GT ALOHA VIDHYA MANDIR NEELANKARAI, CHENNAI-115

"Anyone who practices can obtain success in yoga but not one who is lazy. Constant practice alone is the secret of success."

WARMUP EXERCISE: (Each exercise clock wise 5 times Anti clock wise 5 times)

- 1. HEAD ROTATION. (CLOCK WISE, ANTI CLOCK WISE)
- 2. SHOULDER ROTAION. (FORWARD AN BACKWARD)
- 4. DOUBLE HAND ROTAION. (FORWARD AN BACKWARD)
- 5. WRIST ROTATION. (INSIDE AN OUTSIDE)
- 6. HIP ROTATION. (CLOCK WISE, ANTI CLOCK WISE)
- 7. ANKLE ROTATION. (CLOCK WISE, ANTI CLOCK WISE)

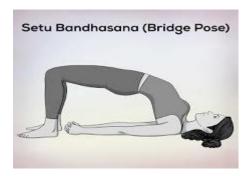
1. SURIYANAMAKARA 12 STEPS: :(ALL THE ASANAS REPEAT 2 TO 3 TIMES)



2. BADDHA KONASANA (BACK PAIN RELIEF ASANA)



3. SETU BANDHASANA



4. SAVASANA (RELAXATION ASANA)



BENEFITS OF ABOVE ASANAS:

Baddha Konasana

- Improves Groyne and Hip Flexibility. The butterfly pose puts adequate pressure on the body, which is healthy for the muscles, joints, and fascia.
- Reduces Shoulder Stress.
- > Helps for Digestion.
- Beneficial for Pregnant Women.

Setu Bandhasana (Bridge Pose)

- ➤ Hip Flexor Stretch. Holding this backbend opens the front hips and thighs, preventing tightness in the hip flexors.
- > It helps Lower Back Strengthening.
- Chest Opener.
- > It initiates spinal decompression.
- Calms the Nervous System.
- Abdominal Toner.
- > Increased blood Circulation.
- Develops Respiratory Health.

NOTE:

- 1. Asanas to be done before breakfast and early hours in the evening.
- 2. Yoga mat is compulsory.
- 3. Yoga can be practiced in a comfortable ambience at home.
- 4. After the yoga you can lie-down for 3 to 5 min.
- 5. Need of Yoga is to relax your mind and have a peaceful life.