***First Page***

***Annexure-II: Student Declaration***

To whom so ever it may concern

I, Name of the student, Registration Number of the student, hereby declare that the work done by me on “Topic of the work” from Month, year to Month, Year, is a record of original work for the partial fulfillment of the requirements for the award of the degree, degree name.

Name of the Student (Registration Number)

Signature of the student

Dated:

***CERTIFICATE***

ACKNOWLEDGEMENT

I would like to express special thanks of gratitude to my teacher as well as our university who gave me the golden opportunity to do this wonderful project on the topic yoga which also help me doing a lot of research and I came to know about so many new things I am really thankful to them.

secondly I would like to thank my parents and friends who helped me a lot of finalising this project within the limited time frame

I sincerely thank everyone for the guidance and encouragement in carrying out this project work I also wish to express my gratitude to the official and other staff members who rendered their help during the period of my project work.

***LIST OF TABLES***

***Chapter-1 INTRODUCTION OF THE PROJECT UNDERTAKEN***

#### Introduction: Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and scince of healthy living. The word ‘Yoga’ is derived from the Sanskrit root ‘Yuj’, meaning ‘to join’ or ‘to yoke’ or ‘to unite’. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be in yoga, and is termed as a yogi, having attained to a state of freedom referred to as mukti, nirvana or moksha. Thus the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or ‘freedom’ (Kaivalya). Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga practice."Yoga” also refers to an inner science comprising of a variety of methods through which human beings can realize this union and achieve mastery over their destiny.Yoga, being widely considered as an ‘immortal cultural outcome’ of Indus Saraswati Valley civilization – dating back to 2700 B.C., has proved itself catering to both material and spiritual upliftment of humanity.Basic humane values are the very identity of Yoga Sadhana.

#### What you’ll learn

* Have a basic understanding of Hatha Yoga.
* Be able to join a regular or beginner's Yoga class with more confidence.
* Have a deep understanding of your body.
* Have practical tools to help breathe more deeply.
* Learn how to use relaxation techniques to release stress and slow down.
* Use Yoga postures and movements to ease tension and physical tightness.

**Are there any course requirements or prerequisites?**

* This course is for anyone who is interested to find out more about Hatha Yoga at a Pure Beginners level.

**Who this course is for:**

* Anyone who is brand new to Yoga.
* Anyone who has tried Yoga before but felt overwhelmed by the class and or setting.
* Anyone recovering from injury or illness.
* Anyone wanting to learn more about Yoga in a safe way in a safe home setting.
* Anyone interested in attending a beginners course but due to home, work &/ travel commitments can't get to a regular class.

***CHAPTER-2***(FLEXIBILITY)

## Why is flexibility important?

Increasing your flexibility is good for you in many ways. Some of the most important benefits include:

* **Greater range of motion.** Increased flexibility makes it easier to move your joints in a normal direction with less effort.
* **Less muscle tension.** [Stretching](https://www.healthline.com/health/exercise-fitness/static-stretching) your muscles can help release tension and tightness, making it easier to move.
* **Better posture.** Tight, tense muscles can lead to muscle strain and poor [posture](https://www.healthline.com/health/guide-to-better-posture-exercises).
* **Less pain.** When your muscles aren’t tense, there’s usually less stress and pressure on certain parts of your body and, as a result, less [pain in your back](https://www.healthline.com/health/low-back-pain-acute), neck, and shoulders.
* **Lower risk of injuries.** Greater strength and flexibility in your muscles and joints may make you less prone to injuries.
* **Less stress.** When tension is released in your muscles, it may help you feel more relaxed. In turn, that may lower your [stress levels](https://www.healthline.com/health/stress/effects-on-body#1).
* **Improved circulation.** [Better blood flow](https://www.healthline.com/health/yoga-for-blood-circulation#1) may help your muscles recover more quickly after a workout and also prevent stiffness.

**THE NECK AND SHOULDER SERIES**

Our physical body is stressed and affected by many things: how we sit or stand, temperature changes, repetitive movements, what we eat and drink, and what we are thinking.

**Keep the following guidelines in mind when using the three Rs, in this or any sequence of poses.**

When you do the **Resistance**, do not push too hard. This is not a struggle. Remember to stay cool, calm, and focused.

**Relax**, the all-important second R. Let your whole body go limp. Feel it happen. And remember to exhale.

Hold the final **Restretch** position for the recommended number of breaths. If you hold longer, you will overdo the stretch, which can cause injuries.

**NECK TILT**

I Benefits: Stretching the neck muscles has an immediate effect on your state of mind. Lengthening the larger muscles defuses stress held in the body and helps the whole body to relax. Lengthening and stretching small neck muscles will help quiet the mind and bring on a sense of well-being. This can also help prevent tension headaches.

1. **Resist**. Reach your right hand up above your left ear. Use this hand as a little wall. Press your head gently into your hand, and your hand into your head. Resist for 3 breaths, without moving.

2. **Relax**. Stop pushing, relax, and breathe in. Exhale.

3. **Restretch**. Softly use your hand to guide your head a little farther into the space to the right. Lower your hand and hold for 2 or 3 breaths.

Repeat on the opposite side and observe which side is tighter.

**CHIN TO CHEST**

Neck and Shoulder Pain

Yin tip: The neck is truly the body-mind connection. This delicate area is made weak and vulnerable due to poor posture, stress, and whiplash accidents. Here’s a tip: To create space within your chin-to-chest stretch, imagine you are holding a golden egg at throat level, then extend and gently lower your chin, holding the imaginary egg.

Sit tall and comfortably in a chair or on the floor with your legs folded. (If you’re on the floor, sit on a cushion to help your spine tip slightly forward.) Now slowly lower your chin, remembering the golden egg. Feel your neck muscles and the muscles between your shoulder lengthening. Rest in the stretch for 2 or 3 breaths, then lift your chin and return your head to neutral position.

Then, still sitting tall, drop your chin halfway to your chest. Reach up with your hands and place a few fingers on the highest part of your head.

**Resist**. Gently press your skull back into your fingers while your fingers gently press into your skull. Do not move your head during the resistance for 3 complete breaths.

**Relax**. Breathe in. Long, slow exhalation.

**Restretch**. Place your hands above your ears and support your head. Drop your head forward, chin moving closer to your chest. Feel the neck muscles lengthen as you hold the restretch for 2 or 3 breaths.

Return your head to neutral position. Sit quietly for a few moments, eyes closed. Enjoy the stillness.

**SINGING SNAKE**

I call this Singing Snake because it can be used as a variation of Cobra Pose. After the Chin to Chest, there is a natural cue from within to go in the opposite direction, but many people find dropping the head back uncomfortable. The Singing Snake should be more comfortable. If you have neck problems or bone density issues, omit this exercise or do it cautiously.

Sitting tall, breathe in with a slack jaw, and relax your body. Exhale. Then open your mouth as wide as possible. With your mouth open, slowly tilt your head back, then tilt your neck back as well. Relax your shoulders. This should feel more comfortable than if you had tipped your head back with your mouth closed.

Once your head is tilted all the way back, very slowly close your teeth and lips. When you close your teeth in this extended position, you are supported by the powerful clenching jaw muscles in the front of your neck.

Return your head to neutral position. Then slowly and enjoyably lower your chin to your chest to lengthen the muscles at the back of your neck and between your shoulder blades.

**CHEST EXPANDER**

Benefits: This sequence can be done standing, kneeling, or seated in a chair, with or without a partner. This stretch breaks up muscle tension and stress carried within the muscles of your torso. It improves posture and breathing. Take a time-out from the computer and do the Chest Expander on a coffee break. It energizes and clears the brain.

Begin by rolling each shoulder in both directions in slow circles—3 to 6 times each way for each shoulder. Then stand, your hands behind you, palms facing your seat muscles, clasping a belt. Separate your hands about four inches more if this bothers your elbows. Note that a partner can be helpful with this warm-up, as you can see me helping Kevin in the photo.

Standing tall, roll your shoulders back and down. Straighten your elbows, lifting your arms upward, holding on to your belt. Hold for 2 or 3 breaths, allowing your muscles to stretch. Release.

Now do the three Rs:

**Resist** by clasping the belt and gently pulling downward. Observe how this movement causes resistance and places tension on your upper back, shoulders, and arm muscles. Do not lift your arms at this point; just pull down… and hold the resistance, closing the gates of your shoulders.

**Relax**. Breathe in, long exhalation.

**Restretch**. Stand tall and again pull down.

**SHOULDER PREPARATION FOR GARUDA ARMS**

**Benefits**: Excellent for releasing tightness in front and back of shoulders. Nice warm-up for long-distance swimming, or your golf or tennis swing.

Sit comfortably on a chair or on the floor with your legs folded. (If you’re on the floor, place a cushion beneath your seat to lift your spine.) I also like to place a prop (a block or a ball) under each of my knees for support. Make sure you are comfortable and sitting up straight.

Extend your right arm out to the side, parallel to the floor. Then swing it gracefully across your body. Use the momentum to catch your right arm in the crook of your left elbow.

Holding on firmly, guide your right arm up toward throat level for a better stretch. Be sure your right arm is above your chest. “Measure” and feel the natural stop of the arm stretching. Hold for 3 or 4 breaths.

Now do the three Rs:

**Resist** with your arm at throat level, pressing the straight arm away from your body while you gently Resist with the crooked elbow. Hold the resistance for 2 breaths.

**Relax**…breathe in…exhale.

**Restretch**. Pull the arm very, very slowly across your throat…hold for 3 to 5 breaths. Notice how much farther your arm can stretch. To add a little heat, place your hand on the back of your neck.

Let the right arm go limp. Use the crook of the left elbow like a sling and slowly lower the limp right arm.

Then repeat the steps on the opposite arm.

**GARUDA ARMS**

Extend your arms out from your sides in a T position. With a big swooping motion, cross your left elbow over your right elbow. Clasp your hands to your shoulders. Give yourself a big hug. Hold for 2 or 3 breaths. Smile! Enjoy giving yourself a hug today.

Now release your hands, keeping the elbows crossed. Place the backs of your hands together. If you are more flexible, put the thumb of your left hand into the palm of your right. Slowly raise both arms up and down.

Release your arms out from your sides to again form a T. Repeat the steps, crossing your right elbow over your left.

***CHAPTER-3***

### **Ardha Hanumanasana**

Step your right foot forward and place your left knee on the mat. Keep your left knee where it is and pull your hips back over your knee, so your left hip is over your left knee and your right leg is straight with the toes of your right foot pointing toward the ceiling. Hinging from the hips, keep your spine as long as possible and reach your chest toward the top of your right foot. As you do this, keep a tiny bend in your right knee. Pressing your right heel into the ground, isometrically drag your right heel towards the back of the mat. Stay here for 5 breaths, then switch sides.

### **Anjaneyasana with a Side Stretch**

Step your right foot forward and place your left knee on the mat. Bring your shoulders over your hips and place your right hand on your right hip. Then, reach your left arm up and over toward the right side of the room. If you have lots of space in your side body, you may reach your right hand to the floor or a block, but make sure your right waist is not collapsed (imagine reaching your whole torso up and over a beach ball rather than just trying to get your hand to the ground). Stay here for 5 breaths, then switch sides.

### **Vasisthasana**

From Down Dog, come halfway forward to Plank Pose. Step your right hand to the center line of your mat and a couple inches forward from your shoulder. Roll onto the outer edge of your right foot and stack your feet with your left foot on top. Raise your left arm up to the ceiling, and then extend it forward over your left ear like you’re reaching toward the top of your mat. Press your right hand down and forward, and press your right hip away from the mat. Your body should be in the shape of a rainbow. Stay here for 5 breaths, then switch sides.

### **High Lunge, variation**

Step your right foot forward and bring your hands to your waist. Bend your left knee a couple inches and pull your front hip points up toward your belly button so your tailbone lengthens toward the ground. From here, draw your front ribs together and towards the back of your shirt. Keep this alignment and straighten your back knee. Raise your left arm up toward the ceiling, then catch your left elbow with your right hand as your reach your left hand down your back, between your shoulder blades. Draw your front ribs back again and lift your chin away from your chest. Stay here for 5 breaths, then switch sides.

### **Utthita Parsvakonasana**

Step your right foot forward and spin your left heel down as if you are setting up for Warrior II. Instead of lifting your shoulders over your hips, place your right hand on the ground inside the right foot and reach your left arm over your ear. Reach as far forward with your left hand as possible and press your left foot down and back as much as possible. If this is too much for your hips, place your right forearm on your right thigh to modify the pose. Stay here for 5 breaths, then switch sides.

### **Reverse Warrior**

You can practice this pose immediately after Side Angle Pose, or on its own starting from Down Dog or Tabletop position. With your right foot forward and your feet positioned for Warrior II, place your left hand above or below your knee on the left leg and reach your right arm up and over your right ear, as if you’re reaching toward the back of the room. As you reach your right arm back, keep bending your right knee over your right ankle, lifting the whole right side-body up and off of your right hip and thigh. Stay here for 5 breaths, then switch sides.

### **Seated Compass Pose**

From a seated position, cradle your right shin to your chest with your right foot in your left elbow crease and your right knee in your right elbow crease. Rock your shin back and forth a few times to open the hip joint a little more. Stop in the center and bring your right shoulder under your right thigh, as if you’re sliding your right leg onto your shoulder like a backpack or a purse. Once your right thigh is over your right shoulder, plant your right hand on the ground a few inches outside the line of your right hip. With your left hand, catch the outer edge of your right foot (pinky toe side of your foot), and on an inhalation, straighten your right leg as best as you can while you turn to look under your left shoulder. Stay here for 5 breaths, then switch sides. (If your shoulders are tight, consider using a strap around your right foot rather than your left hand.)

ARE YOU READY TO GIVE THIS SOOTHING TWIST A TRY? HERE’S HOW:

1. Fold and stack two blankets so they are long and wide enough to support your torso and head. (A bolster or a few firm pillows will work, too.) Sit on your shins with your hips on your heels in vajrasana (thunderbolt pose). Position the narrow end of the blankets a few inches beside your right ankle. Root the sitting bones downward, and lengthen the spine upward.

2. With an uplifted heart, twist to the right, toward the blankets. Place your hands on the ground on either side of the support, as you lengthen your spine and settle your torso onto the blankets. Let your hips follow along, so that the left thigh rises away from the heels, and the right hip slides onto the ground in between your right heel and the blankets. Rest your arms on the ground on either side of the blankets, and settle your head onto the support with your nose pointing in the same direction as your knees.

3. Readjust the body until you feel a deep sense of comfort and ease. Experiment with repositioning your legs just a bit—stretching them out or folding them toward your hips—so they settle into a shape that feels soothing. You might also consider repositioning the blankets closer to or farther away from your hips until your midsection feels completely relaxed. (Some students prefer to have the belly well supported in this pose, while others like to shift the bolster farther away from the hips so the belly can hang freely.)

4. Once you’ve found a comfortable resting position, let go completely. Welcome the embrace of gravity, relax your muscles, and allow your body to grow heavy. Invite the back body to grow broad and soft. Unclench your jaw and encourage your exhalations to lengthen. You might even invite a soft, soothing sigh of relief to pour out of you, as you practice the fine art of surrender. Rest here from 2 to 10 minutes.

5. When you are ready to emerge from the pose, press your hands into the ground to support your torso as you return to a seated position. Sit quietly for a few breaths in vajrasana, noticing how the experience has changed your breath, your body, and your mood. And then reposition the bolsters to your left, and settle into this beautiful restorative twist on the other side.