



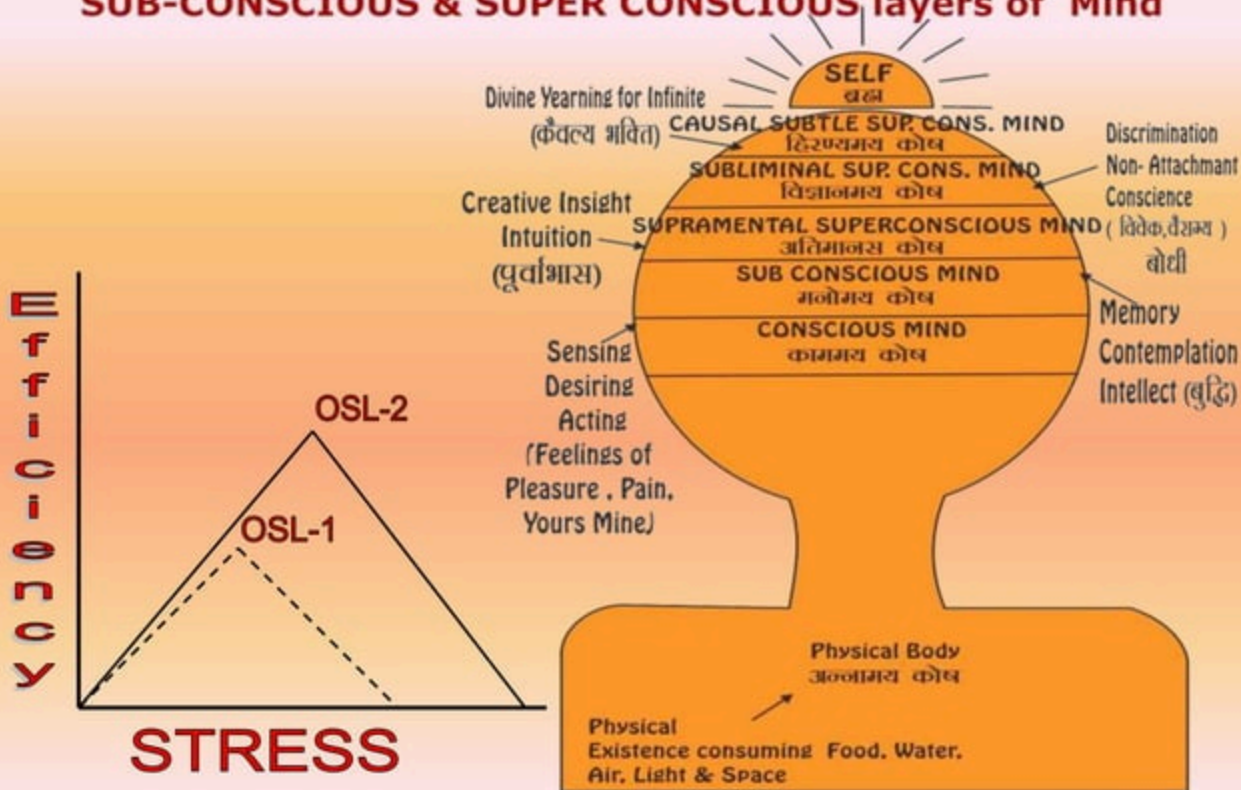
# YOGA for Wellness & Life Excellence

# BODY-MIND INTERACTION

**HUMAN EXCELLENCE**  
Comes by  
**BODY-MIND-SOUL**  
equipoise



**Human Excellence Development is enhancing  
one's Optimum Stress Limit (OSL)  
by maintaining a balance amongst CONSCIOUS ;  
SUB-CONSCIOUS & SUPER CONSCIOUS layers of Mind**



The Propensities of the Chakras(Plexi) create our longings, affects the Hormonal secretion and with the Lymph makes the Nerve Cells of our Brain & CNS prescribing our Behaviour which overall makes our MIND

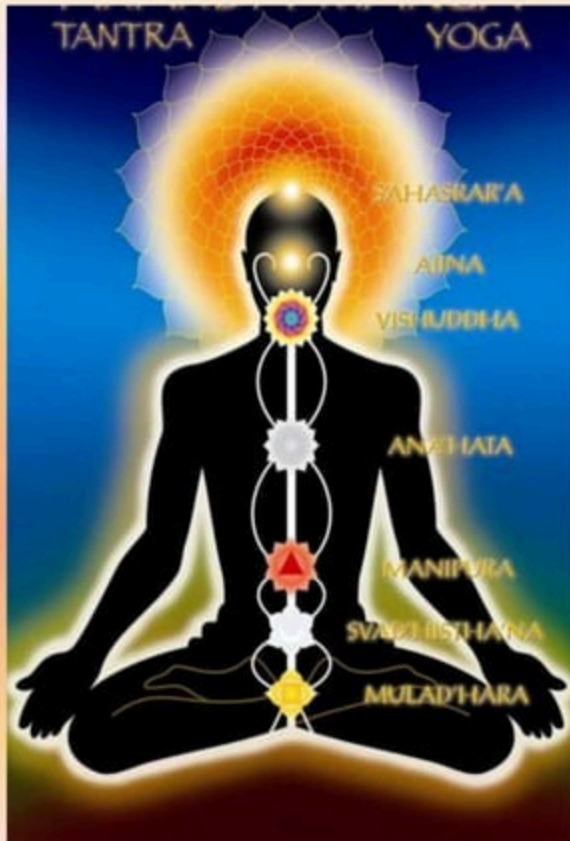




# Chakra (Plexus)

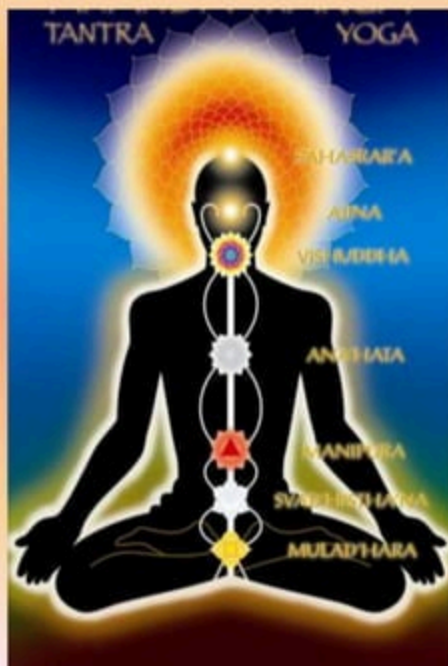
*Chakras are the psychic energy substations that control the operation of body and mind by means of Endocrine glands*

- The subtle psychic energy centers located along the vertebral column
- Can not be seen by the naked eyes, they can be perceived only by developing the intuitional inner sight
- Sub stations of the mind
- Each controls and expresses specific number and type of propensities
- Occurs transduction of propensities in to longings

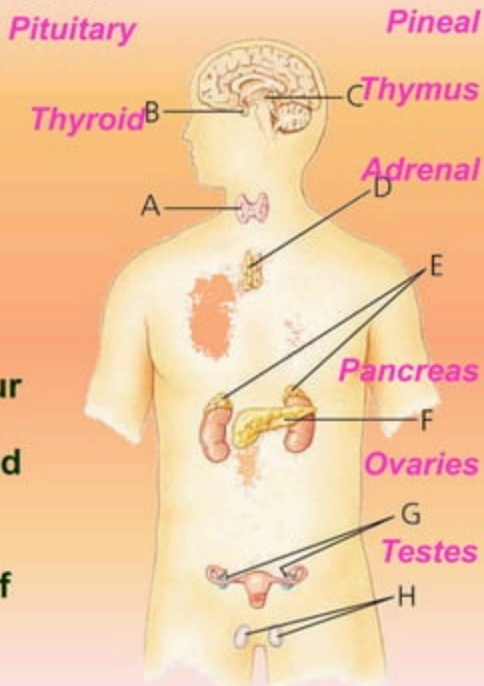


# Endocrine Glands

*The connecting points between the realm of the mind and the body are Endocrine glands located at the energy centers, the Chakras*



- Well defined structures located in different parts of our body
- Secrete and deliver hormones directly in to our blood streams to be distributed to all parts of our body
- The mediator of the mind and body



# The 50 Propensities

**Muladhara=4**

**Svadhishthana=6**

**Manipura=10**

**Anahata=12**

**Vishuddha=16**

**Ajina=2**



- **AJINA CHAKRA:**  
 APARA .....(mundane knowledge)  
 PARA .....(spiritual knowledge)
- **VISHUDDHA CHAKRA:**  
 SAD'AJA.....(sound of peacock)  
 RSABHA.....(sound of bull)  
 GANDHARA.....(sound of goat)  
 MADHYAMA.....(sound of deer)  
 PAINCHAMA.....(sound of cuckoo)  
 DHAEVATA.....(sound of donkey)  
 NISHADA.....(sound of elephant);  
 AUM.....(acoustic root of creation,preservation,dissolution)  
 HUMMM.....(sound of arousing kulakundalini)  
 PHAT.....(putting theory into practice)
- **ANAHATA CHAKRA:**  
 VAOSAT'.....(expression of mundane knowledge)  
 VASAT'.....(welfare in subtler sphere)  
 SVAHA.....(performing noble actions)  
 NAMAH.....(surrender to supreme)  
 VISA.....(repulsive expression)  
 AMRTA.....(sweet expression)
- **MANIPURA CHAKRA:**  
 LAJJA.....(shyness,shame)  
 PISHUNATA..(sadistic tendency)  
 IIRSA.....(envy)  
 SUSUPTI .....(staticity,sleepiness)  
 VISADA.....(melancholia)  
 KASAYA.....(peevishness)  
 TRSNA .....(yearning for acquisition)  
 MOHA.....(infatuation)  
 GHRNA.....(hatred,revulsion)  
 BHAYA.....(fear)
- **SVADHIST'HANA CHAKRA:**  
 AVAGNYA...(belittlement of others)  
 MURCHCHHA...(psychic stupor)  
 PRASHRAYA....(indulgence)  
 AVISHVASA.....(lack of confidence)  
 SARVANASHA....(thought of annihilation)  
 KRURATA.....(cruelty)
- **MULADHARA CHAKRA:**  
 KAMA.....(physical longing)  
 ARTHA.....(psychic longing)  
 DHARMA.....(psycho-spiritual longing)  
 MOKSA.....(spiritual longing)





Mu'la'dha'ra Cakra



# 1<sup>st</sup> Chakra- Mula'dha'ra



KAMA (physical longing)



ARTHA (psychic longing)



DHARMA(psycho-spiritual  
longing)



MOKSA(spiritual longing)





## 2<sup>nd</sup> Chakra- Sva'dhis't'ha'na

- 1) **Avagyna'** Disdain: looking down on others
- 2) **Mu'rccha'** Psychic stupor, dazed, spaced out
- 3) **Prashraya** Over-indulgence, addiction
- 4) **Avishva'sha** Distrust in others and self
- 5) **Krurata'** Pitilessness indifference to suffering
- 6) **Sarvana'sha** Terror: Annihilation, deep instinctive fear





## 3rd Chakra- Man'ipura

1) Lajja'

Shyness, insecurity

2) Pishunata'

Cruelty sadism

3) Iirs'a

Jealousy

4) Sus'upti

Lethargy,  
procrastination

5) Vis'a'da

Melancholy,  
depression

6) Kas'a'ya

Irritability impatient,  
easily frustrated

7) Trs'n'a'

Craving for Acquisition

8) Moha

Blind infatuation

9) Ghrn'a'

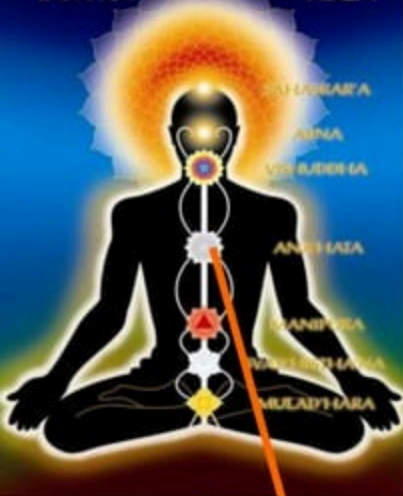
Hatred

10) Bhaya

Fear

Man'ipura Cakra





## 4<sup>th</sup> Chakra- Ana'hata

1) A'sha'

Hope

2) Cinta'

Thoughtful, reflective

3) Ces't'a'

Sincere effort,  
hardworking

4) Mamata'

Love, affection,  
attachment

5) Dambha

Arrogance

6) Viveka

Conscience,  
discrimination

7) Vikalata'

Hopelessness,  
helplessness

8) Aham'ka'ra

Ego, Conceit

9) Lolata'

Greediness

10) Kapat'ata'

Hypocrisy

11) Vitarka

Talkativeness

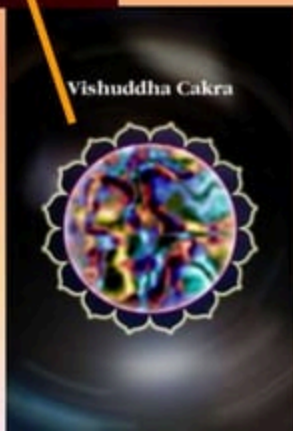
12) Anuta'pa

Repentance



# 5<sup>th</sup> Chakra- Vishuddha

- |               |              |
|---------------|--------------|
| 1) Sad'aja    | 9) Hummm     |
| 2) Rs'abha    | 10) Phat'    |
| 3) Ga'ndha'ra | 11) Vaos'at' |
| 4) Madhyama   | 12) Vas'at'  |
| 5) Paincama   | 13) Sva'ha'  |
| 6) Dhaevata   | 14) Namah    |
| 7) Nis'a'da   | 15) Vis'a    |
| 8) Onm        | 16) Amrta    |



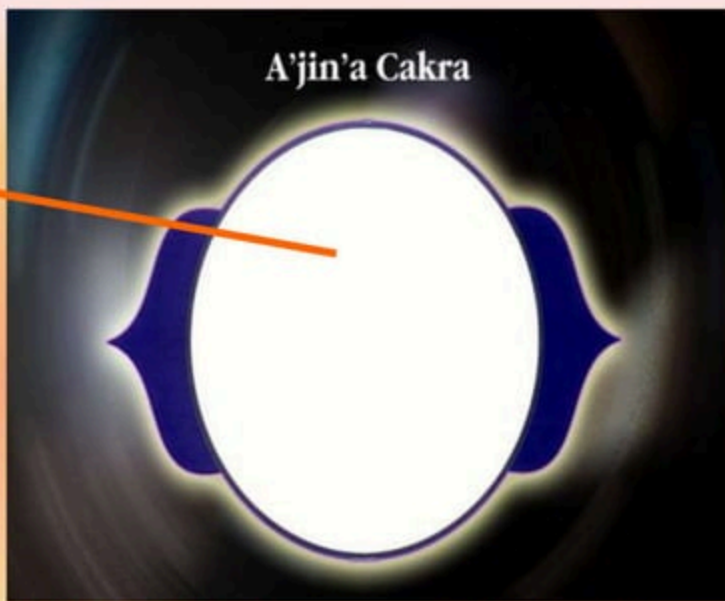


# Vishuddha Chakra

The higher human potentials



# 6<sup>th</sup> Chakra- A'jina'



**1) Apara'**

Mundane knowledge

**2) Para'**

Intuitional spiritual  
knowledge

# 7<sup>th</sup> Cakra- Sahasra'ra



50 propensities  
x 2 internal & external expressions  
= 100

x 10 motor & sensory organs  
= 1000 propensities

By the practice of **Yogasana, Meditation, Pranayama** and **Sentient Food** in Sentient environment one can open the Higher Chakras and bring BODY- MIND-SOUL equipoise and develop **COGNITIVE , INTUITIVE & CREATIVE** powers of the Mind



#### SENTIENT / Sattvik FOOD

Sentient Food is conducive to physical and mental wellbeing. It produces sentient cells.

- ♦ Rice, wheat, barley, all kinds of pulses...
- ♦ Milk and milk products...
- ♦ Vegetables, Fruits and Dry-Fruits.



Sentient foods gives Peace, Love, Higher Consciousness, Self-awareness and Calms and refines our mind





The **FOOD** we take changes into **SAPTA-DHATU** from Rasa to **LYMPH** which, in **SENTIENT Environment** and by the practice of **YOG-SADHANA** it converts into **OJA** for **HIGHER CONSCIOUSNESS**

## **FOOD ( AHAR )**

[1] **CHYLE ( RASA )**

[2] **BLOOD ( RAKTA )**

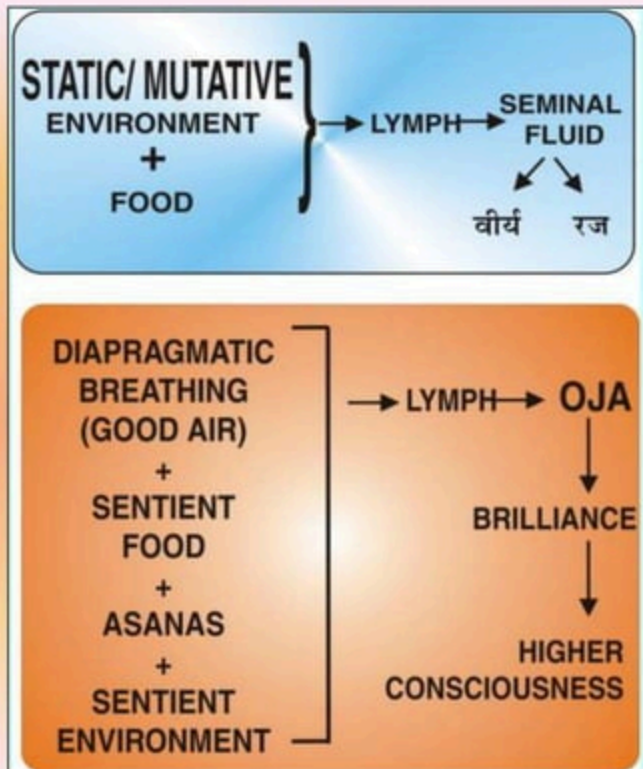
[3] **FLESH ( MAANS )**

[4] **FAT ( VASA )**

[5] **BONE ( ASTHI )**

[6] **MARROW ( MAJJA )**

[7] **LYMPH ( SHUKRA )**



# Static / Tamsik Food

**STATIC FOOD** are the Food which is harmful for the mind and may or may not be good for the body.

- ❖ **Stale and rotten food**
- ❖ **Meat, Chicken, Eggs**
- ❖ **Mushrooms and fungi** (because they involve no photosynthesis).
- ❖ **Onions and garlic** (due to their odour and secretions through the skin).

**Static Food or Tamsik Food brings  
Inertia, decay and death & dulls our mind...**



# MUTATIVE / Rajasik FOOD

**MUTATIVE FOOD** is good for the body and may or may not be good for the mind, but certainly not harmful.

- ❖ Tea, coffee, Chocolates.
- ❖ Cold Drinks
- ❖ Sweets, Cakes, Candies, Icecreams
- ❖ Chips, Fried Oily fast foods like Samosa, etc.

Mutative or RAJASIK foods are stimulants  
makes us physically active  
but makes our Mind restless





# SENTIENT / Sattvik FOOD

**Sentient Food is conducive to physical and mental wellbeing. It produces sentient cells.**

- ❖ Rice, wheat, barley, all kinds of pulses...
- ❖ Milk and milk products...
- ❖ Vegetables, Fruits and Dry-Fruits.

Sentient foods gives  
Peace, Love,  
Higher Consciousness,  
Self-awareness  
and Calms  
and refines our mind





<b>Sattva (Sentient)</b>	<b>Rajas (Mutative)</b>	<b>Tamas (Static)</b>
<b>Principle of clarity or lucidity</b>	<b>Principle of activism.</b>	<b>Principle of inertia.</b>
<b>Gives the knowledge of existence</b>	<b>Commands the energy which brings about activity</b>	<b>Gives stationary result of action, which makes things crude</b>
<b>Sattva is white in colour</b>	<b>Rajah is red in colour</b>	<b>Tamah is black in colour</b>

# आधुनिक सभ्यता के जहरीले भोज्य पदार्थ

## The poisonous Food of modern world

- १ सफेद शर्करा (White sugar) - Hollow Carbohydrate
- २ फास्ट फुड (Fast Food) – रेडिमेड भोजन (Readymade Foods)
- ३ जंक फुड (Junk Food) : पिज्जा, पैटिज, बर्गर, सैंडविच (Patiz, Pizza, Burger, Sandwich)
- ४ डिब्बा बन्द भोजन, ठण्डा पेय (Canned Food & Soft Drinks)
- ५ सोडा, शराब, मिनरल वाटर (Mineral water, soda, liquor)
- ६ प्रक्रियायुक्त भोजन (Processed food) – सफेद आटा, पॉलिसयुक्त चावल
- ७ टेबल साल्ट (Table salt) - समुद्री नमक को सल्फ्यूरिक एसिड, पशु चारकोल से सफाई कर आयोडीन; पक्कपदमद्ध डालते हैं जबकि प्राकृतिक नमक (प्लांट साल्ट, रॉक साल्ट, सैंड साल्ट, अप्रक्रियायुक्त समुद्री नमक, काला नमक) आयोडीन जैसे मिनरल से परिपूर्ण होता है।

# ACIDIC & ALKALINE FOOD

## What is Acidic Food-

The food which increases the acidity in the body resulting into joint pain, Artharitis, Rheumatism, Excessive Sleepiness, Laziness, Staticity, Indigestion, Constipation, Intestinal diseases, etc.

## What is Alkaline Food-

The food which regulates the acidity in the body.

<u>Acidic Food</u>	<u>Alkaline Food</u>
All types of Food,Sweets,etc. with White Sugar	All types of Fresh Vegetables
Meat,Fish,Egg,etc Non-vegetarian food	All types of Fruits, Salads like Cucumber, Carrot, Radish, Beet Root, etc.
Tea,Coffee,Alcohol,Smoking,etc	All Sprouted Pulses
All types of fried, much spicy food.	Milk and Milk product
All types of canned, packed and processed food like Biscuit,Bread, Chips, Drinks, Pickle,etc.	Dry fruits like Almonds, Cashew Nuts, Resins, etc.
All types of junk food like Burger, Patiz, Pizza, Sandwich, Icecream, Snacks, etc.	All natural Sugar like Honey, Dates, Sugar Cane, Sweet Fruits/Fruit Juice
All types of STATIC(TAMSIK) food like Non-veg, Onion, Garlic, Stale food,etc.	



# Acidic / Alkaline Food Comparison Chart

Eat Less- **X** More Acidic Neutral More Alkaline **✓** Eat More+

  <b>Soft Drinks</b> <b>Energy Drinks</b> <b>Carbonated Drinks</b> <b>Sugar</b> <b>Juice</b> <b>Alcohol</b> <i>* Processed &amp; Refined Food</i>	  <b>Popcorn</b> <b>Cream Cheese</b> <b>Buttermilk</b> <b>Pastries</b> <b>Pasta</b> <b>Yellow Cheese</b> <b>Pork</b> <b>Beef</b> <b>Black Tea</b> <b>Pickles</b> <b>Roasted Nuts</b> <b>Vinegar</b> <b>Artificial Sweeteners</b> <b>Bread</b> <b>Canned Food</b> <b>Meat</b> <b>Ice-Cream</b>	  <b>Pasteurised Fruit Juices</b> <b>Most Grains</b> <b>Eggs</b> <b>Fish</b> <b>Tea</b> <b>Soya Milk</b> <b>Lima Beans</b> <b>Rice</b> <b>Cocoa</b> <b>Oats</b> <b>Oysters</b> <b>Salmon</b> <b>Dairy</b> <b>Coffee</b>	  <b>Coffee</b> <b>Dark Chocolate</b> <b>Pistachios</b> <b>Peanuts</b> <b>Nuts</b>	 <b>Most Tap Water</b> <b>Most Spring Water</b> <b>River Water</b>	  <b>Apples</b> <b>Almonds</b> <b>Tomatoes</b> <b>Grapefruit</b> <b>Mushrooms</b> <b>Turnip</b> <b>Olives</b> <b>Peaches</b> <b>Bell Pepper</b> <b>Radish</b> <b>Pineapple</b> <b>Cherries</b> <b>Wild Rice</b> <b>Apricot</b> <b>Strawberries</b> <b>Bananas</b>	  <b>Avocados</b> <b>Green Tea</b> <b>Lettuce</b> <b>Celery</b> <b>Peas</b> <b>Sweet Potatoes</b> <b>Egg Plant</b> <b>Green Beans</b> <b>Beets</b> <b>Blueberries</b> <b>Pears</b> <b>Grapes</b> <b>Kiwi</b> <b>Melons</b> <b>Tangerines</b> <b>Figs</b> <b>Dates</b> <b>Mangoes</b> <b>Papayas</b> <b>Coconut</b> <b>Tofu</b>	  <b>Spinach</b> <b>Brussels</b> <b>Artichoke</b> <b>Brussels Sprouts</b> <b>Cabbage</b> <b>Cauliflower</b> <b>Carrots</b> <b>Cucumbers</b> <b>Lemons</b> <b>Limes</b> <b>Seaweed</b> <b>Asparagus</b> <b>Kale</b> <b>Radish</b> <b>Collard Greens</b> <b>Onions</b> <b>Apple Cider Vinegar</b> <i>* Raw/Uncooked</i>
---	---	--	--	--	--	--	--

*"Eat less processed and refined foods and more raw and uncooked greens and fruits."*

Note that a food's acid or alkali-forming tendency in the body has nothing to do with the actual pH of the food itself. eg: lemons are very acidic, however the end-products they produce after digestion and assimilation are very alkaline so lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid-forming.

# lifetones





# ALKALINE / ACID FOOD CHART

Most high protein foods (such as meat, fish, poultry and eggs), nearly all carbohydrates (including grains, breads and pastas) and fats are "acid-forming." And most fruits and vegetables are "alkaline-forming." Although citrus fruits, such as oranges and grapefruit, contain organic acids and may have an acid taste, they are not acid-forming when metabolized, leaving no acidic residue. Similarly, Free Form Amino Acids are not acid-forming, but instead offer unique buffering capabilities to the body to help offset acidic wastes.

## ACID FORMING FOODS

## ALKALINE FORMING FOODS

MOST ACID	ACID	LOWEST ACID	FOOD CATEGORY	LOWEST ALKALINE	ALKALINE	MOST ALKALINE
Hott/Sweet, Food, Aspartame	White Sugar, Brown Sugar	Processed Honey, Molasses	SWEETENERS	Raw Honey, Raw Sugar	Maple Syrup, Rice Syrup	Stevia
Blackberries, Cranberries, Prunes	Sour Cherries, Raspberries	Plums, Processed Fruit Juices	FRUITS	Oranges, Lemons, Limes, Grapefruit, Pineapple, Pears, Apples, Peaches, Kiwifruit	Dark Figs, Mango, Strawberry, Kiwi, Blackberries, Apples, Pears	Lemons, Limes, Watermelon, Grapefruit, Mangos, Persimons
Chocolate	Potatoes (without skin), Pinto Beans, Navy Beans, Lima Beans	Cooked Soybean, Kidney Beans, String Beans	BEANS/VEGETABLES/LEGUMES	Corn, Tomatoes, Potatoes, Green Beans, Peas, Lentils, Soybeans, Chickpeas, Tofu, Taro, Yams	Dark Soybeans, Green Beans, Lentils, Soybeans, Chickpeas, Tofu, Taro, Yams	Asparagus, Potatoes, Carrots, Cauliflower, Broccoli, Spinach, Zucchini
Peanuts, Walnuts	Peanut, Cashews	Pumpkin Seeds, Sunflower Seeds	NUTS & SEEDS	Chickpeas	Almonds	
		Corn Oil	OILS	Canola Oil	Flax Seed Oil	Olive Oil
Wheat, White Flour, Pastries, Pasta	White Rice, Corn, Barley, Oats, Rye	Sprouted Wheat Bread, Brown Rice, Eggs	GRAINS/CEREALS	Amaranth, Millet, Wild Rice, Quinoa		
Beef, Pork, Shellfish	Turkey, Chicken, Lamb	Veal, Cold Water Fish	MEATS			
Cheese, Homogenized Milk, Ice Cream	Raw Milk	Eggs, Butter, Yogurt, Cottage Cheese	EGGS/DAIRY	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	Breast Milk	
Beer, Soft Drinks	Coffee	Tea	BEVERAGES	Ginger Tea	Green Tea	Herb Teas, Lemon Water

\*The colors used for this chart are not directly relative to the pH scale.

Note that a food's acid or alkaline-forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic, however the end-products they produce after digestion and assimilation are very alkaline so lemons are alkaline-forming in the body. Likewise, meat will test alkaline before digestion but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid-forming.

## FOOD FOR THOUGHT

**निशान्ते पिबेत पयः** NISHANTE PIBET PAYAH

(Drink WATER in the Morning just after Bed without touching the teeth)

**दिनान्ते पिबेत दुग्धम** DIANTE PIBET DUGDHAM

(Drink MILK in the Evening)

**भोजनान्ते पिबेत तक्रं** BHOJNANTE PIBET TAKRAM

(Drink BUTTER MILK {Curd water without Fat} after Lunch)

**वैधस्य कीं प्रयोजनम** VAIDHASYA KIM PRAYOJNAM

(No need of DOCTOR)

(i.e. After the end of the night, in the morning by drinking WATER the COUGH is regulated and pacified. After the end of the Day VAT is regulated and pacified by drinking MILK.

After lunch by drinking BUTTER MILK the PITTA is regulate and pacified. )

वात VAT-

वायु दोष (AIR IMBALANCE)

पित्त PITTA-

अग्नि दोष (FIRE IMBALANCE)

कफ COUGH-

जल दोष (WATER IMBALANCE)

# FOOD FOR THOUGHT

सम दोषा सम अग्नि च

SAM DOSHA SAM AGNI CHA

सम धातु मलक्रिय

SAM DHATU MALKRIYA

प्रसन्ना आत्मयः इन्द्रिय मनः

PRASANNA ATMAYAH INDRIYA MANAH

स्वस्थ इति अमिधियते

SVASTHA ITI AMIDHIYATE

i.e. One whose TRI-DOSHA (VAT, PITTA, COUGH) is regulated, SAPTA-DHATU{Seven Elements i.e. Food - 1.Rasa(Chyle)- 2.Rakta (Blood)- 3.Maans (Flesh)- 4.Vasa (Fat)- 5.Asthi (Bone)- 6.Majja or Meda (Marrow)- 7.Shukra (Lymph) } is regulated, Urination and Excretion is regulated, his/her Senses, Mind, Soul is always Happy and Blissful. These persons are always Healthy.



## **YOG- ASANAS**

- ☛ Stimulate diaphragmatic breathing
- ☛ Activate parasympathetic nervous system
- ☛ Diminish the secretion of stress hormones ( adrenalin and cortisol)

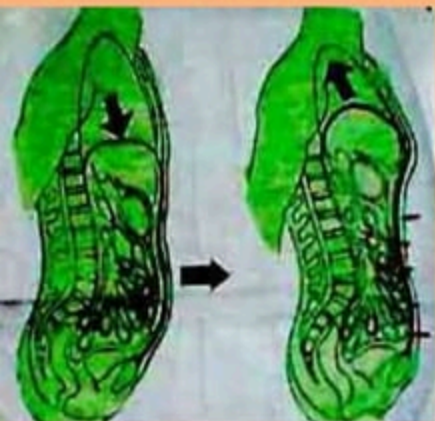
## **YOG- ASANAS**

- ☛ Increases the secretion of Higher GLANDS
- ☛ Opens the Higher CHAKRAS and enhances the Vital Energy
- ☛ Keeps us Physically Fit, Mentally Strong & Spiritually Elivated





**Diaphragmatic Breathing** practiced through different **PRANAYAMA** massages the abdominal organs, improves circulation, and **calms the mind**

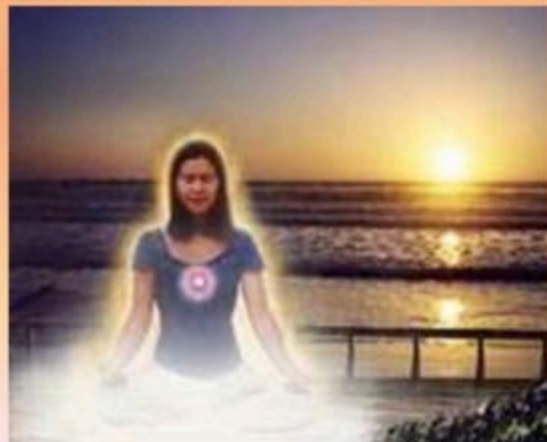


The diaphragm  
is shaped  
like a parachute



# SADHANA { Meditation } with Mantra(Man=Mind;Tra=Liberation)

## Transforms Restless Mental Vibration into Blissful Vibration

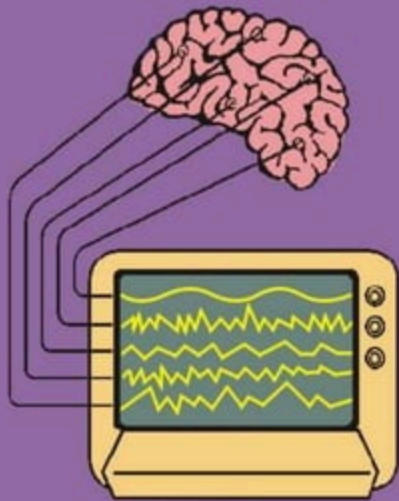


**MEDITATION**  
**FOR HIGHER**  
**CONSCIOUSNESS**

# Meditation

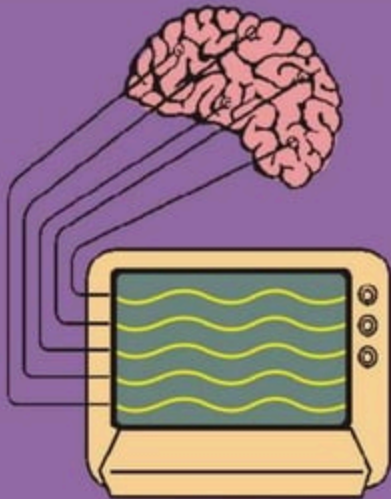
- Meditation controls propensities.
- Mantra meditation is best.
- Mantra is a word or phrase which carries:
  - Rhythm=PULSATIVE
  - Vibration=INCATATIVE
  - Meaning=IDEATIVE
- Mantras bring balance to the mind and the body.





# Normal consciousness

Different parts of the brain  
emit different brain waves:  
dispersed psychic energy



# Concentration on the mantra

Different parts of the brain emit the same  
brain wave, like a laser  
One single powerful rhythm, in tune  
with the Cosmic Rhythm



# Let us meditate on Mantra **BABA NAM KEVALAM**

- Baba Nam Kevalam
- All is the Supreme Consciousness
- Love is all there is



# KAOSHIIKI



# BENEFITS OF KAOSHIKI

## Benefits of kaoshiki

1. It exercises all the glands and limbs from head to foot.
2. It increase longevity by checking the advent of old age.
3. It ensures safe and easy deliveries for women.
4. The spine will become flexible.
5. Arthritis of the spine, neck, waist and other joints will be removed.
6. Gout in the spine, neck, hands and waist will be lost.
7. The mind becomes strong and sharp.

# BENEFITS OF KAOSHIKI

8. Irregularities in menstruation will be cured.
9. Glandular hormone secretions will become regulated.
10. Troubles in the bladder and urethra will be cured.
11. It gives control over the limbs
12. It adds charms and shine to the face and skin.
13. It removes wrinkles.
14. It removes lethargy.
15. It cures insomnia.
16. It cures hysteria.
17. Fear complexes will be removed.
18. Hopelessness will be lost.



# BENEFITS OF KAOSHIKI

- 19. It helps in self-expression and develops one's potentiality.
- 20. Spinal pain, piles, hernia, hydrocele in men, nervous pain, and nervous disability will be cured.
- 21. It cures kidney and gall bladder troubles, gastric troubles, dyspepsia, acidity, dysentery, syphilis, gonorrhea, obesity, thinness and liver diseases.
- 22. It increases the capacity to work until 75-80 years of age.

# TANDAVA – Best Exercise for Brain Exclusively for Males



# Most Important YOG- ASANAS for Women

❖ YOG MUDRA



❖ DIIRGHA PRANAM

❖ BHUJANGASANA



## ❖ YOG MUDRA

Yogāsana or Yogamudrá  
(Yoga posture):

Sit in bhojanāsana. Pass both hands backward and grip the left wrist with the right hand. Then bring the forehead and the nose into contact with the floor, breathing out during the process. Maintain this state for eight seconds and then rise up, breathing in. Practise 8 times.







Ardhakurmaka'sana or Diirgha Praña'ma

## ❖ DIIRGHA PRANAM

**Ardhakurmakásana (half tortoise posture) or Diirgha Prañáma (long bowing posture):** Kneel down, and holding the palms together, extend the arms upward, keeping them close to the ears. Then bend forward in a posture of bowing down, touching the floor with the tip of the nose and the forehead. The buttocks must continue to touch the heels. While bending down breathe out and stay in a state of complete exhalation for eight seconds. Then rise up, breathing in. Practise eight times.



## ❖ **BHUJANGASANA**

**Bhújaṅgāsana (snake posture):** Lie down on your chest. Supporting the weight on the palms, raise the chest, directing your head backward. Look at the ceiling. Breathe in while rising, and after having risen, hold your breath for eight seconds. Come down to original position while breathing out. Practise eight times.

# **OTHER IMPORTANT YOGASANAS**

- **GOMUKHASANA**
- **JANUSHIRASANA**
- **ARDHMATSYENDRASANA**
- **DHANURASANA**
- **PASHCHIMOTTANASANA**
- **SARVANGASANA**
- **MATSYA MUDRA**
- **SHASHANGASANA**
- **SHAVASNA**

# Gomukhāsana (cow's head posture):

- (i) Sit down and extend the legs forwards. Bring the right leg under the left thigh, placing the right foot under the left buttock. Now bring the left leg across the right thigh and place the left foot under the right buttock. Place the left hand on the spine. Then bring the right hand backward over the right shoulder and interlock the fingers of the hands in a chain-like fashion.
- (ii) Practise in the same way with the left leg under the right leg. Completing this on both sides constitutes one round.
- Duration of each position – half a minute. Practise four rounds.



Gomukhāsana (front view)



Gomukhāsana (back view)



# JANUSHIRASANA



**Jánushirášana (head-to-knee posture):** Press the múládhára with the right heel. Extend the left leg forward. While exhaling, touch the left knee with the forehead. Then, interlocking all the fingers firmly, press the left sole with the hands. There should be complete expiration when the forehead touches the knee. Maintain this position for eight seconds. Separate the hands and sit erect, while breathing in. Then press the múládhára with the left heel and repeat the above process exactly. One round comprises practising once with the left and once with the right leg. Practise four rounds.

# **Matsyendrāsana (Matsyendra's posture):** generally for males:

- (i) Press the mūlādhāra cakra with the right heel. Cross the left foot over the right thigh and keep it to the right of the thigh. Grasp the left big toe with the right hand, keeping the right arm along the left side of the left knee. Reach backwards from the left side with the left hand and touch the navel.
- Turn the neck to the left as far as possible.
- (ii) Then press the mūlādhāra with the left heel and reverse the process. One round means completing the process on both sides.
- Practise four rounds, half a minute each time.



Matsyendrāsana (i)



Matsyendrāsana (ii)



# **Naokásana (boat posture) or Dhanurásana (bow posture):**

- **Lie in a prone position. Flex the legs to bring the lower legs close to the thighs. Directing the hands over the back, grasp the ankles. Raise the entire body, supporting the weight on the navel. Extend the neck and chest as far back as possible. Look towards the front. Breathe in while raising the body and maintain yourself in that state for eight seconds. Resume the original posture while breathing out. Practise the ásana eight times in this manner. The body assumes the shape of a bow during this ásana.**





# **Utkaśa Pashcimottánásana** (difficult back-upwards posture):

Lie in a supine position and extend the arms backwards, keeping them close to the ears. Rise while exhaling and insert the face between the knees. Make sure that the legs remain straight. Grasp both the big toes with the hands. Remain in this state for eight seconds. Now resume the original posture while inhaling. Practise eight times in this way.



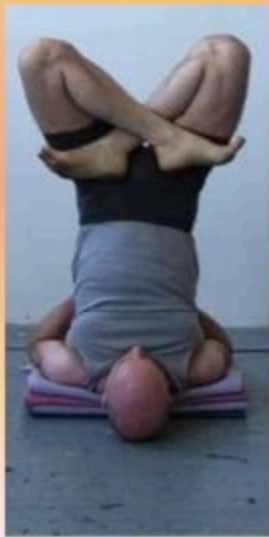
Utkaśa Pashcimottánásana





## **Sarvāṅgāsana (all-limbs posture):**

- (a) Lie down on your back. Gradually raise the entire body and keep it straight, resting its weight on your shoulders. The chin must be in contact with the chest. Support both sides of your trunk with your hands. The toes must remain together; the eyes must be directed at the toes.
- (b) Lie down in padmāsana. Gradually raise the body and rest its weight on your shoulders. Support both sides with the hands. This āsana is also known as úrdhvapadmāsana (inverted lotus posture).
- Practise three times, up to five minutes each time.



- **Matsyamudrá (fish posture):** Lie down in padmāsana. Rest the crown of the head on the floor and grasp both the big toes with the hands. Practise three times. Maximum time for practice is two-and-a-half minutes.



- **Matsyāsana (fish posture):** Lie down in padmāsana. Grasp each shoulder with the opposite hand from behind. The head will rest on both the forearms. Practise three times, each time for half a minute.



# **Shasháunḡásana (hare posture):**

**Kneel down and grasp both the heels firmly. While exhaling, bring the crown of the head into contact with the floor in a posture of bowing down. The forehead should touch the knees. Maintain this posture for eight seconds, holding the breath. Breathe in while rising. Practise eight times.**



anna'nguu'asana2



Lie down and relax



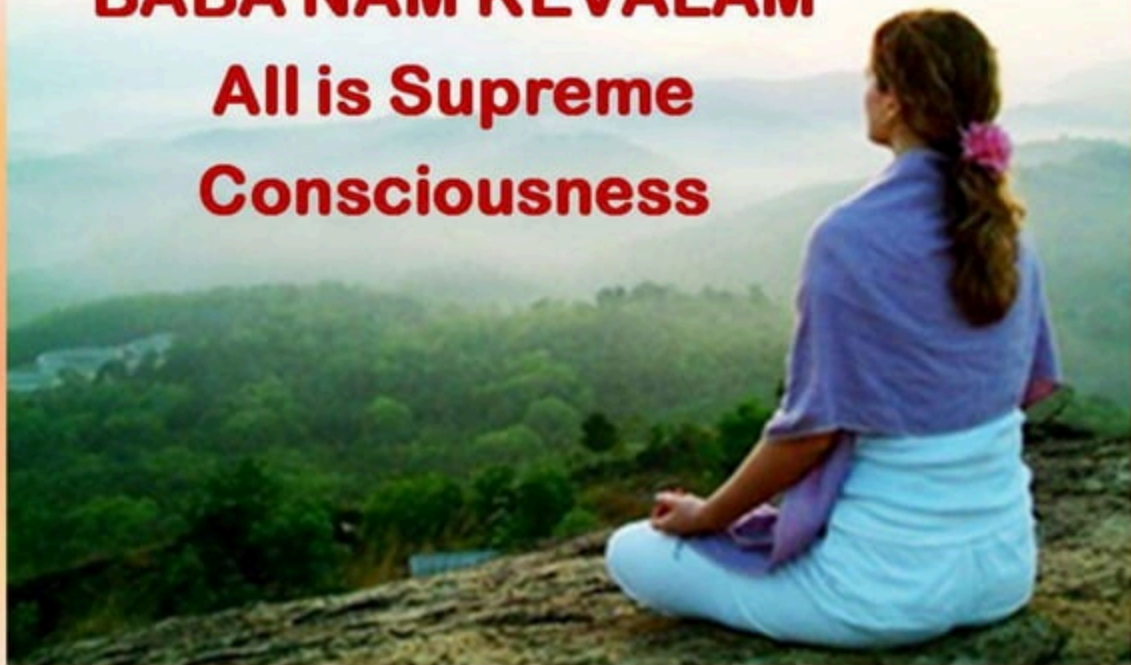
**Finish asanas with  
SHAVASANA,corpse posture**



**Let us meditate on Manta**

**BABA NAM KEVALAM**

**All is Supreme  
Consciousness**



धन्यवाद - THANKS...

## **"NAMASKAR"**

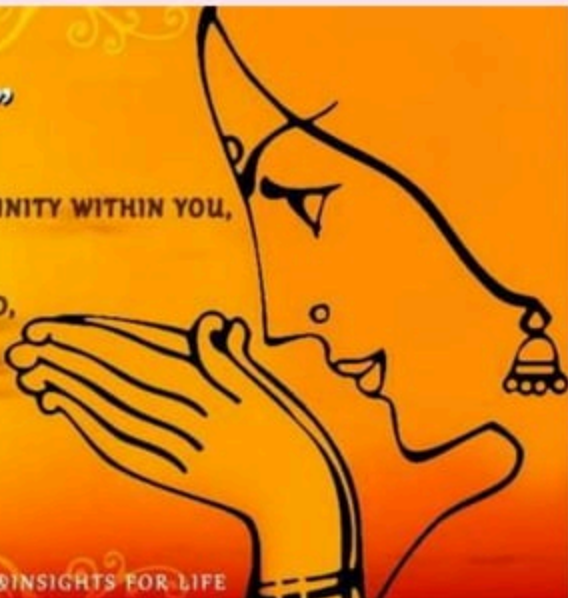
I PAY MY DEEPEST SALUTATION TO THE DIVINITY WITHIN YOU,

WITH ALL THE DIVINE CHARMS OF MY MIND,

AND WITH ALL THE LOVE AND

CORDIALITY OF MY HEART.

@INSIGHTS FOR LIFE





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