

**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 ROTATION. (FORWARD AND BACKWARD)
4. DOUBLE HAND ROTATION. (FORWARD AND BACKWARD)
5. WRIST ROTATION. (INSIDE AND 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 Groin 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.