

## LESSON - 6

### YOGA

**The following skills will be learnt in this lesson:**

- Initial Position      ➤ Stages of surya namaskar
- Asanas- Standing, sitting and sleeping postures

#### SURYA NAMASAKAR (12 STAGES)

Initial position - Sama Sthiti:

1. Both feet should join together.
2. Body should be held straight and vision to the front.
3. Hands should be straight in line with the body



**(Note: This is the initial position for all standing asanas)**

**Stage 01 :** Namaskara (Hands folded) position: Join both palms after raising hands at chest level (as shown in figure)



fig.6.1

**Stage 02 :** Oordhwasana (Puraka) :- Raise both arms over the head and bend back, stretch the front part of the body, slowly inhale and consciously feel the muscular stress in the upper part of the back and stretching the chest, abdomen and front of the thigh.



fig. 6.2

**Advantages :** The thigh and back muscles will become strong.

**Stage 03 : Hastha Padasana:- (Rechaka) :-**

Slowly exhale and bend forward place both the hands by the side of feet. Bend the neck forward and place the forehead between the knees. Keep the knees straight. Feel the pressure in the lower abdomen, the trunk, and in the back of thigh.



fig. 6.3

**Advantages :** All parts of the body are exercised, blood circulation to the brain increases.

**Stage 04 : Ekpada Prasarnasana :-**

(Puraka) :- Place both hands firmly on the floor, bend the left knee and stretch the right leg straight back the right knee and the toes should be in contact with the floor. Bend the back leg like a bow and look up. In this posture slowly inhale and concentrate in the middle of the eye brows.



fig. 6.4

**Advantages :** With this posture the back muscles loosen and the sinus problems attenuate.

**Stage 05 : Dwipada Prasaranasan**

(Puraka) :- Inhale gradually, stretch the left leg to join right leg, the body weight is on the two hands and the two toes. the mind has to concentrated in the navel part of the body.



fig. 6.5

**Advantages :** With this posture leg and neck muscles are strengthened.

**Stage 06 : Bhudharasana : (Rachaka) :** Straighten arms and legs with heels touching the ground. Bring head downward

between arms. Lift hips up and and create a triangle. Look towards big toes or umbilicus.

**Stage 07 :** Sastanga Pranipatasana (Puraka-Rechaka) :- bend the elbow and lower the body, the forehead, two palms, the chest, two knees and two toes (totally 8 parts) are in contact with the floor in this posture with focus on the central part of the body.



fig. 6.6

**Advantages :** With this posture all the parts of the body will get exercise and concentration increases.

**Stage-08 :** Bhujangasana (Puraka) gradually inhale, lift the head and chest by pushing the floor. Push the head back while the thigh and trunk are in contact with the floor and look up as much as possible.



fig. 6.7

**Advantages :** With this posture the back bone will become strong.

**Stage-09:** Bhudharasana (Rechaka) Lift the back and hips by pushing the hands and legs against the floor. Try to touch whole foot in contact with the floor. Bend the neck forward between the arms to press the chin against the chest. Exhale slowly.



fig. 6.8

**Advantages:** With this the thigh and arm muscles get exercise.



fig. 6.9

**Stage-10 :** Eka pad prasaranasana (puraka) Here follow the rules of stage 03.

**Posture (i.e fig No. 6.5)**

**Stage-11 :** Hastapadasana (Rechaka):- Here follow the rules of stage 02 posture.



fig. 6.10

**(i.e fig No. 6.4)**



figure 6.12

**Stage-12: Namaskarasana:- (Puraka)**

Here follow the Rules of Stage No. 01 or starting positions of surya namaskara (The salutation.) (i.e. fig. No. 6.1 and 6.2)



figure 6.11

**STANDING ASANAS:**

**Starting position :- Samasthit.**

- Keep both the feet together and parallel to each other.
- Stand straight with chest and neck Straight.
- Both arms hanging straight down along with the body (Note: Samasthit is starting position for all standing yogasanas.)



01. Thadasana:- Meaning of Thadasana is “Tada” in sanskrit means Mountain, standing without movement of any kind, like a mountain, is known as “Thadasana”.

figure 6.13

**Method:- Starting Position – Samasthit.**

Count 01. Raise the hands side word

Count 02. Gradually turn the palms upword inhaling.

Count 03. Raise the arms further to form “V” shape over the head and continue inhale and exhale.



figure 6.14

Count 04. Join the hands straight over the head and be (like namaskara position) in this posture for some time.

**Advantages:-** This Hasana helps in beautifying posture.

## 02. Utakatasana:

Utkata means Chair in Sanskrit. Person in this posture appears to be seated on the chair.

### Method:- Starting position Samasthit

1. Raise both the arms sideward and inhale gradually.
2. Raise the arms further to form 'V' shape over the head.
3. Join the hands straight over the head and hold them together.
4. Slowly exhale, bend the knee and lower the hips straight till the thighs are parallel to the floor.

Count 5 to 8, reverse the actions 3,2,1 and starting position.

**Precautions –** Persons with pain in the knee and legs should avoid this asana.

**Advantage –** Muscles of legs will be strengthen.

## 3. Ardhakati Chakrasana:

In this posture, the yoga performer bends backward from his trunk, this looks like half wheel.

### Starting position- Samasthit

Count 01. Arms sideward rise to shoulder level and inhale slowly.

Count 02. Hands on trunk (hips) inhale and expand the



fig. 6.16  
Utakatasana

chest. Extend the shoulder joint so that the bows are behind the back.

Count 03. Continue to inhale and bend the head and neck backward.

Count 04. Bend the trunk backward as far as you can. The upper back should be parallel to the ground. Breath normally in this posture.

Gradually straighten back . Leave hands down and return to samasthiti.

**Advantage:** The Back will be strengthen.



fig. 6.17 Ardhakati Chakrasana

#### 4. Parshwa Chakrasana

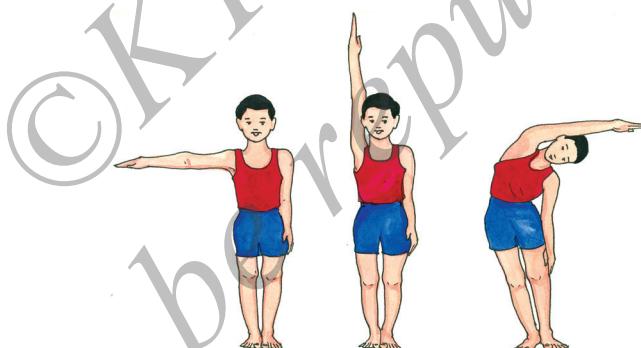


fig. 6.18 Parshwa Chakrasana

#### Starting position:- Samasthiti.:

Count 01. Raise the right arm sideward to the shoulder level, and inhale gradually.

Count 02. Raise the right hand over the head, stretch the right side of the body.

Count 03. Exhale slowly bend towards the left side and slide the left hand along the left thigh.

Count 04. Hold the same posture for some time and breathe normally.

Count 5 to 8, reverse the actions 3,2,1 and starting position and repeat the same on the right side with left arm raised.

**Advantages:-** While both sides are stretched this asana helps to relieve the pain in those parts. Efficiency of the liver improves.

### SITTING ASANAS:

**5 Padmasana:-** While Sitting in this position, a person appears like 'Lotus Flower' position of the legs appears like the leaves of 'Lotus' plant and the palms placed on the knees give the appearance of open lotus petals. Hence, the name of this asana is 'Padmasana' or the 'Lotus Posture.'



fig. 6.19

**Starting Position:-** Dandasana (Note: Dandasana is starting position of all sitting asana.

Count 01. Bend the right leg at the knee and place the right foot on the left thigh, the right heel should get as close to naval as much as possible.

Count 02. Bend the left leg at the knee and place the left foot on the right thigh the left heel should get as close to naval as possible.

Count 03. Bend the hands at the elbow and hold the hands in 'Chinmudra' at the level of chest.

Count 04. Keep the hands on the knees.

**Advantage:** This asana helps in concentration of mind and improves flexibility of knees.

## 6. **Bhoonamana Padmasana :**

Starting positions:- Dandasana



figure 6.20

Count No.01 Here follow the rules of Padamasan up to no 3 and Count 3 hold the hands back behind the hips. Exhale and bend forward and touch the forehead to he floor, reverse the action 3, 2, and 1 and came to strating to postion.

**Advantage:** This asana helps in strengthening of muscles of trunk.

## 7-Baddha- Padmasana:

Starting Position – Dandasana

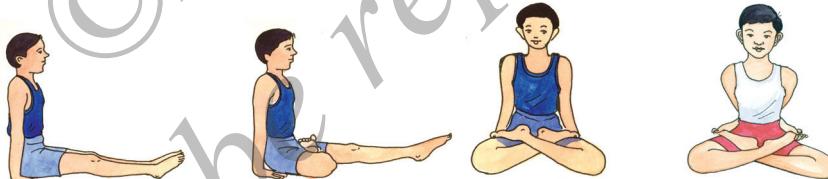


figure 6.21

Count No. 1 and 2 follow the rules of padamasana.

Count No.03. Take both the hands back behind and hold the left foot with left hand and same with right hand. Body should be straight.

Count No. 4 – Hold for some time in this posture breathe normally.

Count No 5 to 8 reverse the action 3, 2, 1 and starting position.

**Advantage:** It helps in strengthening of muscles and abdomen.

### Laying Asanas :

#### 8. Uthita dwipada meru dandasana

Starting Position:- Samasthiti (Supine Position)



fig. 6.22

Count 01. (Purak) Raise the both the legs up to 30°. And try to hold the legs for some time.

Count No.02 (Rechaka) bring the legs down slowly and exhale. (Repeat the same for 3-4 time to make it effective )

Advantages : The trunk muscles and stomach muscles are strengthened.

#### 9. Sheersha baddha hasta meru dandasana.

Starting Position- Samasthiti (Supine position)

Count No.01. Take both the arms below the head and interlock the fingers.

Count No.02. (Rechaka) Lift the back as you can and you can not move the legs. And try to hold the positions for some time and breathe normally.

Count No. 03. Bring the back slowly towards floor.

Count No.04. Bring the arms sideward and relax.

Repeat the same 3-4 time to make it effective.

Advantages:- the muscles of the trunk and arms are exercised.



figure 6.23

### 3. **Shavasana** : Starting Position Samasthit (Supine Position)



figure 6.24

This asana provides complete rest to the body lying down on the floor like a dead body (after practising of all asanas) is known as Shavasana and relieves the tensions and fatigue of our body.

2 Method :- Lie on your back keep the legs and hands slightly apart. And keep the palms facing upward. The head may be kept straight or little a side. Close your eyes and concentrate on each part of your body from toe to head and relax yourself in following order.

3.Think of your toes, feet, heels, ankle, lower legs, calf, knees, thighs, hips, lower abdomen, coxial bones, trunk, etc and try to relax the body parts when you feel all organs are free and relaxed and the mind becomes calm and cool.

Advantage: This Asana helps to overcome the stress occurred due to the yoga practice and help to energize your body.

**Note:** There shall not be anxiety those mental pressure while doing asanas. Mind should be cool and calm. Concentrate only on breathing.