

YOGA STUDY MATERIAL

- Prarthana
 - Loosening Exercises (Any 5 exercises)
 - Surya namaskar 10 counts.
 - Asanas: Standing / Sitting / Prone / Supine
 - Breathing Practices & Pranayama
-

➤ Prarthana or Any shloka –

Chant Any 1 Prayers of these & Any 1 Other Prayer with your choice.

ॐ सह नावतु ।
सह नौ भुनक्तु ।
सह वीर्यं करवावहे ।
तेजस्वि नावधीतमस्तु मा विद्विषावहे ।
ॐ शान्तिः शान्तिः शान्तिः ॥
Om Saha Nau-Avatu |
Saha Nau Bhunaktu |
Saha Viiryam Karavaavahai |
Tejasvi Nau-Adhiitam-Astu Maa Vidvissaavahai |
Om Shaantih Shaantih Shaantih ||

Meaning:

- 1: Om, May God Protect us Both (the Teacher and the Student),
- 2: May God Nourish us Both,
- 3: May we Work Together with Energy and Vigour,
- 4: May our Study be Enlightening and not give rise to Hostility,
- 5: Om, Peace, Peace, Peace.

sarve bhavantu sukhinah
sarve śantu nirāmayāḥ
sarve bhadraṇi paśyantu
mā kaścidduḥkhabhāgbhavet

सर्वे भवन्तु सुखिनः
सर्वे शन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु
मा कश्चिदुःखभाग्भवेत् ॥

Happiness be unto all.
Perfect health be unto all.
May all see what is good.
May all be free from suffering

ॐ असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ।
ॐ शान्तिः शान्तिः शान्तिः ॥

Om Asato Maa Sad-Gamaya |
Tamaso Maa Jyotir-Gamaya |
Mrtyor-Maa Amrtam Gamaya |
Om Shaantih Shaantih Shaantih ||

– Brhadaranyaka Upanishad — I.iii.28

Om, Lead me from the unreal to
the real.
Lead me from darkness to light.
Lead me from death to Self-
Realization.
Om Peace Peace Peace.

➤ **Loosening Exercises (any 5 exercises)**

Yogic Jogging

Shoulder rotations

Side Bending

Forward backward bending

Jumping jacks

Wide legged alternate hand-toe touch

Standing twisting

Knee movements

Ankle movements

Wrist movements

Neck movements (up-down, side to side, ear-to-shoulder)

Butterfly (up and down, forward bend hold)

Cat and cow

High knees


Side jogging



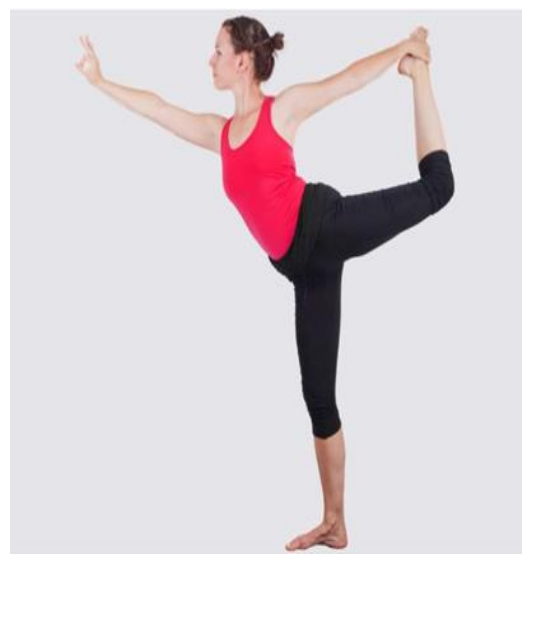
Butt kicks

➤ **Surya namaskar practice of 10 count style – (1 or 2 rounds).**



➤ **Asanas: (Perform any 5 Asanas + 2 Asanas Apart from this list)**

		
<p>Tadasana (Palm Tree Posture)</p>	<p>Trikonasana (Triangle Posture)</p>	<p>Vrukshasana (Tree Posture)</p>

		
<p>Padhastasana (Hand to Foot Posture)</p>	<p>Veerbhadrasana (Warrior Posture)</p>	<p>Natarajasana</p>



Padmasana
(Lotus Posture)



Janushirasana
(Forehead to Knee Posture)



Vajrasana



Ushtrasana
Camel Posture



Gomukhasana
Cow Face Posture



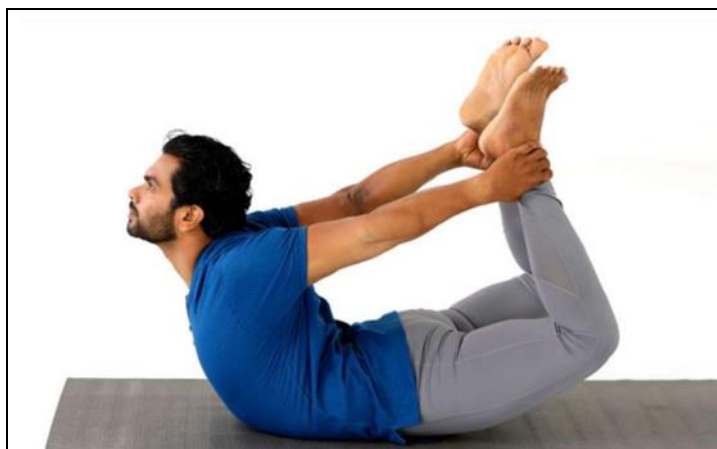
Pawanmuktasana



Shashankasana
(Rabbit Posture)



Setubandhasana
(Bridge Posture)



Dhanurasana
Bow Posture



Bhujangasana
Snake/Cobra Posture

***Apart from the above-mentioned Mandatory Asanas,
prepare any 2 asanas of your choice.***

➤ **Breathing Practices & Pranayama**

1. Kapalbhati

Steps to follow –

- Sit comfortably with your spine erect.
- Take a deep breath in.
- With forceful exhalations, pull your navel back towards the spine. Do as much as you comfortably can. You may keep your right hand on the stomach to feel the abdominal muscles contract.
- Take 20 such breaths to complete one round of Kapalbhati.
- After completing the round, relax with your eyes closed and observe the sensations in your body.

<https://youtu.be/Ucu4xRAvXvs?si=WSIRQQuySJUC6Y4x>

2. Bhastrika

Steps to follow –

- Sit in “vajrasana” or “sukhasana” (cross-legged position).
- Make a fist and fold your arms, placing them near your shoulders.
- Inhale deeply, raise your hands straight up and open your fists.
- Exhale slightly forcefully, bring your arms down next to your shoulders and close your fists.
- Continue for 20 breaths.
- Relax with palms on your thighs.

<https://youtube.com/shorts/2V4AxalOyuI?si=HxkfZW0PMF9rK753>

3. Anulom-Vilom

Steps to follow.

- Sit comfortably with your spine erect.
- Using your right hand, fold your middle and index fingers toward your palm.
- Close your right nostril with your thumb and inhale through your left nostril, slowly and deeply, until your lungs are full. Focus on your breathing.
- Next, close your left nostril with your ring finger and release the thumb.
- Exhale slowly through the right nostril.
- Now practice it in reverse, this time inhaling through the right nostril and exhaling through the left.

https://youtu.be/vlMaBtm_UCA?si=L230RvZvE41cdWz9

4. Bhramari

Steps to follow –

- Sit up straight.
- Place your index fingers on your ears. There is cartilage between your cheek and ear. Place your index fingers on the cartilage.
- Take a deep breath in and as you breathe out, gently press the cartilage. You can keep the cartilage pressed or press it in and out with your fingers while making a loud humming sound like a bee.
- You can also make a low-pitched sound, but it is a good idea to make a high-pitched one for better results.
- Breathe in again and continue the same pattern 3-4 times.

https://youtu.be/hR2ewXJIZSo?si=eUIW0Dgep_wgi8ZS



5. Shitali/Shitakari:

1. Shitali Practice Steps to follow –

Sit up straight.

Now stretch your tongue out and make the beak shape of the tongue.

Now inhale deeply through your tongue filling your lungs; then slowly exhale through the nose.

https://youtu.be/yqhZfUXgVbk?si=-_xIfLA0awWfFMBZ

Note: All the above Pranayama practices are mandatory.