

Theory with Demonstration

I. Asanas

SWASTIKASANA

Meaning: Swastika means steadiness which gives steadiness to body and mind.

Procedure:

Samasthiti: Sitting.

Step 1: Inhale.

Step 2: Exhaling bend the left leg. Keep the left heel touching the root of the right thigh.

Step 3: Inhale.

Step 4: Exhaling bend the right leg, keep the foot on the left leg. Hold the chinmudra. Look front. This is the asanasthiti. Breathe 5 times.

Step 5: Inhaling stretch right leg.

Step 6: Exhale.

Step 7: Inhaling stretch the left leg.

Come back to samasthiti.

Benefits:

1. It is a meditative posture.
2. Keep body and mind steady.

Limitations:

During pregnancy & menstruation one should not practice this asana.

VAJRASANA

Meaning: Vajra means in yogic literature. In this asana pelvic region gets affect from which also affects. Hence the same.

Method: Totally 2 steps are there.

Samasthiti: Sit on the floor with the legs straight.

Step 1: Deeply inhale.

Step 2: Exhaling sit on the heels by taking both the legs back side in one direction. Keep the palm on the thigh. Look forward. Breathe 5 times. This is Asana sthiti. Keep the back neck, head straight.

Exhaling bring the legs forward. Back to samasthiti.

Benefits:

- Meditative posture.
- Removes constipation.
- Relieves spleen enlargement and stomach disorders.
- Cures rheumatic pain in the knees and gait.
- Due to the stretching of the ankles and the feet proper arches will be formed. So good for flat feet.
- Helps to keep the back straight good for back ache or stiff back.

Limitations: During mensus time for ladies should not practice. For pregnant women after same time should not practice.

SUPTAVAJRASANA

Meaning: Supta means lying down. So vajrasana done in lying down position becomes suptavajrasana. Hence the name.

Method: Totally 5 steps are there.

Samasthiti: Sit on the floor with the legs straight.

Step 1: Deeply inhale.

Step 2: Exhaling sit on the heels.

Step 3: Deeply inhale.

Step 4: Exhaling take the hands back side catch hold of the big toes with respective hands. Then bend forward keep the forehead on the floor, close the eyes. Breathe 5 times. This is asana sthiti.

Step 5: Inhaling come up and release the hands and legs forward.

Benefits:

- Removes constipation (Remedy for constipation).
- Relieves spleen enlargement and stomach disorders.
- Relieves rheumatic pain in the knees and gait.
- Due to the stretching of the ankles and the feet proper arches will be formed. So good for flat feet.

Limitations: At the time of menstruation and pregnancy ladies should not practice. Even for Hypertensive people practice under guidance.

TRIKONASANA

Meaning: Trikona means triangle.

In final position one can see the triangle formed by the limbs in standing position.

Procedure:

Samasthiti: Standing erectly join the toes, hands should be either side of the body, and vision should be forward.

Step 1: Inhaling spread the right leg to right side and simultaneously spread the hands to both sides.

Step 2: Exhaling bend to right side and catch the big toe of right leg by 3 fingers of right hand. Look at the left hand which has moved straightly upward. This is the Asanasthiti. Breathe 5 times.

Step 3: Inhaling come up and keep the hands on both sides and look forward.

Step 4: Exhaling bend to left side and catch the big toe of left leg by 3 fingers of left hand. Move the right hand straightly upward. Look at the right hand. This is the asanasthiti. Breathe 5 times.

Step 5: Inhaling come up and spread both hands to look sides and look front. Exhaling join the right leg to right side to for samasthiti.

Benefits:

1. Relieves from back ache & neck pain.
2. Strengthens the ankles leg muscles.
3. Removes stiffness of leg.
4. Corrects the minor deformities of the joints of the legs.
5. Tones up spine and abdomen muscles.
6. Improves digestion and relieves constipation.

Limitation:

During menstruation and pregnancy one should not practice this asana.