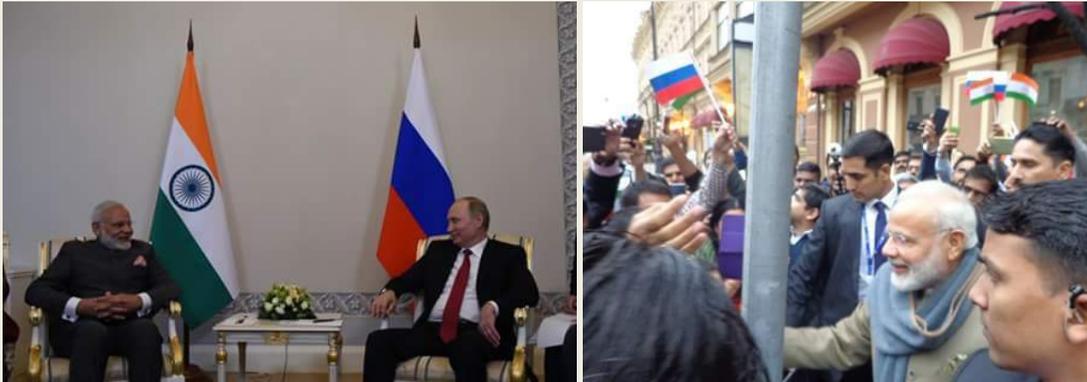
## PRIME MINISTER SHRI NARENDRA MODI VISIT

Prime minister of India Shri Narendra Modi visited Saint Petersburg Russia from 31<sup>st</sup> may 2017 to 3<sup>rd</sup> June 2017.

He was invited as a guest of honor of Saint Petersburg international economic forum.

I conducted various Yoga sessions, Television interviews on Russian news channels and Doordarshan National channel for the promotion of Yoga, dream of our Prime Minister. <https://youtu.be/fXKJPrFNoSQ?t=1>

<https://youtu.be/fXKJPrFNoSQ>







Thank you

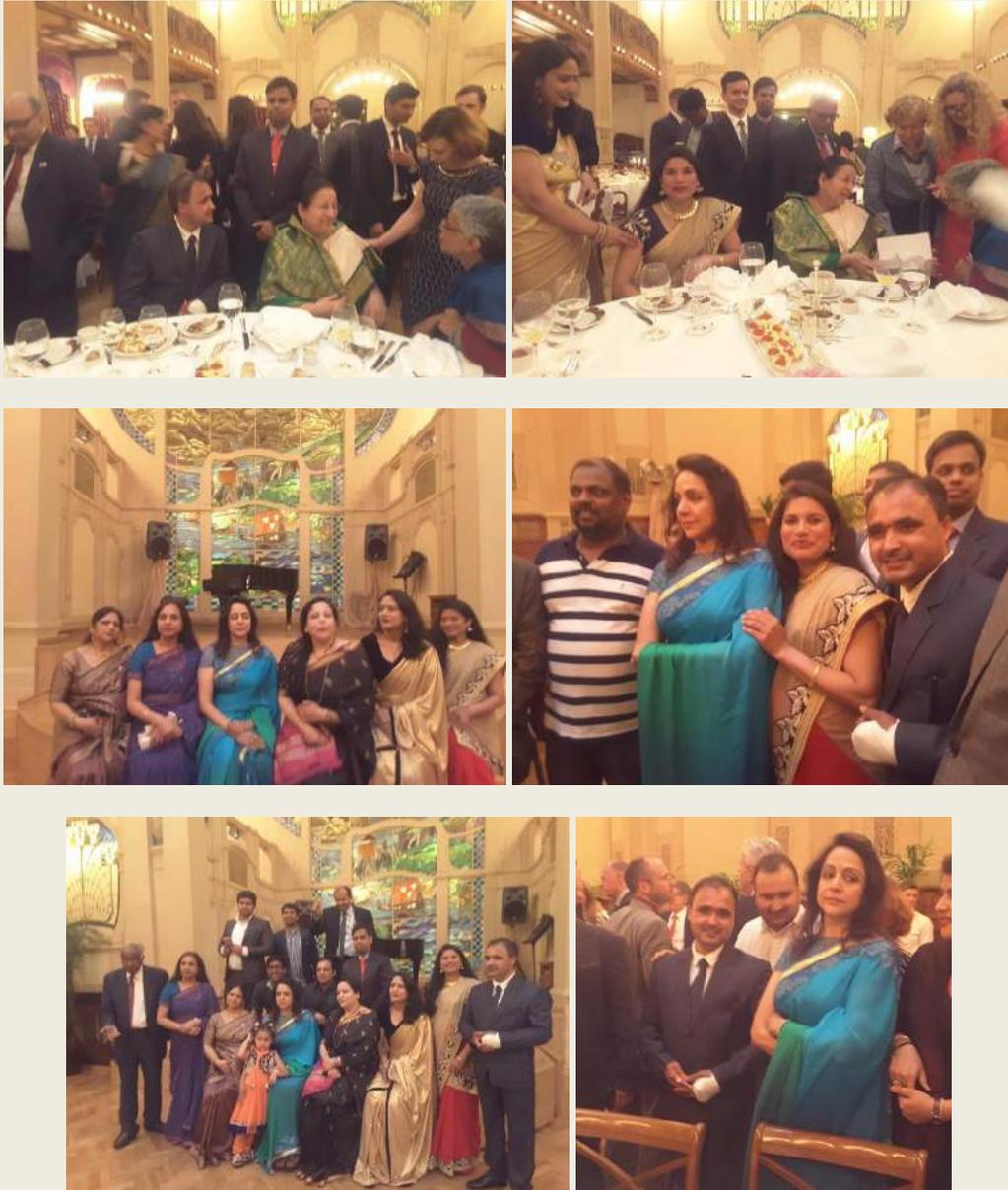
Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## HEMA MALINI AND SUMITRA MAHAJAN VISIT

Loksabha Speaker Sumitra Mahajan and member of Parliament, Hema Malini visited Saint Petersburg on 13<sup>th</sup> June 2017.

Various Indian Cultural programs were organized by the Consulate General of India.



Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## YOGA CLASSES IN KRISHNA TEMPLE

I am conducting Yoga classes in Krishna Vedic Temple, Lahkta.

Mostly on Saturday or on some special occasions, they call me to conduct Yoga master class

Their followers are interested in Indian culture, so they get more interest in Yoga from me as a Indian Yoga Teacher through the Indian Consulate and ICCR.



Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## YOGA CLASSES ON KRASSIN SHIP

I started taking Yoga classes on one of the oldest Ice Breaker Ship of Russia “Krassin” which is converted in a museum now.

Those classes were in the evening time. So after finishing morning classes in the consulate I was going to take classes on the ship.

5 to 8 people are attending my Yoga sessions on board.

It is a very different and unique experience for me and for the students to practice Yoga on Ship.





Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## **YOG PERFORMAMANCE IN CULTURAL DANCE ACADEMY FOR HOLI FESTIVAL 2017**

**I am taking Yog classes in Cultural Dance Academy for the kids of dance group since 45 days on every Tuesday and Thursday from 6:00 to 7:30 pm.**

**More than 20 girls of the age group of 8 to 12 years are learning Yog from me.**

**All of them performed with me on 26<sup>th</sup> March 2017.**

**I performed on Diwali festival also.**

**I am going to train them in a better way in the future so that they will be able to perform advanced practices.**

**Thank you**

**Vivek Tiwari**

**ICCR Yog Teacher**

**CGI St. Petersburg, Russia**



Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## YOGA MASTER CLASS FOR DISABLED STUDENTS

I was invited to conduct Master Class of Yoga on Tuesday 5<sup>th</sup> December 2017 at 10:30 am on the occasion of International Day of disabled persons in “Yukki Boarding School” for disabled people from Leningrad.

20 students of the school attended the class.

After the class, they were so impressed and happy, that they demanded regular Yoga sessions for them. As they are deaf and dumb, but they have God gifted sixth sense to understand spiritual aspect of Yoga better than common man.

I am planning to conduct regular Yoga sessions for them in this year.



Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## PRANAYAMA WORKSHOP FEBRUARY 2018

This was fourth Pranayama workshop. This workshop was only for those who are regular practitioners of Pranayama. So my regular Yoga class students and students who already attended my Pranayama workshops, only those students were allowed to take part.

Without any basic introduction, I directly started with Pranayama practices with Kumbhaka and Bandhas.

Regular students were asked to maintain the round ratio of 1: 4: 2 with Moola Bandha, Jalandhar Bandha and Uddiyana Bandha.

This was advanced level workshop. So no new students came in.

Around 20 to 25 regular students came in for this workshop.





**Thank you**

**Yours faithfully**

**Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia**

## CONCERT IN “JOY OF LIFE” THE GOVERNMENT CULTURAL CLUB

I was invited in the Government Cultural Club, “Joy of Life” on 19<sup>th</sup> April 2018 to perform Yoga with my wife and daughter.

And I performed Yoga with small children of the club.

As I am taking Yoga classes for children of the club coming for dance class of Nataliana Antonova Feodrana since more than 1 year and performed in various places with children in different concerts and cultural festivals.





Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

# INTERNATIONAL DAY OF YOGA 2018

## CONSULATE GENERAL OF INDIA

### ST. PETERSBURG RUSSIA

International Day of Yoga was organized by the Consulate General of India, St. Petersburg Russia on 25<sup>th</sup> June 2018 in Gostinyy Dvor.



Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

## VISIT TO MURMANSK AND KANDALAKSHA FOR THE PROMOTION OF INTERNATIONAL DAY OF YOGA 2018

I was visited Murmansk and Kandalaksha region of Russia for the promotion of International Day of Yoga 2018.

Some local organizers invited me and Consul General of India for Jagannath Rarha Yatra festival.

I conducted Yoga Master Class and Demonstration in front of more than 500 people in Murmansk. I conducted one special Yoga class for Yoga Teachers of Murmansk and 13 Yoga Teachers learned Indian Cultural Yoga from me.

I conducted Yoga session and demonstration in Kandalaksha also. This place is very close to North Pole and I travelled through Tundra and Gora region to reach there. I am the first Yoga Teacher reached there to introduce Yoga.









Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

# INDIAN CULTURAL COOKING CLASSES BY MRS. JYOTI TIWARI

Various Indian Cooking classes were conducted by my wife, Mrs. Jyoti Tiwari.

Indian dishes like Upama, Halwa, Pakoda, Idali, Aaluwada, Pudi Sabji, Dal Khichadi, Chapati, Kheer etc were taught to all Russian students

They learned the recipes, helped to cook and enjoyed Indian food a lot.

4





# GANESH FESTIVAL AT MY HOME IN RUSSIA



Thank you

Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

**DIFFERENT INDIAN AND RUSSIAN CULTURAL EVENTS OF MY DAUGHTER SAUMYA**











**Thank you**

**Yours faithfully**

**Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia**

**ME AND MY FAMILY IS PLAYING MAIN ROLE IN THE GOVERNMENT DOCUMENTARY ON THE OCCASION OF 70<sup>TH</sup> ANNIVERSARY OF INDIA AND RUSSIA DIPLOMATIC RELATIONSHIP AND 50<sup>TH</sup> ANNIVERSARY OF MUMBAI AND SAINT PETERSBURG SISTER RELATIONSHIP**











# FAREWELL BY MY YOGA STUDENTS



Thank you

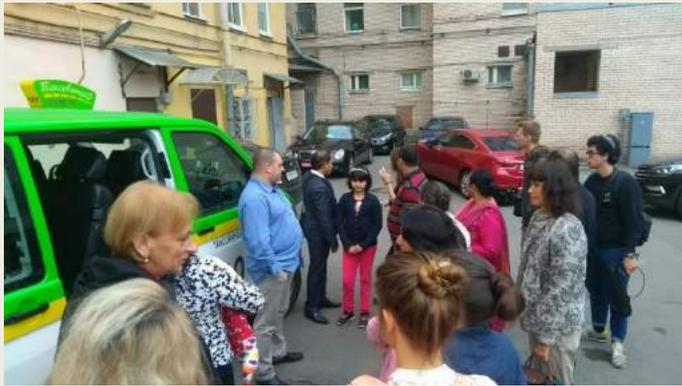
Yours faithfully

Mr. Vivek Tiwari Yoga Teacher CGI St. Petersburg, Russia

**FAREWELL OF CONSULATE GENERAL OF INDIA  
SAINT PETERSBURG RUSSIA**



# GOOD BYE RUSSIA



THANK

YOU