



FREE ONLINE YOGA CAMP FOR MANAGEMENT OF COVID-19

YOGA MODULE -1

Module adopted as per the guidelines from Ministry of AYUSH, GoI



Practices	Name of Practice	Rounds	Timing (in mins)
Prarthana Position - Sitting	Relaxation & Breath Observation Om - 3 times Mantra: Om Sahana Vavatu - with Namaskara Mudra		1
Breathing Exercise (slow inhalation & slower exhalation with synchronisation of hand movements) Position – Sitting on a Chair Normal healthy people in standing position	Hands In & Out Breathing – Hands Out - Breath in Hands in – Breath out	3 times	1
	Hands Stretch Breathing – 3 levels i. Across the chest ii. Across the forehead iii. Above the head Stretch hands out - with inhalation, stretch in - with exhalation	Fingers interlocked 3 times in each levels	1
	Neck Movement i. Front & Back ii. Left & Right with breathing	3 rounds in each	1
Loosening Exercise Position – Sitting on a Chair Normal healthy people in standing position	Shoulder Movement rotation with fingers on the shoulder	3 rounds clock wise 3 rounds anti clockwise	1
	Hands & Trunk Twisting - both sides from waist & above As you turn to your right side, fold the left hand at elbow & stretch right hand straight As you turn to your left fold your right hand at elbow & stretch left hand straight	Alternatively 3 times	1
Yogasana			
Position - Standing; Can be done by sitting on a chair	Ardha Kati Chakrasana – both sides		2
Position - Sitting – start from vajrasana People who cannot sit down should do holding a chair	Marjariasana – Tiger Breathing /Stretch	3/5 rounds breathing	2
Position – Prone – lying down on abdomen	Makarasana breathing (Prone) - pillow below the chest, if required inhale through nostril & exhale through mouth		2
Position – Supine –lying down on the back	Pavanamuktasana one leg folded at knee and palms around the knee and other leg stretched Do the same way with the legs alternated	Maintain with 3 counts alternatively	2

Note:

- This document is shared only for the participants of Yoga Mitra Free online Yoga Camp. Do not share this document to anybody outside.
- These Yoga Practices should be strictly done only under the instructions & personal supervision of a experienced & qualified Yoga Therapist



FREE ONLINE YOGA CAMP FOR MANAGEMENT OF COVID-19

YOGA MODULE -1

Module adopted as per the guidelines from Ministry of AYUSH, GoI



Practices	Name of Practice	Rounds	Timing (in mins)
Relaxation Position – Supine –lying down on the back	Quick Relaxation Technique (QRT) i. 3 rounds of abdominal observation ii. 3 rounds of abdominal breathing – - Inhale through nostril & exhale through mouth iv. relax, energize & chant AAA		3
Pranayama	Breathing Observation – with right palm on the abdomen Breathing Correction – inhale abdomen out – exhale abdomen in	3 rounds	1
Note* These practices could be done by lying down on back in a relaxed way Emphasis should be only on body – breath synchronization in the 1 st module - not on the mudras	Sectional Breathing – sitting/lying down		
	Abdominal (diaphragmatic) Breathing “A” kara chanting while exhaling in the last round	3 rounds	1
	Thoracic (lungs) Breathing “U” kara chanting while exhaling in the last round	3 rounds	1
	Clavicular (shoulder) Breathing “M” kara chanting while exhaling in the last round	3 rounds	1
	Full Deep Yogic Breathing - “A-U-M” 1:1:2 chanting while exhaling in the last round	3 rounds	1
* Position - Sitting with back support	Nadhi Suddhi/Nadi Shodhana Pranayama with Nasika Mudra Alternate nostril breathing (no holding of breath)	3 rounds	5
Dhyana – Meditation	Sankalpa - Awareness of breathing Affirmations through positive thoughts “I am healthy – I have a strong immune system- I am peaceful”		2
Shanti Patha	Mantra – Om Sarve Bavanthu Sukinaha- with Namaskara Mudra Relax – Hasyasana– Simha Garjana– laughter		1

* Period of exhalation shall be more than the period inhalation, preferably 1:2 (Inhalation: Exhalation).

Note: Yoga is not a replacement to medical treatment and is only an add on practice

Objectives of the Yoga Practices:

- To enhance immunity
- To improve pulmonary function & lung capacity
- To reduce stress & anxiety
- To improve Muco-ciliary clearance

Note:

- This document is shared only for the participants of Yoga Mitra Free online Yoga Camp. Do not share this document to anybody outside.
- These Yoga Practices should be strictly done only under the instructions & personal supervision of a experienced & qualified Yoga Therapist



FREE ONLINE YOGA CAMP FOR MANAGEMENT OF COVID-19

YOGA MODULE -2

Module adopted as per the guidelines from Ministry of AYUSH, GoI



Practices	Name of Practice	Rounds	Time (in mins)
Prarthana Position - Sitting	Relaxation & Breath Observation Omkara - 3 times Mantra: Om Sahana Vavatu - with Namaskara Mudra		1
Breathing Exercise (slow inhalation & slower exhalation with synchronisation of hand movements) Position – Sitting Healthy people in standing position	Hands In & Out Breathing – Hands Out - Breath in Hands in – Breath out Hands Stretch Breathing – 3 levels i. Across the chest ii. Across the forehead iii. Above the head Stretch hands out - with inhalation, stretch in - with exhalation	3 times Fingers interlocked 3 times in each levels	1 1
Loosening Exercise Position – Sitting Normal healthy people in standing position	Neck Movement i. Front & Back ii. Left & Right with breathing Shoulder Movement rotation with fingers on the shoulder Hands & Trunk Twisting - both sides from waist & above As you turn to your right side, fold the left hand at elbow & stretch right hand straight As you turn to your left fold your right hand at elbow & stretch left hand straight	3 rounds in each 3 rounds clock wise 3 rounds anti clockwise Alternatively 3 times	1 1 1
Yogasana Position - Standing	Trikonasana – both sides * not for people with medical oxygen supply, ventilators	maintain with normal breath awareness for 3 counts	2
Position – Sitting	Vakrasana – both sides – alternative - Chair Vakrasana Twist – both sides maintain with normal breath awareness for	3 /5 counts	2
Position – Prone – lying down on abdomen	Makarasana breathing - pillow below the chest, if required Proning – Sashankasana breathing – pillow below forehead, if required below chest inhale through nostril & exhale through mouth	5 /10 counts Slow repetitions	2
Position – Supine –lying down on the back	Pavanamuktasana Both legs folded at knee - palms around the knees - chin touching the knees if possible – if not - head on the ground	Maintain with normal breathing for 3 counts	1



FREE ONLINE YOGA CAMP FOR MANAGEMENT OF COVID-19

YOGA MODULE -2

Module adopted as per the guidelines from Ministry of AYUSH, GoI



Practices	Name of Practice	Rounds	Time (in mins)
Yogic Relaxation Technique Position – Supine –lying down on the back COVID Positives can try in Prone posture for better breathing * Better breathing happens with hands stretched above the hand – back of the arms on the ground	Abdominal (diaphragmatic) Breathing “A” kara chanting while exhaling in the last round	3 rounds each	3
	Thoracic (lungs) Breathing “U” kara chanting while exhaling in the last round		
	Clavicular (shoulder) Breathing “M” kara chanting while exhaling in the last round		
	Full Deep Yogic Breathing - “A-U-M” 1:1:2 chanting while exhaling in the last round		
	* Slow breathing in synchronization with body movement		
Pranayama Position - Sitting with back support	Note: These techniques could be done by sitting on a chair also		
Limitations for Bhastrika : people with high BP, heart ailments, hypertension, fever, vertigo, periods, pregnancy, intestinal disorders, spinal abnormalities should not do	Bhastrika with hands on the thighs – Take a deep breath & fill your lungs with air exhale slightly forcefully - this is 1 cycle- repeat it 21 times Stop gradually & observe the changes in breath & the silence	2 rounds	2
	Nadhi Suddhi/Nadi Shodhana - with Nasika Mudra As you inhale – feel the fresh air entering the nostrils As you exhale – feel the warm air going out of the nostrils Inhale – feel that you are imbibing hope, wellness, immunity, happiness etc Exhale – feel that you are exhaling fear, anxiety, illness and all negative thoughts	9 rounds	5
	Brahmari Pranayama without Shanmukhi Mudra Touch the tip of your tongue to upper palate of mouth, close your mouth, eyes closed, close the ear lobes with thumb chant long MMM creating humming sound & feel the resonance	5 rounds	3
Dhyana – Meditation	Sankalpa - Awareness of breathing Affirmations through repeated positive thoughts “I am healthy – I have a strong immune system- I am peaceful”		3
Shanti Patha	Mantra – Om Sarve Bavanthu Sukinaha- with Namaskara Mudra Relax – Hasyasana– Simha Garjana-- laughter		1



FREE ONLINE YOGA CAMP FOR MANAGEMENT OF COVID-19

YOGA MODULE -3



Practices	Name of Practice	Rounds	Duration in min.s
Prarthana Position - Sitting	Relaxation & Breath Observation Om kara - 3 times Mantra: Om Sahana Vavatu - with Namaskara Mudra		1
Breathing Exercise	Repeat all earlier Breathing Exercises		2
Loosening Exercise Position – Standing (can sit on chair except for Waist rotation)	Repeat all earlier Loosening Exercises		
	Waist Rotation – palms on the waist –gentle rotation	clockwise & anti clockwise 5 rounds each	1
	Knee Movement – Utkatasana stretch – with arms stretched forward exhale & squat down - inhale & come up * People with acute arthritis to avoid this	Repeat 3 /5 times	1
Yogasana	<ul style="list-style-type: none"> For participants who can't stand & do, pls teach chair variations 		
Position - Standing	Ardha Chakrasana – with palms on the waist – elbows closer	Maintain for 3 normal breaths	1
Position - Standing	Pada Hastasana	Maintain for 3 normal breaths	1
Position – Prone – lying down on abdomen	Makarasana breathing – as before	5 /10 counts	1
	Bhujangasana – breathing – stretching with arms folded at elbow level	3/5 counts with breathing	1
Position – Supine –lying down on the back	Markatasana – folded leg lumbar stretch Hands stretched out parallel to shoulders, Both legs folded at knee, feet on the ground, spinal twist, knees touching the ground & turn neck on the opp. Side – repeat on the other side	Alternatively 3 times Exhale with knees down Inhale with knees up	1
Yogic Relaxation Technique Position – Supine –lying down on the back <ul style="list-style-type: none"> Participants with back pain may keep both legs folded at knee COVID +ve participants with SpO2 level less than 90 may lie down in Prone – Makarasana Position & practice 	Deep Relaxation Technique (DRT) Relaxing body- part by part - from tip of the toe to the top of the head relaxing the lower parts of the body - “A” kara chanting relaxing the middle parts of the body - “U” kara chanting relaxing the upper part of the body - “M” kara chanting relaxing the whole body “A- U-M-M” chanting 1:1:2		3

Note: Period of exhalation shall be more than the period inhalation, preferably 1:2 (Inhalation: Exhalation).
Do not share this document to anybody outside the group of Yoga Mitra



FREE ONLINE YOGA CAMP FOR MANAGEMENT OF COVID-19

YOGA MODULE -3



Practices	Name of Practice	Rounds	Duration - in mins
Pranayama Position - Sitting with back support	Note: These techniques could be done by sitting on a chair also		
Limitations for Bhastrika : people with high BP, hypertension, heart ailments, fever, vertigo, periods, pregnancy, intestinal disorders, spinal abnormalities should not do	Bhastrika with hands on the thighs – Take a deep breath & fill your lungs with air exhale slightly forcefully - this is 1 cycle- repeat it 21 times Stop gradually & observe the changes in breath & the silence	2 rounds	2
Nadhi Suddhi/Nadi Shodhana - with Nasika Mudra	As you inhale – feel the fresh air entering the nostrils As you exhale – feel the warm air going out of the nostrils Inhale – feel that you are imbibing hope, wellness, immunity, happiness Exhale – feel that you are exhaling fear, anxiety, illness and all negative thoughts	9 rounds	5
Brahmari Pranayama with Eyes closed and ears closed with index fingers or thumbs	Touch the tip of your tongue to upper palate of mouth, close your mouth, eyes closed, close the ear lobes with thumb chant long MMM creating humming sound & feel the resonance	9 rounds	5
Dhyana – Meditation	Sankalpa - Awareness of breathing Chanting of Maha Mrtyunjaya Mantra (MMM) - Explain the meaning & effect of MMM & lead guided contemplation Affirmations through repeated positive thoughts	3 times lead & follow	3
Shanti Patha	Mantra – Om Sarve Bavanthu Sukinaha- with Namaskara Mudra		1
Laughter is the best medicine	Relax – Hasyasana– Simha Garjana– laughter		1

Note: Period of exhalation shall be more than the period inhalation, preferably 1:2 (Inhalation: Exhalation).
Do not share this document to anybody outside the group of Yoga Mitra



FREE ONLINE YOGA CAMP FOR MANAGEMENT OF COVID-19 YOGA MODULE -3



Prarthana- Starting:

ॐ सह नावतु ।
सह नौ भुनक्तु ।
सह वीर्यं करवावहै ।
तेजस्वि नावधीतमस्तु मा विद्विषावहै ।
ॐ शान्तिः शान्तिः शान्तिः ॥

Om Saha Naav[au]-Avatu |
Saha Nau Bhunaktu |
Saha Viiryam Karavaavahai |
Tejasvi Naav[au]-Adhiitam-Astu Maa
Vidvissaavahai |
Om Shaantih Shaantih Shaantih ||

Meaning:

Om, together may we two move (in our studies, the teacher and the student), together may we two relish (our studies, the teacher and the student), together may we perform (our studies) with vigour (with deep concentration), may what has been studied by us be filled with the brilliance (of understanding, leading to knowledge); may it not give rise to hostility (due to lack of understanding), Om Peace, Peace, Peace.

Mahamrityunjaya Mantra:

ॐ त्र्यम्बकं यजामहे
सुगन्धिं पुष्टिवर्धनम् ।
उर्वारुकमिव बन्धनान्
मृत्योर्मुक्षीय मामृतात् ॥
ॐ शान्तिः शान्तिः शान्तिः ॥

Om Try-Ambakam Yajaamahe
Sugandhim Pushti-Vardhanam |
Urvaarukam-Iva Bandhanaan
Mrtyor-Mukshiya Maa-[A]mrtaat ||
Om Shaantih Shaantih Shaantih ||

Meaning:

Om, we worship the three-eyed Lord, who is fragrant (as the spiritual essence), increasing the nourishment (of our spiritual core); from these many bondages (of samsara) similar to cucumbers (tied to their creepers), may I be liberated from death (attachment to perishable things), so that i am not separated from the perception of immortality (immortal essence pervading everywhere).

Shanti Patha

ॐ सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद्दुःखभाग्भवेत् ।
ॐ शान्तिः शान्तिः शान्तिः ॥

Om Sarve Bhavantu Sukhinah
Sarve Santu Niraamayaah |
Sarve Bhadraanni Pashyantu
Maa Kashcid-Duhkha-Bhaag-Bhavet |
Om Shaantih Shaantih Shaantih ||

Meaning:

Om, may all be happy, may all be free from illness.
may all see what is auspicious, may no one suffer.
Om peace, peace, peace.

Note: Period of exhalation shall be more than the period inhalation, preferably 1:2 (Inhalation: Exhalation).
Do not share this document to anybody outside the group of Yoga Mitra



FREE ONLINE YOGA CAMP FOR MANAGEMENT OF COVID-19

YOGA MODULE – 4



KRIYA & BREATHING TECHNIQUES

Position – Participants who are COVID-19 positive affected, who have back or knee pain etc should do these by sitting on a chair with back support
Normal healthy participants can do by sitting down in any meditative asana

Practice – Limitations & Benefits	Practice – Tips			Rounds	Time - in mins
Prarthana Position - Sitting	Relaxation & Breath Observation Omkara - 3 times Mantra: Om Sahana Vavatu - with Namaskara Mudra				1
Kriya – cleansing Technique Limitations for Kapalabhati Kriya People with high BP, hypertension, heart ailments, fever, vertigo, hernia, periods, pregnancy, intestinal disorders, spinal abnormalities should not do Benefits of Kapalabhati Kriya ➤ Helps in cleansing the nasal tract; reduces sinusitis ➤ Improves circulation & oxygenation of entire ➤ The sense of smell is improved & aids digestion ➤ Brain cells are invigorated; Removes lethargy ➤ Balances & strengthens the nervous system	Kapalabhati Kriya -palms on the thighs Take a deep breath & fill your lungs with air Practice rapid & forceful exhalation & passive inhalation During each exhalation, blast out the air by flapping movements of the abdomen in quick succession for 30 to 60 counts as per the guidance of the Yoga Teacher Stop gradually & observe the changes in breath & the silence			30 /60 strokes per min.	2
Sectional Breathing & Full Yogic Breathing Position – Sitting - can do by sitting on a chair Deep inhalation & slower exhalation Note: • These tech.s can be practised by lying down on the back with hands raised above the head (without mudras) as done in module 2 Benefits: ➤ Corrects the breathing pattern ➤ Increases lung capacity ➤ Uniform distribution of oxygen throughout the body No Limitations	Abdominal (diaphragm) Breathing	Chin Mudra*	“A” kara chanting while exhaling in the last round	5/9 rounds	2
	Thoracic (lungs) Breathing	Chinmaya Mudra*	“U” kara- while exhaling in the last round	5/9 rounds	2
	Clavicular (shoulder) Breathing	Adi Mudra *	“M” kara- while exhaling in the last round	5/9 rounds	2
	Full Yogic Deep Breathing	Brahma Mudra*	“A-U-M” -1:1:2 while exhaling in the last round	5/9 rounds	2
	Feel the vibrations of the chanting on the lower, middle, upper parts of the body & the whole body respectively				Total 11 Min.s

Note:

- Period of exhalation shall be more than the period inhalation, preferably 1:2 (Inhalation: Exhalation).
- Refer to S-VYASA’s YIC Course Manual for mudras



FREE ONLINE YOGA CAMP FOR MANAGEMENT OF COVID-19

YOGA MODULE – 4



PRANAYAMA

Practice – Limitations & Benefits	Practice – Tips	Rounds	Time in mins
Limitations for Bhastrika : People with high BP, hypertension, heart ailments, fever, vertigo, periods, pregnancy, intestinal disorders, spinal abnormalities should not do Benefits of Bhastrika : <ul style="list-style-type: none"> ➤ Improves respiratory & digestive functions ➤ Drains excess phlegm from the lungs ➤ Oxygenates the blood - increasing the vitality of all the organs ➤ Energizes the entire body and calms mind. 	Bhastrika with hands on the thighs – Take a deep breath & fill your lungs with air exhale slightly forcefully - this is 1 cycle- repeat it 21 times Stop gradually & observe the changes in breath & the silence	2 rounds	3
Benefits of Nadhi Suddhi Pranayama: <ul style="list-style-type: none"> ➤ Promotes a balance between both nostrils ➤ Cleanses the nasal tract ➤ Prevents cough, cold & nasal allergy ➤ Increases digestive fire & appetite ➤ Beneficial in respiratory disorders such as B. asthma ➤ Lowers the levels of stress & anxiety No limitations for Nadhi Suddhi Pranayama	Nadhi Suddhi/Nadi Shodhana Pranayama:- with Nasika Mudra Exhale through left nostril - inhale through left nostril Exhale through right nostril – inhale through right nostril - This is 1 round As you inhale – feel the fresh air entering the nostrils As you exhale – feel the warm air going out of the nostrils Inhale – feel that you are imbibing positive thoughts like hope & happiness Exhale – feel that you are exhaling all negative thoughts like fear & anxiety	9 rounds *Can do this up to 27 rounds split over in a day	6
Benefits of Bhramari Pranayama: <ul style="list-style-type: none"> ➤ Restores elasticity of lungs & beneficial in asthma ➤ Beneficial in relieving hypertension & stress ➤ Helps to reduce anger & frustrations; ➤ Helps in culturing of voice ➤ Humming increases the endogenous generation of nitric oxide level which functions as anti-viral 	Brahmari Pranayama with Shanmukhi Mudra Touch the tip of your tongue to upper palate of mouth, close your mouth, eyes closed, close the ear lobes with thumb chant long MMM creating humming sound & feel the resonance	9 rounds	6 15 Mins



FREE ONLINE YOGA CAMP FOR MANAGEMENT OF COVID-19

YOGA MODULE – 4

DHYANA – MEDITATION



Dhyana – Naadanusandhana – Meditation – Affirmations		Duration –10 mins
<p>Sit comfortably with your head, neck & spine in a straight line You may practice this by lying down on your back in supine posture or in prone posture on your abdomen (with a pillow below your chest) Eyes gently closed Let us chant 3 Omkaras – inhale take a deep breath and chant prolonged Om as your exhale – feel the vibrations throughout the body and feel energized.</p> <p>Observe your whole body – mentally scan through your body - feel that your body is relaxed – thank your body for keeping you in good health – Mentally talk to your body repeatedly <i>“I am healthy – my immune system is strong”</i></p> <p>Now gently shift your awareness to the tip of your nostrils Observe the normal breathing through both the nostrils – slow inhalation and slow exhalation – synchronize the breathing with abdominal movements a few rounds Inhale – feel each and every breath that you take in and visualize that the fresh air – oxygen is getting supplied to your whole body Exhale – feel that all illness and all negative bodies like the virus are all thrown out of your system along with the air that you exhale out Thank your breath and lungs for keeping you alive & energetic – Mentally talk to your breath repeatedly <i>“I am breathing normally – my oxygen level is optimal - through Pranayama I have an enhanced lung capacity”</i> Feel that your whole body is getting immunized and energized As you inhale – feel that you are imbibing positive thoughts like hope, faith, healing, wellness & happiness Exhale – feel that you are throwing out all negative thoughts like fear, anxiety, illness, anger, inferiority Repeat the affirmations <i>“I am healthier – I am breathing better - my immune system is strong - all my family members are healthy – my friends are healthy “</i></p> <p>Visualise an effulgent light in the midst of your heart – or visualise the effulgent form of OMkara Chant prolonged OMkara loud – Ahata Dwani – followed by a silent mental chanting of prolonged OMkara – Anahata Dwani – 3 times Feel the subtle vibrations of the chanting throughout the body Recognize the deep silence and calmness of mind – feel the Divine energy around Visualize your chosen Deity – Ishta Devatha or Guru – offer your mental salutations - and from the depth of your heart - thank the Lord for blessing you with a purposeful healthy life - pray for the universal well being <i>“sarve santu niraamaya – lokha samastha sukino bhavantu!”</i> – repeat this 3 times mentally by contemplating on the meaning</p>		
Shanti Patha If you were lying down, turn to your right side & slowly come to sitting position – adopt Namaskara Mudra	Mantra – Om Sarve Bavanthu Sukinaha- Feel the meaning of universal well-being and chant with prayerful mood – Yoga Namaskara – rub your palms – kara darshanam	2
Laughter is the best medicine! Relax – Hasyasana – Simha Garjana – laughter		2