

First Four or five Days 4 Manikku Ezhunthen

4-4.15 - Water and Toilet

4.20 to 5.20 – Yoga (Adhu inna pannen Solren)

5.20 - bathing.

5.45 ku ulla indha vela mudinja suprabhatham mela ponaa Aaditya Hridayam

6.00 manikku Tea

6.15 illa 7.00 ku meditation

Ipdi ponnen,

Naan Gavanichathula...4.20 ku kulikaama panna aarambichaa...thooka kalakkam teliyarthuke 20 min aachu...adhu illama aduthu vela irukke apdingra yosanaila mind rest less ah irundhuchu

First two three days kastapattu odambu vela senjuchu...konjam kastamaana aasan kuda apprehension...no confidence...dhanurasana..sarvangasana...salabasana idhellam panrathuku munnadi 2,3 min mind apprehensive vaaa irukkum...adhunaala mothamaa mudikkarthuku 1 hour aachu...

And ennathaa pannalum mind nilayaa illa...edho vela seira madhiri irundhuche thavira...mind oru steady flow illa...so mind ah slow down panrathuku enakkaa thoni flute isai ellam download panni music sammaan la play panni 2,3 days ku apparam panna aarambichen...

Irundhalum edhuvum set aavura madhiri therila...5.40 aayidudhaa ...edho ozhungaa pora madhiri teriyala...

Apparam naana oru naal yosichi ...schedule maathikitten

4.00 to 4.15 Water and Toilet

4.15 to 4.30 bathing

4.30 to 5.00 suprabhatham

5.10 to 5.40 breathing exercise and meditation

5.45 Gayathri Japam

6.00 Aaditya Hridayam

6.15 ku Tea

6.40 to 7.40 yoga Asana

Ipdi schedula maathikitten...

Every day evening edho oru time la breathing, vajrasana, ustrasana and Sarvangasana idhu mattum daily pannen.

Ipdi Schedule maathikitta udane....udal la enna maatram vandhucho therila and perusa enakku puriyavum illa...but manam nimmadhiya irukku...organized ah irukku...clean slate madhiri

irukku..thuymayaa irukku...ennathaa 4 hours dhaa thoonginaalum afternoon apdi 1 to 1.30
thoonginaalum ...thalavali ...restlessness ...irritation idhu edhuvum irukkarthu illa....

Naa neraya pesinaalum ...sariyaa irukkanum nenaikuren...ovvunu pannumbothu enna
yosikkuren...enna seiren ...enna unnaren solla nenaikuren...appothaaa sari edhu thappu edhu nu
enakku theriyum...nee solluva illa

Subrapatham

Un thambi c# la vechi kuduthaan...idhudhaa middle octave sonnaan...adhellam enakku
teriyaathu...naa perusaa aarayichi pannala...mothathula adhula match aagura madhiri solla
aarambichen...

First day la irundhe sruthi velagathaa dhaa solren aana velagidumo apdingra consciousness la
irukkarthaala un easy ah irundhuchu..confidence illa...nimmadhi illa...

And naa suprabatham adhuku munnadiyum solluven...romba kathuven....adhu evlo theva illatha
energy waste apdinnu unarnthen...kathinaatha ganeer nu kekkanum apdingrathu illa purinjikitten...

Naal poga poga andha shruthi ku etha madhiri breath adjust pannu words proper pronunciation
panrathu thanaave vandhuchu...beginning la irundhu end verikkum steady ah ore level ah solla
mudinjuchu...

Idhuku munnadi sollumbothu verthu kottum sonna udane thondai vathi pogum...adhellam ippo
illa...energy drain aana madhiri illama gain aana madhiri dhaa irukku and sonna udane just to keep
tongue wet half glass thanni kudikkuren..

Pranayamam

Nee sonna madhiri nidhanamaa abdomen fill panni release panrathu initially senjen

Apparam

---Kalaila seyya aarambikkumbothu...First oru 10 breaths andha madhiri panren

---Apparam nostril close panni inhale exhale panrathu oru 10 count panren..

Adhu epdi panren naa 10 count left nostril la each time about 7 to 10 sec inhale panni

Oru ten secs hold panni

Innoru nostril la oru 7 to sec exhale panren...most cases la free ah dhaa flow irukku...thummal
irukkura naala edho oru nose block aagi irukkum..

--- idhu sariya thavara enakku theriyaath manamanathu korangu naa youtube la paathu terinjittadhu
kapal baathi apdinnu solraangale adhu

Abdomen pump panni kaathi velayaathura madhiri panraangala....adhu oru 30 count
pannuven...adhula may be 10 time rhythmic ah pannuven nenaikuren...meedhi ellam kacha muchaa
adichippen nenaikuren...edho pannanum apdingra muyarchi...aana adhu enakku control
illa...aanalum daily seiren

Mooladhara bandha apdinnu solraangale breath panni hold panni vechi release
panrathu...concentrating on mooladharam...adhu 60 sec hold panren 2 to 3 times panren

--- apparam brahmari prayayama solraangala adhu naa net la paathu terinjitadhu...kanu mela...kannu kizha ..nostrils ku kizha..lips ku kizha fingers vechi ...ears close thumb la close panni...full breath panni ...hold panni ...exhale pannumbothu ...bee sound la pannanumaam...

Adhu sariyaa panrenaa enakku teriyaathu...aana naa epdi panren apdinnaa ...slow vaa abdomen la irundhu air release aagartha gavanikkuren...bee sound observe panren...namma concentration muzhukua skull la dhaa irukkku..endha thoughts irukkaathu empty ah irukkku...romba romba amaidhiyaa irukkku..avlo peaceful state avlo easy ah naa vera edhulayum paathathu illa... aana naa panrathu sariyaa enakku teriyaathu...

Meditation..

Enakku terinji meditation ku fixed theory and fixed way kedayaathu nenaikuren...ovvorutharuku ovvoru vidhaama irukkum nenaikuren...but naanum romba varushaama panren...enakku eppavume kannu mudinaa thoughts engayo poi mind blank aagarthu...free ah yosanai illama amaidhiyaa irukkarathu apdi irukkaathu... first few min suthi irukkarthu mela awareness irukkum...suthi kekkura sound...temperature...apparam udane awareness body ku ulla pogum...posture adjust pannikarthula few min pogum...and ennathaa aanalum padmasanaa dhaa okkaratum apdinna manasu sollum eppavum apdi dhaa okkaruven...

Over time enakku normal ah irukumbothe mind blank and viruppathin peril sindhanaigala mind la vedhaikarthala...normal ah irukkarthum meditation la okkarathuku oru vithayasamum enakku teriyarthu illa except sitting in a place and position for few minutes...awareness irukkum...ulla manasu la odra ovvoru thought melayum awareness irukkum...clean ah irukkum...normal ah irukkumbothum apdiye dhaa irukkum

Nee sonna madhiri music vechitu okkandhen ...first day oru naal 20 min okkandhen...andha music mattume gavaichen...apparam oru naal kuda 10 to 15 min ku mela gavanikka mudila...kaaranam ennanu terila...oru naal 30 min okkandhen...mothathula vekkura music dha influence pannuthu ennamo...

Gayathri japam

Idhuvum naa sariyaa panraana theriyaathu...aana instant purity and instant clarity in life kedaikkum...ennoda brahma illa nijamaave unarnthu irukken...

Adhu first morai la irundhappo oru madhiri irundhuchu...sonna regular oru 4 days pannuven apparam months kanakkula gap vittuduven...

And inga vandhu appapo dha solluven...but sollumbothu...sound correct ah kuduthaa ...ovvoru letter thani thaniyaa ucharippen aana flow la dhaa solluvum...takku takku nu bhu bhuvah swaha apdinu sollumbothu ovvoru letter ku body la oru position la andha sound hit panrathu teriyum..mela irundhu kizha apdiye hit pannitu pogum ...apparam hollow aah sound pogum apparm kizha irundhu mela pogum...thirumbavum mela irundhu kizha hit aagum....ipdi adhaye observe pannitu irundha manasu kaali aana madhiri irukkum...enna suthamaa irukkum...andraya pozhuthu miga nimmadhiriya irukkum...aana 27 count ku kai valikkum....mudiyumbothu appada irukkumand oru particular time la dhaa pannanum ...vesti kattitu pannanum ...kosu tholla ipdi pala factors naala regular ah panna maaten...

Ippo daily panren..

Aana adhuvum naa panrathu sariyaa teriyaathu.

Adityahridayam

Adhu correct ah solliduven...enakku terinji morai la raising sun munnadi okkandhu sollumbothu adhu oru arputhamaana feeling irukkum...inga room la closed room solrathaala mana nimmadhi illa...edhuvum effect irukkura madhiri teriyarthu illa...irundhaalum ippo adha daily solren...aanalum mechanical sound mattum dha vayila varuthe thavira...andha surya bagawan mela ennam...andha words oda understanding adhu mella ennam porathu illa...karanam adhudhaa solra edam nenaikuren

Yoga postures

Naa solra order la dhaa panren solratha thavira vera edhuvum panrathu illa...

First odamba konjam apdi ipdi loose pannikuren

Tadasana

Modhala pannumbothu ellam rendu feet bhoomila full force kuduthu press panna nenaippen...whole body wait earth ku force pannanum nenaippen...apdi pannumbothu max 10 to 15 sec mela mudiyaathu..

Idhu aarambichathu la irundhu kai mela thooki vandhanam panni...rendu paatham onna vechi straight ah nikkuren...weight whole body ku even ah distribute panni nikkuren 15 to 25 sec nikkuren

Edhu sari edhu thappu enakku teriyaathu

Vrikshasana

Leg straight ah vechi...innoru leg oda foot vandhu just below groin vekkuren...apdi vekkumbothu podra shorts illa pant vazhiku vittuduthu...so adhu pannumbothu towel kattikuren...kaal vechi ..face straight ah vechi sevuthula oru point pudichi adhaye pappen...breath kuda pannuven...modhala even ah breath panna maaten ...ippo 4, 5 days andha breathing slow vaa even ah panren...kai rendu mela separated ah illame attach panni dhaa vechikkuren....30 to 50 secs nikka mudiyum...kannu moodi nikkanum aasai ...aana max 7 to 8 sec nilai kulainthu vidum

Idhuvum sariyaa thappa enakku teriila

Uttanasana

Forward bend panni head knee ku kondu varathu and handi legs oda back ah hold panni irukkarthu idhadhaa uttanasana apdnu naa nenachitu irukken...

Apdi forward bend panrathu ...surya namaskar kuda varuthu illa...aana enakku fore head knee la innaiku verikkum pattadhu illa...

Ippo epdi parnen naa...kai mela thooki vandhanam panni oru breath eduthu pinnadi move panren evlo mudiyaatho avlo surya namaskar la second step parangale adhumadhiri...adhu two times panren..

Appram kuniyuren...hands legs ku side la ankle ku mela pudikkuren Naa pinnadi la irundhu pudikarthu illa side la pudikkuren..apparam edhedho adjustment panni body ah kizha kondu varen...modhala romba thoorathula irundhadhu...ippo endha periya force panni veri pudichi aadama...knee ku fore head ku oru 1.5 to 2 inch gap irukku...aana andha time la max 10 to 15 sec dha hold panna mudiyaithu...

Idhuvum enaku sariyaa terila

Vajrasana

Idhu mattum proper ah enaku school la kathukuduthathaala ozhunga okkaruven 2 to 3 min okkaruven..

Balasana

Rendu variation net kaarunga solraanga illa rendum panren.

Pinnadi kai vechikarthu...adhu first two three days and modhal varathulaya panna sonna illayaa appo romba odambu valayila...romba kastama irundhuchu...ippo romba easy ah seiren...neraya perukku buttocks legs ku padum...adhudhaa correct polaguthu...enaku padrathu illa...initially romba mela irukkum ippo gap koranji buttocks ku legs ku oru 1 to 2 inch gap irukkum nenaikuren...

And main ah idhu pannumbothu 30 sec panren...aana 30 sec breath pannamaaten...breath hold dhaa vechiruppen...20 sec mela ...concentration uchi mandaikku pogum oru amaithi 5 to 6 sec irukkum...ezhunthu..oru two times breath pannuven...

Adhu enaku correct aaana method ah teriyaathu...naturallu munnadi valayumbothu breathing block aaguthu ..muyarchi panna breath pannalaam...aana block panniye okkaralaame apdinnu okkaruren...I don't know whether it is correct or wrong.

Second variation kai munnadi vekkurathu adhuvum same apdiyedhaa panren..same gap dhaa varuthu..

Swanasana

First few days rendu kai kitta vechi pannen...kannadi la observe pannumbothu shoulder narrow down aana madhiri terinji...kaaranam idhuvo irukumo yosichi...naana mudivu pann...rendu hands ku gap ethi correct mat oda edge la parallel ah vekkuren...yet two legs kitta thaa vekkuren....v shape vara verikkum stretch panren...apdi pannumbothu...impact lower back...arms..adi vayiru..calf muscles inga irukkartha unarren...40 to 50 secs panren...

Innaiku verikkum adhu pannumbothu breath epdi panren naa gavnikkala...idha adjust panni nikkarathulaye irundutten...ippothaa yosikkuren

Cat pose.

Rendu hands as straight as possible vechikuren...body as flat as possible vechkkuren...thighs straight vechikuren...ground ku azhuthi nikkama...free fall aagura madhiri unarchi oda kizha paakuren...

Idhu sariyaa thavara enaku terila...

Bhujangasan

Chest pakkathula kai vekkuren...parellal ah vekkuren...apparam straight ah handa vekkuren...thalaya mel nokki pakkuren...just like ustrasana..impact vandhu...correct ah throat....chest ...anahata apdingrale anga...adi vayiru...upper back and lower back inga unnaren..

Almost 10 to 12 days naa breathing gavanikkala..posture ah gavanikarthula kadathitten...last three days...breath rhythmic ah panna nenachen...apdi pannumbothu I observed music notation la bass clef ku oru notation kudukuraangale andha madhiri kaathu veliya varumbothu unarren...

Plank pose

Nee list la sollala naanave pannen...rendu hands elbow parallel ah vechikkiten..forehead mat la oru pull ah paathu focus panren...body romba lift panrathu illa...it is very close to ground...impact vandh abdomen and arms. And foot fingers..30 to 40 secs dhaa mudiyuthu adhuku mela arms valikka aarambikkuthu...first day poruthu 60 secs pannen..naal full ah arms vali irunduchu...idhunaladhaano apdinu mudivu panni korachikkiten

Dhanurasana

Mela sonna endha posture panrathuku thayakkam irukaathu simple and mukkamaaten...idhu pannanum apdinnaa apprehension mind mudivukku varathuku 2 to 3 min aagum...

And shoulder ah bhujangasana type vechikuren...hands ah pinnuku anuppi ...legs oda side la pudichikkuren...rendu legs konjam dhooramaa vechikuren...romba dhooram illa..thighs and mutti ground padra madhir illa...thighs oda second half and mutti mela nallave lift panren...and chest nallave open up panren.. Oru 10 sec aana udane nalla kastapattu evlo mudiyumo avlo legs ah mela thooka pakkuren to increase gap between thighs and ground...apdi pannumbothu impact lower abdomen and lower back anga varuuthu...and normal impact shoulder ,chest and arms and tighs.

And breathing vishayathuku vandhu I am not able to breath in a rhythmic fashion but breath panna muyarchi panna...pot madhiri andha dhanur posture munukkum pinnukum aaduthu...apdi oru 5 to 7 times breath panni vittuduvu.

Salabasana

Idhuvum same apprehension and lower leg nalla lift aagum and mutti lift aagum...but thighs oralavukku dhaa lift aagum...just muttiku mela dhaa gap irukkum...thighs completely ground attached ah irukkum...and I feel body stands on abdomen..breathing rhythmic ah innum varala...eyes oda focus sevathula edhavathu oru point mela irukkum...

Baddakonasana, Dhandasana, Uttana Padasana and Navasana idhu aduthu pannuvu...I think adhellam correct ah dhaa pannuvu

Vipareetha kaarani

Andha pere naa kelvi pattathu illa... Apparam google panni...terinjittu...net kaarango kitta kettu terinjikkiten...sarvangasana muzhusaa thukkarthu munnadi half way la hold panni irukkarthu apdinu...adhu sarvangasana vida kastam irukku....

Correct ah dhaa panren nenaikuren...aana max 25 to 30 sec mela panna elbow valikkuthu...adhunaala niruthidren

Sarvangsan

Lower body weight upper body ah vida adhigama irukkarthaala...first few days romba kastamaa irundhuchu...idhuku munnadi ellam apdi irundhadhu illa...ippo one two years ah dhaa apdi aayiduchu...so first three days kastama irundhuchu...but 4th 5th day la irundhu full straight ah thooka mudinjathu...body light weight ah teriya aarambichathu

Eppavum sarvangasan pannumbothu enakku number enrathula enam irukku evlo sec nikkurom apdingrathula gavanam irukkum thavara ithana varushathula oru naalum moochi pathi yosichathe illa..

Edharchiya 3 , 4 days munnadi breath pannen nidhanamaa kizha irundhu abdomen ku kaathu poi fill aagum...apdiye adhu pin shape la exhale aaguthu...neat ah rhythmic ah breath panna mudiyaathu...romba neram hold panni posture la irukka mudiyaathu...en range ku romba neram apdinna 60 to 75 sec

Artha Halasana

Adha first day la irundha easy ah dhaa panren enna artha halasana illa...aana 4th 5th day la irundhe..full halasana ku prepare pannika paathen...konja konjamaa kaal back ku push panna paakuren...ippothaya nelamaiku oru 1.5 inch gap irukkum nenaikuren

Morai la irundha pothu ground padum but naa thappu panniten nenaikuren...ground pada vekkanum apdingrathukaaga ...body straight ah illama kovuthuduvuven nenaikuren...back straight ah vechaa avlo easy ah kal padamaatendhu...

Idhu mudinja udane..

Gomukasana

Matseyndra

Anandabalasana

Utstrana

Panren..ustrasana nee solratha pudicittu adhe madhir panren....midhi enna prechana enakke teriyuthu...indha gomuka oralavukku ozhunga panren..buttocks and thigh ozhunga shape la irundhaa innum neat ah irukkum nenaikuren..

Idhu pannitu savasana la 3min irukken..

Idha ellam seyyumbothu kudave music kekkuren...adhu sariyaa thappa apdinnum enakku terila..

Enna progress apdinnu ketta

Manasalavula I am very very clean ,organized and theliva irukken...

Physically road la nadakkumbothu oru ozhunga rhythm unnaren...istathuku aadrathu illa...road la nadakkumbothu awareness adhigamaa irukku...main ah class la kathi kathi energy waste

pannama...nalla voice odave neat ah pesuren...stable ah pesiren...voice manly ah unnaren..and theva illathathu neraya solren apdinna naane last moment la push panra nelamaikku poiduven...aana indha vaati teliva half an hour munnadiye mudichen..Saapdubothu...tempting ah irundhaalum correct ah edhu thevayo adhu saapudren..nidhanam irukku...aana ippavum norukki theeni kedachaa purinjaalum konjam control illama sapudren...aana kalaila nerathula adhu mela ennam porathu illa...physically shape la periya change sollumudiyaathu ...but visible upper half la oru shape teriyuthu...chest adhukizha rendu pakkamum bone teriyura madhir narrow down aagi irukku...vayir paguthu ellam apdiye dhaa irukku...thigh oru naal light ah irukku oru naal heavy ah irukku..odambum apdidhaa maari maari irukku...mothathula time management panren..nenachatha seiren...chinna chinna vishayam apparam paathukalam apparam eduthu vechikalaam illama...ellam correct appothaiku appave eduthu vekkuren...

Soothu...soothu saarntha thathuva paadalgal...porambokku...thamizh thodapakattaigal...nadhaari..idhellam dhaa naa use panra ketta varthaigal...adhellam thavirthutaa Vinodh Vinodh ah irukka maataan...adhunaal intentional aave sila velaya seiren...aana manasula andha bad words...kovam ..veruppu...idhellam edhuvum vechikaaama irukka paakuren..

Aana enakku edhu sollikudaathulum ovvoru point romba millions of dollars madhipannaatha nenachi bavichi seiven...pannumbothe andha words ah en mind la oda vittu pannuven...