

SUCHITRA MALVANKAR

yoga

FOR FAT LOSS

LOSE BELLY FAT,
GET MORE ENERGISED,
INCREASE YOUR STAMINA,
FEEL MORE CONFIDENT
AND ACHIEVE YOUR
DESIRED WEIGHT.



YOGA: For Fat Loss

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Stamina, Feel More Confident and Achieve Your
Desired Weight*

Suchitra Malvankar

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Introduction

Yoga is the practice of mental and physical regulation that has come down to us from the forefathers who devised the system. These were the sages who spent their time in devotion and mediation. They found the best methods of dealing with aches, pains, and all sorts of body ailments.

Using the right yoga asana or exercise, we can cure many diseases without any medicines. This makes yoga different and much sought-after by people who want a cure that is realistic and simple to use.

In this book, “YOGA for Fat Loss”, we discuss one important aspect of our health namely dealing with excess body weight. The benefits of yoga will take time to manifest in you. But, when they do, they are there forever.

Remember two things. The yoga asana may not be effective because you are doing something different though that is what the yoga teacher asked you to do. Second, if at any time you feel any pain, stop the asana. Ask your yoga teacher or your doctor about the pain. Then, you can proceed.

Try some change, do the asana with slower deliberation. You will know when you feel comfortable and this will lead to your cure.

That said, I wish you all the luck in your journey to lose weight.

Chapter 1 - Benefits of Doing Yoga Asanas

When we do the yoga asanas, we are stimulating the internal organs. More importantly, we massage the organs so they work better. Each of the asanas is aimed at a specific organ or its functioning. By doing the yogasana, we can cure ailments and control the aches and pains. The general benefits common to all yogasanas you will find here.

Action on the liver

The most important organ of the body is the liver. It detoxifies and cleanses the body, purifies the blood and removes the harmful toxins. If the liver is healthy and strong, it will move the bad fats and make use of the good fats. When we exercise, the body uses up glucose. The liver provides energy to the body by converting glycogen into glucose but this will go directly into the blood stream so that it keeps the glucoses level steady. The glucose is not used by the other body tissues.

By massaging the liver through yogasana, we make sure that the excess fats stored in the liver remains stimulated and subsequently digested. This helps you lose weight fast.

Action on the Thyroid gland

The metabolism of the body remains controlled by our thyroid. This gland secretes hormones that increase or decrease the rate of the metabolism. When we increase the rate of the metabolism, it burns the fats and this results in weight loss. You may also correct thyroid dysfunction using the appropriate yoga method.

Keeping the pH in the body at the right level

When the body accumulates fats in excess, it increases the body pH making the body accumulate more fat from protection from the action of the acids. This leads to the deposition of visceral fats in the blood vessels and inside the body organs. Yoga asana will help you keep the body pH at the desired alkaline level by stimulating the right organs.

Sympathetic and Parasympathetic nervous system balance

One of the main reasons for weight gain is the imbalance between the Sympathetic and Parasympathetic nervous system in our body. You can relieve the stress and reduce anxiety through yoga. This will help establish the needed balance between the sympathetic and parasympathetic nervous system.

Activate internal heat

The stretching of tissues produces heat inside the body through the interaction with the nervous system. The person can become warm by stretching the internal tissues. Through systematic burning, we can reduce the visceral fats that remains accumulated inside the organs. You can also reduce the superficial subcutaneous fat.

Add strength to the muscle

When we do yoga poses, we compress the muscles and stretch some of them for extended periods. Like this, we add strength to the muscles which makes our exercises more vigorous as time goes by. At one stage, the rate of the exercise will make the muscles use up excess energy and begin to use the energy stored as fats. This will result in weight loss.

Improve the heart beat

You can increase the heart beat rate with selected yogasanas. This is like cardio and aerobic exercising but unlike those type of exercises, in yoga the heart beat remains sustained only for short spells.

Physical activity burns calories. This is important since this will stop the excess food we eat from remaining stored as fat. People who are overweight will find the practice of yoga simple and easy. It is not as strenuous as jogging or lifting weights but produces an equal if not better result. Begin small with one exercise or two and then build up the list until you have a smooth flow from one exercise to another. One last thing, the results will take months to show. So, keep at it for some time. When you begin to lose weight, things will speed along. Next, we will learn something even simpler but extremely effective – the mudras.

Chapter 2 - Yoga Asanas for Losing Weight First Part

Let us go straight into the exercises without any introduction. You can read it in the later portions of the book. Knowing the yoga asanas will help you to understand the methods discussed in the later chapters. One more thing, you will need to learn the preparatory and follow-up poses for each asana. But, there is no way to do this when you are starting out. Keep learning and adding to your repertoire.

A word of caution before you begin. Do not attempt doing the asanas when you have injuries or ailments. Wait until you recover fully to begin your exercises. Also, consult your doctor if you have medical conditions such as low or high blood pressure, diabetes, heart conditions, and so on. Do the exercises only if they recommend it.

Ardha Matsyendrasana – Half spinal twist

Also known as: Half lord of the fishes pose, half spinal twist pose.

Pose type: Twist, Seated, Hip opener.

Preparatory poses: Bharadvaja's Twist, Baddha Konasana, Virasana, Supta Padangusthasana, and Janu Sirsasana.

Benefits: Improves the suppleness of the spine and adds mobility to the hips. You release the knots in the lower back muscles. It improves digestion. The kidney and pancreas remain massaged and they work with renewed vigor. Over time, you lose weight through this exercise. Your breathing pattern becomes deepened and your mind develops a sharper focus.

Stretches: Shoulder, neck, and hip.

Follow-up poses: Paschimottanasana, Janu Sirsasana.

Method of doing the yoga asana:

- Sit on the floor with your legs together stretched out in front of you. Place your palms facing down behind your sit bone (or beside it).
- Concentrate on your breathing as you stretch your tailbone to the floor. Bring your pelvis in and expand your chest.
- Bend your right knee and bring our right foot to the left side of the left knee.
- Bend your left knee and keep it under your right buttock.
- Now, turn your face to the right. With the left hand, grab your right ankle or foot.
- Bring your right knee close to your body behind the left elbow.
- Put your right hand behind your back and keep the spine erect and supple.
- Exhale while turning your neck and face to the right. Keep breathing normally.
- Hold this position for 5-10 seconds.
- Come back to sitting position. Repeat the asana for the other leg.
- Do three repeats of the entire cycle.



Virabhadrasana – Yoga warrior pose I

Pose type: Standing.

Preparatory poses: Vrikshasana, Utthita Trikonasana, Supta Padangusthasana, and Baddha Konasana.

Benefits: It stimulates the abdominal organs, strengthens the abdominal muscles and improves the digestion. This leads to weight loss over time. It adds strength to arm muscles and muscles of the shoulders, legs and back. You get added strength to the pelvis and spine. Your whole body remains toned and relaxed.

Stretches: Hamstrings, thigh muscles.

Follow-up poses: Bakasana, Vrikshasana, Utthita Trikonasana

Method of doing the yoga asana:

- Stand in Vrikshasana standing pose and spread your legs so that your feet are at just over shoulder width.
- Your hands remain pointed up, palm facing each other in this pose. Inhale and strengthen the muscle around the shoulder blade. Push your core up as you inhale.
- Exhale and turn your torso to the right. Keep your left foot pointed forward and the right foot at 45 degrees to the right.
- Bend your right knee and thrust forward to the right. Make your right thigh parallel to the floor. Your left thigh remains stretched as you pull your arms up. Point your tailbone to the floor. Tighten the inner core.
- Your chest, head, right foot, and right knee remains aligned in the same direction to the right. Do not bend the right knee past the right ankle. Turn your head back so that the gaze is up to the hands.
- Breathe deeply and wait for 5-10 seconds. Come back to standing position.
- Repeat for the other side.
- Do the entire cycle 4-5 times.



Utkatasana – chair pose

Also known as: Lightning bold pose fierce pose.

Pose type: Standing, core.

Preparatory poses: Bhujangasana, Adho Mukha Svanasana, and Virasana.

Benefits: Strengthens vertebral column, calf, ankle, and thigh. Helps reduce weight.

Stretches: Thorax, shoulder.

Follow-up poses: Tadasana, Uttanasana.

Method of doing the yoga asana:

- Stand straight on the mat and keep your feet slightly apart.
- Stretch your arms straight in front of you with the palms facing down. Do not bend the elbows.
- Drop your sitting bones by bending your knees. Pull your pelvis in and straighten your tailbone. Raise your hands up and push your palms together. Keep the chest lifted.
- Draw the shoulder blades down to the inner region. Make the spine long. Squeeze the buttocks.
- Knees must be together and bring the weight of the body on the heel.
- Hold the pose for 5-10 seconds. Then, come to relaxed standing position.
- Repeat the cycle three times.



Setu Bandhasana – Bridge pose

Also known as: Setu Bandha Sarvangasana.

Pose type: Backbend, supine.

Preparatory poses: Virasana, Bhujangasana, Urdhvamukha Svanasana.

Benefits: Relieves back pain, aids thyroid treatment, strengthens buttocks, good for osteoporosis, brain, mind and body. Helps with weight management, enhances nervous system and digestion. Good for asthma and menopause problems. Opens the hips, solar plexus and chest.

Stretches: Thorax, neck, vertebral column.

Follow-up poses: Chakrasana, Bhujangasana, Sarvangasana, Urdhvamukha Svanasana.

Method of doing the yoga asana:

- Lie supine on the yoga mat with your hands by your side. Bring your feet together and keep them 6 inches apart.
- Pull your feet back toward your buttocks and raise your torso up by raising your hips.
- Keep your shin vertical. Your body must be in a straight line and resting on your shoulders.
- Clasp your hands behind your back. Press the arms down on the floor. Make the shoulders tight and draw your pelvis in. Roll your spine and stretch your tailbone.
- Inhale and expand your chest. Tighten your calf and pelvis.
- Hold the pose for 5-10 seconds. Breathe normally throughout.
- Relax and come to sleeping position.

- Repeat the cycle 2-3 times.



Chapter 3 - Yoga Asanas for Losing Weight Second Part

Vasishtasana – Sage pose

Also known as: Side plank pose.

Pose type: Balance, arm balance, core.

Preparatory poses: Phalakasana, Supta Virasana, Ardha Chandrasana, Supta Padangusthasana.

Benefits: It gives strength to the navel and helps in shedding fat around the hips. It strengthens the wrist, arms, and legs.

Stretches: Wrists, back of the legs.

Follow-up poses: Trikonasana, Adho Mukha Svanasana.

Method of doing the yoga asana:

- Start from prone position on the yoga mat.
- Push with your hands and come to one-hand side plank position. Your head is towards to the sidewall. One leg rests on the other and the side of your heel supports your entire body weight. Your hand is pushing the body up and your other hand remains lifted towards the sky.
- The hand should be under the shoulder. The line from ankle to shoulder should be straight. Feel the flow from the shoulders to the hips and down your legs to the ankles.
- Strengthen the shoulders, tighten the pubis, and keep the gaze soft.
- Hips must rise from the ground. A little heart opening is good so rotate your chest so your chest fills with air.
- Do not lock the knees and the ankles but keep them firm. Keep breathing deeply.
- Hold the pose for 20-30 seconds.
- Come to ground and go back to resting position. Turn to the other side and repeat the entire cycle.



Navasana – Boat pose

Also known as: Paripurna Navasana.

Pose type: Seated, core.

Preparatory poses: Uttanasana, Adho Mukha Svanasana.

Benefits: Adds strength to the hip flexors, vertebral column, Adho Mukha Svanasana. Cuts the belly fat and helps regulate weight. Massages the prostate, kidneys, and intestine. Relieves stress. In the Ardha Navasana variation, the hands are behind the head. It helps stimulate the gall bladder, pancreas, liver, and spleen.

Stretches: Hip flexors, spine and abdomen.

Follow-up poses: Utkatasana, Halasana, Adho Mukha Svanasana, Salamba Sirsasana, Baddha Konasana.

Method of doing the yoga asana:

- Start from the seated position on the yoga mat with legs bent in front of you and hands by your side.
- Keep spine erect. Inhale and raise your legs together into the air. Lean back and bring your hands behind your knees to support the legs.
- When your legs are at 45 degrees with the floor leave your hands, and make them parallel to the floor.
- Straighten your spine and look up tighten the inner core. Lengthen your spine and let your tail bone flow to the ground.
- Hold the pose for 5-10 seconds. Breathe evenly and keep your eyes soft.
- Relax and come to sitting position.
- Repeat the entire cycle 2-3 times.



Ardha Chandrasana – Half-moon pose

Pose type: Balance, standing.

Preparatory poses: Vrikshasana, Uttanasana, Trikonasana.

Benefits: It strengthens the thighs, buttocks, abdomen and the vertebral column. It helps reduce the hip fat and reduce weight. It also adds strength to the ankle.

Stretches: Shoulder, groin, vertebral column, calf, hamstring and thorax.

Follow-up poses: Parivrtta Trikonasana

Method of doing the yoga asana:

- Come to the pose from Trikonasana. You will have to learn how to move between the poses. So, here you will see how to begin with the Trikonasana.
- Stand with the feet 3-4 feet apart.
- Stretch your hands to the side parallel to the floor, palms forward.
- Turn your left foot to the right by 15 degrees. Turn your right foot by 90 degrees to the right. Balance the body weight equally on both the feet.
- Bend sideways at the hips and reach down with your right hand. Grab an ankle or just touch the ground.
- Keep the other hand pointed to the sky. Keep both your arms straight.
- Now, this is the Trikonasana. Hold this pose for 5-10 seconds.
- Now, you can go into the half-moon pose.
- Put your left hand on your hips and slide your left foot to the left.
- Bend your right knee to extend the stretch of your left leg.
- Move your right hand that is resting on the floor, six inches away to the right.
- Press your heel and hand to the floor and exhale.
- Straighten your bent knee and lift your left leg up parallel to the floor.
- Extend your tailbone and roll your spine. Keep the eyes soft.
- Do not lock your right knee but keep it firm. Do not turn the kneecap inward.
- Rotate the upper torso to the left but move your left hip to the front.
- Regulate the balance with the hand on the floor.

- Draw the inner stomach towards the tailbone, strengthen the shoulder blades.
- This is the Half Moon Pose. Hold this pose for 20-30 seconds.
- Relax, come back to Trikonasana and then stand up. Do the Trikonasana for the other side. Then, go into the Half Moon Pose on the other side.
- Do 2-3 repeats.



Baddha Konasana – Cobbler's pose

Also known as: Bound angle pose.

Pose type: Seated, forward bend, hip opener.

Preparatory poses: Supta Padangusthasana, Virasana, Vrksasana.

Benefits: Stimulates the heart muscles, improves functioning of prostate glands, bladder, kidneys, ovaries. It opens the lower back organs and soothes the entire pelvic region. It removes the fat in the belly region and helps you lose weight. Improves digestion and alleviates sciatica pain.

Stretches: Groin, thigh.

Follow-up poses: You can follow up with any of the standing poses. You can also do forward bends and seated twists.

Method of doing the yoga asana:

- You can begin with the Supta Padangusthasana. You start this by lying flat on your back.
- Bring your right knee into your chest. Keep your other foot straight pointed down.
- Pass a strap around the heel of your right foot.
- Straighten your right foot so that the strap becomes tight. Continue to hold it and breathe deep. Tighten your core and lengthen your spine.
- Bring the leg down and bend the other knee. Pass the strap over the heel and do the same steps.
- Repeat the cycle 2-3 times. Now, you are ready to go into the Baddha Konasana Pose.
- Bring your legs out in front of you as you sit up.
- Draw your pelvis in and catch your feet with your hands. Bend the legs at the knees so that the feet are touching each other.
- Try to keep the knees on the ground and if this is hard, lead the tailbone to the ground.
- Make the spine erect and supple. Inhale and maintain the pose for 30 seconds.
- Go back to seating position and relax for 20 seconds.
- Repeat 2-3 times.

- Now, go into the follow-up poses.
- This time we will do a simple sitting twist pose.
- Cross your legs so that your legs are one on top of the other. Make the shins parallel to the wall in front of you.
- Turn your torso to the right, bring your right hand behind you and place the palm on the floor.
- With the other hand, grip your right knee. Strengthen the shoulders and hold this pose for 5-10 seconds. Keep the spine erect.
- Come back to normal sitting position. Repeat for the other side.
- Do this 2-3 times.



Chaturanga Dandasana – Four Limbed Staff Pose

Pose type: Arm balance, core.

Preparatory poses: Phalakasana, Bhujangasana, Urdhvamukha Svanasana.

Benefits: Adds strength to the arms and wrist.

Stretches: Lengthens the spine, lower back muscles, reduces belly fat.

Follow-up poses: Urdhvamukha Svanasana, Adho Mukha Svanasana.

Method of doing the asana:

- Start in downward facing dog pose.
 - Walk your hands forward until you are prone on the ground.
 - Keep the hands under your chest pressed to the ground.
 - Support your body weight on your toes. Push your tailbone under your legs.
 - Press the crown of the head forward. Keep the torso in line with your legs.
 - Keep your elbows bent. Keep the shoulders at the height of the elbows.
 - Breathe deeply and hold the pose for 5-10 seconds.
 - Relax and lie prone on the yoga mat.
-
- Repeat the cycle 2-3 times.



Padangusthasana – Standing big toe pose

Pose type: Standing, forward bend.

Preparatory poses: Supta Padangusthasana, Paschimottanasana, Uttanasana, Adho Mukha Svanasana.

Benefits: Stimulated liver, kidneys, calms the brain, relieves anxiety.

Stretches: Calves and hamstrings.

Follow-up poses: Trikonasana, Utkatasana.

Method of doing the asana:

- Stand upright with your feet as wide as your shoulders.
- Bend forward from the hip and bring the head down to the knees.
- Keep your legs straight, grab your big toe with your index and thumb.
- If this is not possible, grab your ankles or your calves. Or, you can pass a strap under your big toe and hold it with the hand.
- Make your belly flat and feel the flow of the tailbone to the floor.
- Widen your shoulders and inhale deeply.
- Hold the pose for 5-10 seconds.
- Then, come to standing pose.

- Repeat 2-3 times.



Paschimottanasana – Seated forward bend

Pose type: Sitting pose, forward bend.

Preparatory poses: Janu Sirsasana, Balasana, Uttanasana.

Benefits: Calms the brain, helps lose weight, relieves depression, and stimulates the kidneys, increases appetite and digestion, therapeutic for high blood pressure.

Stretches: Spine, hamstrings, shoulders.

Follow-up poses: Ardha Matsyendrasana.

Method of doing the asana:

- Sit on the floor and bring your hands in front of you.
- Keep your legs straight and touching each other. Lengthen the shins and push on the soles of the feet.
- With your hand grab the soles of the feet. If this is not possible, use a strap that you pass under your arch.
- Lean your torso forward.
- Keep the spine erect. Keep the gaze soft.
- Inhale while keeping the front of the body long. Keep the head raised.
- Push your shoulder blades into the spine. Bend your tailbone under you. Draw the sternum up and inward.
- Hold the pose for 5-10 seconds. Relax and go back to sitting position.
- Repeat the cycle 2-3 times.



Chapter 4 - Yoga Asanas for Losing Weight Third Part

Adho Mukha Svanasana – Downward dog pose

Pose type: Standing, mild inversion, resting.

Preparatory poses: Phalakasana, Marjaryasana-Bitilasana, Uttanasana.

Benefits: Strengthens the abdominal muscles and improves digestion.

Inversion helps improve the blood flow. This helps you lose excess weight as the fat metabolism kicks in. It decreases anxiety and tones the muscles of the hand and feet. Increases blood circulation to the brain.

Stretches: The hands, arches, calves, hamstrings, and shoulders.

Follow-up poses: Sirsasana, Uttanasana.

Method of doing the yoga asana:

- We can begin from the Marjaryasana-Bitilasana, the cow-cat pose.
- Start from the tabletop position, on the hands and knees. Keep your hands below your shoulders.
- Pull your inner core towards the tailbone, lengthen the spine. Keep breathing evenly.
- Keep your head down between your hands. Raise your tummy upward to the ceiling.
- Raise your head to the ceiling and drop your tummy to the floor. Repeat this for 10 times. This is the cow-cat pose. Now, relax and stay in the tabletop pose.
- Walk your legs toward the hands. Raise your buttocks in the air.
- Bring your head between the hands. Make your leg straight and push with the hands on the floor.
- Lengthen your spine and strengthen the core. Your body weight must be falling forward. Tighten the shins but do not lock the knees. Strengthen the shoulders and keep the elbows loose.
- Hold the pose for 10-15 seconds. After 2-3 repeats, you can go to Uttanasana.

- Move your hands back to the legs and grab your ankles. Bring your head down to touch the front of the knee. Tighten the inner core and the shoulders. Breathe evenly. This is the Uttanasana pose. Hold it for 10-15 seconds.
- Feel the spine elongate.
- Go to Downward facing dog pose. Then, come to Uttanasana pose.
- Do 2-3 repeats.



Ustrasana – Camel pose

Pose type: Chest opening, backbend.

Preparatory poses: Bhujangasana, Setu Bandha, Salabhasana, Virasana.

Benefits: Relieves backache, fatigue, anxiety. Helps overcome menstrual discomfort. It helps reduce fat in the buttocks and hips. Helps you overcome respiratory ailments.

Stretches: The lower spine and back.

Follow-up poses: Dandasana, Virasana, Sirsasana, Urdhva Dhanurasana.

Method of doing the yoga asana:

- You can follow from the downward facing dog pose you just read.
- In downward facing dog pose, you have your back in the air and you rest on your finger tips and your toes. The legs remain straight and you bend at the hips and fall over so that your hands and body are in line and your hands support your body weight.
- From this pose, come to the table top pose or the cow-cat pose. This will make your spine supple and open your hips.
- Now, go to the camel pose. This is by going down on the knees, keeping the shoulder and knees in the same line. Open your chest and draw the tailbone down. Strengthen the pubis by drawing it up and in.
- Now, reach behind with your hand and grab your feet. Your soles of your feet face the ceiling.
- Raise your head and push it back. Keep it comfortably positioned looking up at the ceiling behind you.
- Lift the chest up and out. Push the hips out and elongate the spine.
- Relax your neck and keep the eyes soft.
- Hold the pose for 20-30 seconds. Then, come back to kneeling position with the hands by your side.
- Do 2-3 repeats.
- You can go to the Virasana or the Dandasana. Virasana is easier.
- Sit back on your heels. Bring your hands in your lap and clasp the hands together. Or, you can bring your hands in front of your knees.
- Lengthen your spine and make it erect. Expand your chest and push the shoulder blades against one another.

- Sit in this position for 3-4 minutes.



Salabhasana – Locust pose

Pose type: Backbend, lying.

Preparatory poses: Setu Bandha Sarvangasana, Bhujangasana, Virabhadrasana I, Supta Virasana, Gomukhasana, Virasana.

Benefits: Relieves constipation and indigestion. You get rid of flatulence and fatigue. Your stomach gets toned and fat at the hips melt. You can cure lower-back pain. It opens the chest and lengthens the spine. Tones the hamstrings. Adds strength to the buttocks, vertebral column, and legs.

Stretches: Upper thighs, shoulders, thorax and navel.

Follow-up poses: Bharadvajasana, Setu Bandha Sarvangasana, Salamba Sarvangasana.

Method of doing the yoga asana:

- You can come from Savasana or cow-cat pose.
 - Lay prone on the yoga mat with the hands on the side.
 - Inhale and lift your upper torso and legs.
 - Keep the hands parallel to the ground with the palms turned up to the ceiling.
 - Your toes point to the wall behind you. The leg is raised about 15 degrees to the ground.
 - Move your shoulder away from the ear. Lengthen the front body.
 - Make the pelvis long to the toes. Loosen your spine and breathe normally.
 - Hold the pose for 10-15 seconds.
 - Relax and go to sleeping pose.
 - Do this 5-6 repeats.
-
- You can go into Virasana or any seated forward bends such as Paschimottanasana.



Ardha Pincha Mayurasana – Dolphin pose

Also known as: Half feather peacock pose

Pose type: Standing, core.

Preparatory poses: Gomukhasana, Plank pose, Uttanasana.

Benefits: Strengthens the core, arms and legs. Opens the shoulders. Reduces puppy fat and fat on your arms and legs. Helps relieve symptoms of menopause, calms the brain and relieves stress and depression.

Stretches: Arches, calves, hamstrings, and shoulder.

Follow-up poses: Salabhasana.

Method of doing the yoga asana:

- You can come into this pose from the downward facing dog pose.
- In the downward facing dog, you have the legs straight and the body supported on the fingers of the hand. You remain bent forward and the body is straight until your hands.
- Bend your elbows and lay your forearm on the ground.
- Bring your head to the floor but do not touch it.
- Keep your knees straight and keep your head between the arms. Do not let it hang.
- Widen your shoulder blades out away from the spine. Lengthen your tailbone.
- Strengthen the core by lifting the sternum up to the ceiling.
- Hold the pose for 20-30 seconds.
- Come back to downward facing dog pose.
- Repeat the cycle 2-3 times.

- You can go into Salabhasana or Setu Bandha Sarvangasana.

That concludes the exercise part. But, there are many more for you to try. In the coming chapter, we show you the importance of staying motivated by telling you about the benefits. Also, learn the mudras – they are the way we connect the nerve endings of our body to each other to create a continuum for the flow of energy.



Again, you do not have to do all the asanas, try them all even so. Do the ones that you are comfortable with. You will develop some favorites that you want to do daily. Build up your repertoire from these exercises. You will notice that you lose fat because of the increased digestion from specific exercises. Keep doing these and you will soon be a slim person.

Chapter 5 - Learning the Mudras

The meaning of Mudra in Sanskrit means closure. These find most use when one is meditating or doing pranayama. The mudras help to direct the energy flow coming to the finger tips back into the body.

The nerves coming from different organs and tissues within the body, end at the hands and the legs. Those ending at the hands are more significant because we actively use our hands all the time. By redirecting the energy to specific locations in the body, we can rejuvenate the organ or give it rest. This puts our mind in a fixed state of energy.

Significance of the Five Elements

Our universe has five elements. The fingers of the hand represent one element each.

- The significance of the thumb is that it represents universal consciousness. It represents the element fire.
- The index finger represents individual consciousness, it represents the element air.
- The middle finger represents connection. It represents the sky.
- The ring finger represents the element earth.
- The little finger stands for the element water.

Disease happens when these mudras are not balanced properly within our body. Remember, the mudras energize different organs and regions within our body.

1. Gyana Mudra

The method of this mudra is to bring the tips of the thumb and the index finger together and keep them touching each other lightly. The other fingers remain opened and pointed outward.

The Gyana mudra is symbolic of knowledge; it helps improve the power of concentration and creativity. The upward position of the palm makes one receptive. If one rests the hand on the leg, then the person come down to earth.



2[1] . Shani Mudra

The method of this mudra is to bring the tips of the thumb and the middle

finger together. This makes the connection come in direct contact with fire. It is symbolic of discipline and patience. You create stability and extra strength to work.



3. Surya Ravi Mudra

Open your palm fully and bend the ring finger to touch it to the tip of the thumb. This is the Surya Ravi Mudra. This gives energy, health, and an improved sense of balance. If we do this, a positive change comes into our lives.



4. Buddhi Mudra

Open your palm and bring your little finger and thumb together. This is the Buddhi Mudra. It improves your intuitive communication. Fire and water come together to enhance knowledge and openness.



5. Prana Mudra

In the Prana Mudra, you touch the little finger, the ring finger, and the thumb. This mudra awakens the dormant energy in your body. You encourage the vital energy to flow through your body. You get become strong and energized.



6. Dhyana Mudra

Place the palm within the palm and touch the thumbs together. This is the Dhyana mudra. This helps deep contemplation and meditation.



7. Anjali Mudra

Bring the palms together face to face over your heart space. This signifies respect to yourself and towards the universe. It expresses love and gratitude. The general name for this is Namaste.



You should use these mudras when you do your asanas or when you meditate. There is no hard and fast rule about which you should use. You must choose the one you think is right at the time. Use both hands and breathe deeply when you use the mudra. Keep the mudra on for at least 2-3 minutes.

Conclusion

This is the end of the book. Hope you have learnt something about yoga and its practice. The more you practice, the better you become. What you see in this book is only a small part. But, once you get going, you will soon become the perfect yoga master.

Here is wishing you success on your journey to the ultimate in yoga.

If you have found this book useful please leave a review
<http://amzn.to/2vQWV9W>

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