

Workout Plan

STRECHING:- PADMA SADHANA

- *Rotation of Body.* – Sitting in Half Lotus Postures rotate the body 4times clockwise and 4times anticlockwise direction.
- *Makar asana* – Also known as crocodile asana. A person must lie down on the floor on his stomach with left leg bent to the left side.
- *Ardh Sulbhasana* – Also known as Half-Lotus Asana. After doing Makarasana lift feet off the floor; first of the right leg and then the left.
- *Purna Sulbhasana* – Also known as full-Lotus asana. After placing both palms under the pelvis lift feet of both legs off the floor.
- *Bhujan asana* – Also known as Cobra Asana. Keep your both hands near the shoulders, bend back backward, keep navel on the floor, look up.
- *Viprit Sulbhasana*– Also known as Superman Asana. In this posture only stomach touches the floor; both hands hold the feet above the floor.
- *Dhanur asana*– Also known as Bow Asana. Stay for few minutes depending on your body capacity in Viprit sulbhasana , both hands holding both feet above the floor. Don't stretch your body too much.Stretch as much as comfortable.
- After doing Dhanur Asana take rest in Makarasana. Turn from your right side and lie on your back performing Shavasana without moving.
- *Nauka asana*– Also known as Boat Asana. Pointing hands towards the knees like lift legs and upper body up off the floor.
- *Ardh Pawan Mukta Asana*– Being in Naukaasana touch your nose to first right knee and then left knee.
- *Purna Pawan Mukta Asana*– Bring both Knees to the chest and lock arms over the knees and touch nose to your knees.
- *Shulbha Asana*– Also known as shoulder-stand Asana. Bend your knees and raise your body to the sky and support your waist with your hands.
- *Natraj Asana*– Also known as Dancing Shiva Asana. Right side: right knee on left knee, make right knee touch floor at the left side of the body, right arm stretched away and then do the left side.