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Opening Prayer

योगेन चित्तस्य पदेन वाचां ।
मलं शरीरस्य च वैद्यकेन ॥
योऽपाकरोत्तमं प्रवरं मुनीनां
पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥

Yogena Cittasya Padena Vaacaam
Malam Shariirasya Ca Vaidyakena
Yopaakarottamam Pravaram Muniinaam
Patanjalim Praan.jalir-Aanatosmi

Yoga to purify the mind and consciousness,
grammar to purify the speech, medicines to
remove impurity from the body. Let me go to
who has given these things to us, let me bow
down with folded hands to Lord Patanjali.

PLEASE NOTE

To start yoga practice you must consider your current health and wellness status.

Before beginning yoga practice consult to your doctor or experienced yoga teacher if you are not sure about it or have any illness.

This Yoga series is not a substitute to prescription, diagnosis, physiotherapy, surgery or any medical treatment.

While having any sickness feeling or unwell feeling never do yoga asana. Consulting a doctor is the best option at that time.

Benefits of this yoga are assumed on heard or read in different old and recent scriptures. Benefits might or might not be as assumed.

To obtain a fruitful result you might combine several changes to your schedule and behavior like eating, sleeping, waking up, practicing etc.

By practicing this series you are self responsible for any harm or benefit.

About

Sanjivani is the name of this yoga series which is named after Sanjivani herb.

Meaning of Sanjivani – Sanjivani is a Sanskrit word which means something with which life is attached, or something with which life is together with. So the Sanjivaji herb is found in the valleys of Himalayas. This is said to be life saving herb. Hindu Scripture says that, lord Rama used Sanjivani herb to revive his young brothers life from death trap. From there this series has been named as Sanjivani. Because a healthy yoga practice can be proved life saving as well as life enhancing, in every aspect of life Physically, mentally and spiritually.

If you look at herbal medicines you will find that they are less processed and much authentic and natural until they are consumed. Same way this series is also authentic in the sense of structure, formation and some new modification of asana poses. Sanjivani series is also natural like herbal medicine because of its simplicity, easiness and sequencing and duration.

As the Sanjivani herb is a life saving herb similarly this approximately 30* minute authentic series can be healthy body with a flexible spine producing. This series works holistically on the whole body keeping the emphasis on the spine.



Introduction Sanjivani Sequence

Theme pose of Sanjivani series- Sanjivani is the 1st series of cat pose theme. In Sanskrit its is called Marjari asana. Since it is a moving pose, so I call it Marjari Kriya yoga. Kriya is a also a Sanskrit language word, which means action, it can also be defined as process.

Marjari Kriya theme – as we observe and see that cats have one of the most flexible spine, in the animals which live around us. And because of the flexibility of spine they are able to skill themselves to be able to do specular actions and make themselves able to survive. When you obverse a cat you will also see how it keeps its spine flexible and healthy by giving its spine different move and stretches in all directions. Thus this series has been themed after cats flexibility.

Relating of Cat with Sanjivani – if you think of a herb there appears no relation between both isn't it? Let me explain it to you, as herbs are taken from plant, here the knowledge and inspiration has been taken from the cat

The knowledge is the herb here, and consuming the same information and adopting the knowledge, can be life enhancing. Because yoga is medicine to achieve and sustain a healthy body, mind and soul. Thus yoga become not only life saving but it is a life enhancing higher remedy.

By stating this I don't mean one should not have the information. I only mean it has to be simple, accessible and adoptable.

What makes this series special ? - There are few points which can make Sanjivani a special series. So let's know it one by one :

The **asana** : in this series asana's have been arranged in a way that they will give all types of moves to the spine, and give workout to the whole body as well. Secondly In Sanjivani series asana's have been simplified to suit everyone.

Authenticity : this is an authentic series and one of its kind. In this series a perfect blend of asana, time, sequencing and easy instruction which makes it a unique and authentic series.

Confined structure and sequencing : a well structured asana practice means, a medicine, prepared proportionately by the doctor to obtain the right effect and the best result. This series is in the combination of workout-relaxation and awareness. In this series I have arranged yoga poses in a structured sequence with flow, easy cyclic pattern, which makes it easy to remember and practice. And after few days one will recall asana by itself as you move one pose to another.

Time : all we need is holistic yoga practice, which is beneficial and experiential. On top of it, if it can fit in daily schedule nothing like it. The approximate time to practice Sanjivani is 30* min.

Each pose has been suggested a minimum count, by following that one can get sufficient workout in your daily practice. As the nature of this series -**it can prove to be addictive** and it will encourage you to expend your yoga practice and learning. In the beginning until the flow gets register you might need little more time. Once you remember the flow the time will reduce to 30-40 minutes.

Sort and Easy Instruction : many module which have exaggerated or way too much instruction and way too much correction instruction, mind gets stuck with the instructions.

So for this series instructions have been made short and easy. Because once body starts gets going and starts moving one gets own instructions from within to improve its pose accordingly. And it will enhance your capacity to analyze your asana yourself and it will lead to great awareness.



General instructions

- To practice yoga, morning is after getting fresh and active.
- To improve and have much benefits from your practice you can do morning and evening. Specially this series can be practice twice due to its small schedule.
- To practice yoga its better to wear comfortable cloths.
- While practicing asana, be aware and listen to your body, and have patience to master any asana by practicing everyday your practicing will improve itself.
- Asana in the book are shown as complete as possible according to model capacity. But everyone has its own limitations so use prop and support if you need to, to complete the pose and to get the maximum out from your practice. On the same time do not over tense your body.
- Any time during the practice if sickness or uneasiness is felt, immediately stop the practice and take appropriate action to cure it.
- It is best do yoga empty stomach or 4-5 hours after the meals.
- And after yoga do not consume any cold beverages.
- Do not take shower after yoga at least 90 minutes if possible
- In this series keep your normal breathing flow throughout the practice. This means breath as your body allows in the pose and do not overstretch inhalation and exhalation.

+

Description of
Asana
in the series

Warm- up Asana

Marjari Kriya : Cat Breathing



Step 1

Step 2

This pose is the theme pose. I like to call it Marjari kriya because it is not a still asana. And throughout this practice we are going to practice this kriya.

To practice this, come in to the table top position, Keep both knees at hip distance. Hands should come in the line of your shoulders.

Step 1: Exhale and raise your spine towards ceiling, making an arch in your spine. Bring your chin close to collar bones and if possible touch your chin to your collar bones. Push your hips towards belly simultaneously pull your belly in.

Step 2: While inhaling raise your face toward ceiling, push your belly towards floor. Move your hips outwards and upward as showed in the picture.

To finfish : To finish this asana, inhale and bring your torso parallel to the ground come to the table top position.

Benefit

Gives flexibility to spine.

Internal organs are energized.

Help to relieve menstruation problems.

Helpful in low back pain.

Helpful in acidity and constipation .

Tones the stomach and hip.

Releases stress.

Revitalizes reproductive organs.

brings the sense of synchronicity with breath and body.

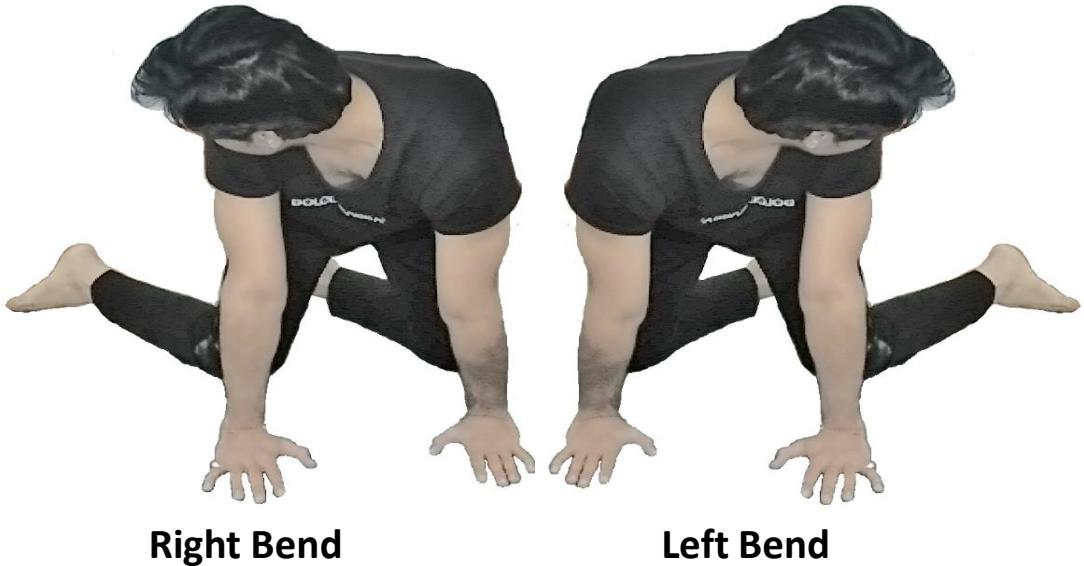
Avoid doing this practice in case you have shoulder knee and ankle injury or any other severe sickness or any other injury in the spine.

Repetition: 10 rounds.

Breathing : 10 synchronized breath.



Paarsv Marjari Kriya: Lateral Movement



Right Bend

Left Bend

Step 1: from the table top position, with exhalation turn your torso and feet towards your right side, and with inhalation bring your torso to the center.

Step 2 with exhalation turn your torso and feet towards left. this makes one round of paarsva Marjari kriya.

To finfish : To finish this pose inhale and bring your torso to the center and parallel to the ground. Come in to table top position.

Benefit

This Kriya will give lateral flexibility to your spine.

Good for kidneys and pancreas .

internal organs are energized.

Tones the waist.

Reduced fat from the side waist.

Strengthens neck muscles.

Avoid this in case you have any injury in your neck shoulder knees, spine or any other severe sickness. People who have kidney stone must be careful.

Repetition : 10 rounds

Breathing : 10 synchronized exhalation each side

+

Parivratt Marjari Kriya: Rotational Movement



Right twist



Left twist

Position 1: from the table top position bend your left elbow put it on the ground, keep the right arm straight and twist your torso, same time turn your face towards right towards ceiling

Position 2: with inhalation turn your torso and neck back to center, straighten your left arm, come into table top position. And practice the same pose left side.

To finfish : To finish this pose inhale and bring your torso to the center and parallel to the ground. Come in to table top position.

Benefit

Give rotational flexibility and movement to spine.
Good for kidneys and pancreas.
Strengthens muscles.
Strengthens and gives mobility to scapulae.

Avoid this in case you have any injury in your neck, elbows, shoulder, knees or any other severe sickness.

Repetition: 10 rounds each side

Breathing : 10 synchronized exhalation each side



Neck Exercise



Face turned Right



Left turned turn

To practice this pose come to the table top position. Inhale in the neutral position(face towards ground), then with Exhalations turn your face to the right as much as possible and with inhalation bring your face down to neutral position. inhale turn your face towards left, exhale bring your face back to neutral position

Benefit

This movement strengthens the neck muscles.

Repetition: 10 rounds.

Breathing : 10 synchronized exhalation each side.

+

Main Asana

Saral Veerbhadra : Easy Warrior Pose



To practice this, from the table top position bring your right leg in between your palm, and stretch your left leg backward. Raise your both hands up, give a upward pull to your torso as shown in the photo. Press your premium and hips downward. Press your head backward bring your face toward the ceiling. You can keep your toes tucked or you can let your feet flat on the ground. Foot tucked in or flatten on the ground both action will bring change in balancing sense.

Benefit

Stretches and gives flexibility to perineum.

Gives flexibility to hamstring.

Helps in reducing low back pain.

Strengthens pelvic.

Helpful in sciatic nerve pain.

Strengthens shoulder.

Strengthens knee and ankle

Tones his and thigh.

Brings sense of balance in the body.

Increases your will power.

Avoid in case of knee, shoulder or ankle injury.

Holding time : 5 -7 breath.



Paarsvakonasana: Side Angle Stretch



To practice this pose, from the table top position bring your right leg in between your palms, keep your right foot close to the right palm. Bring the body weight on the right hand right leg. Slowly straighten the left leg. Then raise, stretch and straighten your left arm up across your head. Turn your face up to the ceiling. Keep the knee pulled up of the left leg. Stretch your whole body from fingers to your foot. After completing the asana, bring your left hand on the ground, bring down left knee on the ground and comeback to the table top position of. Follow the same on other side.

Benefit

This pose gives lateral stretch to the body.
Activates the whole body.

Gives flexibility to hamstring.
Strengthens pelvic.
Strengthens neck , arms and shoulders.
Increases stamina.
Reduces fat from waist.
Energizes stomach organs

Avoid incase knee injury or shoulder injury.

Holding time : 5 – 7 breath.

+

Saral Parivratt Paarsvakonasana: Easy Revolved Side Angle Stretch



To practice this pose, from the table top position bring your left leg in between your palms, elbow bring your right elbow of across, over the left leg, turn and twist your torso towards left. Then bring the left palm on top of right palm making it like NAMASTE position. With the elbow keep pressing the left leg opposite direction, as shown in the picture. Keep the right knee on the ground.

After completing the pose left side complete the pose right side. You can also start with right side.

Benefit

This pose brings rotational flexibility in the spine.
Energizes and massages the abdominal organs.

Strengthens the pelvic.
Helpful in relieving low back pain.
Gives mobility to scapulae.
Strengthen shoulders.

Avoid this in case of slip disc, shoulder or knee injury.

Holding time : 10 breath.



Tiryak Trikonasana: Unsupported Triangle Pose



To practice this pose, from the table top position bring your right leg in between your palms, and gently straighten your right and left leg bring your both hands on your waist, bring your torso up, turn to the left. Come to standing position with spread leg. Your right foot should be facing right as shown in the picture. Then raise your hand above your head, interlace your fingers, then bend laterally towards right. Turn your face towards ceiling and keep your both legs straight and knee pulled up in the final position. After completing the pose raise your torso up slowly come back to the center. Then turn the right to the center and turn your left foot outward towards left and practice the pose on the left side

Benefit

This gives lateral flexibility to your spine.

Activates the whole body.

This helpful in scoliosis issues.

Strengthens the shoulder.

Reduces fat from side waist.

Strengthens and tones core muscle.

Energizes stomach organs.

Strengthens knee and legs.

Avoid this if you have serious back issues, shoulder injuries or neck injuries.

Holding time : 5 breath.

+

Vajrasana : Thunderbolt Pose



To practice this pose, from the table top position bring your knees on the ground and keep your both legs together. Tuck in your heals under your buttocks. This pose automatically straightens the spine. But still be aware to keep the spine erect and lower the chin a little. Place your hands on the thighs.

Benefit

Improves digestion, be practiced after having meals.

Helpful in indigestion and constipation.

Strengthens lower back.

Helps relieving low back pain

Calm downs the mind

Avoid if any knee or ankle injury.

Holding time : 5 – 10 breath.

+

Paschimuttanasan: Western Stretch



To practice this pose, stretch your leg forward, with inhalation raise your hands above your head and elongate your torso, then with exhalation bend forward catch your feet or toes. Try to touch your forehead to the knees if possible. Keep your feet active keep your legs straight and knee pulled up. After completing the asana with inhalation slowly raise your torso up, raise your hand upward and with Exhalations bring your hands down on the floor.

Benefit

This asana in elongates the spine.

Brings flexibility in the lumber spine.

Helps relieving low back pain,

Stretches hamstrings.

Helpful in high Blood pressure.

Improve digestion, increase appetite

Massages and energizes abdomen organs.

Avoid this if you have back injury, diarrhea. or asthma, herniated disc .

Holding time : 8 - 10 breath

+

Saral Purvuttanasana : Easy Eastern Stretch



To practice this pose, form western stretch, part your legs hip distance and bend your knees then place your hands on the floor slightly behind your hips, then lean backward bring your body weight on your arms and lift your hips off the floor and bring them parallel to your shoulders. This is reversed table top position. Hands should underneath shoulders. While practicing keep pushing your hips upwards as shown in the photo

Benefit

This pose is counter pose to western stretch.

Strengthens arms, shoulders and pelvic.

Helpful in relieving low back pain.

Tones abdomen, hips and thighs.

Avoid if hand and shoulder injury or neck injury.

Holding time : 10 normal breath.

+

Saral Ardha Matsyendrasana: Easy Twisting Pose



To practice this pose bring your left foot under the right hip and take your right leg across and over the let leg and place your right foot near to left knee. Place your right hand behind your back, and twist your torso towards right as much as possible. While twisting keep pressing right leg toward your chest and simultaneously turn your face towards right as shows in the photo. After completing the pose right side to repeat the same steps on the left side.

Benefit

This polls gives a rotational of flexibility to spine.
Strengthens ribs and lungs.
Softly messages heart.
Strengthens and gives mobility to neck scapulae and shoulder.

Massages internal organ in the belly.
Helps relieving back pain.
Revitalizes reproductive organs.
Increases digestive juices in the stomach
Helpful for diabetic people.
Relaxes the mind

Avoid incase of heart surgery, low back injury , peptic ulcer, hernia.

Holding time : 10 breath

+

Gaumukhasana : Cow Head Pose



To practice this pose bring your left foot under the right hip and take your right leg over left leg and place over left leg. And try to bring right knee above left knee if possible. Left foot close to right hip and right foot close to left hip. Then raise your left arm bring it behind your head and bend it downward on your back. Then take the right hand from down to up behind on your back, and let the fingers of both hands catch each other. Keep your neck straight and chin a little down. After completing right side practice the same on the left side

Benefit

Helps elongating spine.

helps reducing stiffness in the shoulders and upper back,
helps in sciatica pain.

This is also good and hydrocele problem for men.

This also stretches and tones the hip muscles.

Revitalizes reproductive organs.

Beneficial in rheumatism.

Relaxes the mind.

Avoid this if you have any shoulder, knee injury.

Holding time : 7 - 10 breath.



Aseem Paschim Bhujattanasa : Sitting Western Arm Stretch



To practice this pose bring your feet together close to the perineum, like butterfly pose. Take your arms behind your back, interlock your fingers, with exhalation bend forward, bring your chin down on the floor. If chin is not possible then rest your forehead on the ground. Stretch your arms forward as much as possible. After completing the pose With inhalation slowly lower your arms and raise your torso up.

Benefit

Give flexibility in the shoulders.
Extends the spine and makes spine flexible.
helpful in relieving low back pain

Stabilizes and adjusts the pelvic.
Gives mobility to the caller bone and scapulae and strengthens them.
Stretches and strengthens the Perineum.
Revitalizes sexual organs.
Stretches an opens hamstring.
Helpful for woman related to menstruation issues.

Avoid in case of shoulder, knee or low back injury.

Holding time : 10 breath



Aseen Paarsvokonasana: Sitting Side Angle pose



To practice this pose bring your feet in front of each other as shown in the picture, keep the feet forward on the side you're going to bend. If you are bending left side then keep the left feet forward. Bring left arm from elbow to fingers on the ground, raise your right arm and bend over the left side, turn your face towards ceiling. After completing the pose with exhalation bring your right arm down bring your torso to the center and repeat the same posture other side

Benefit

Gives lateral flexibility to the spine.

Strengthens the neck muscle.

Strengthens the lungs, arms and shoulder.

Strengthens pelvic joints.

Reduces fat from side waist.

Avoided in case you have any low back, shoulder or elbow injury

Holding time : 10 breath.

+

Ashtang Namaaskaar: 8 Limbs Salutation



To practice this from calm down from the tabletop position bring your chest on the floor between your palms. Bring your chin. Keep your hip raised towards the ceiling. Keep your arms close to your body.

you can keep your knees and feet together while practicing this asana individually. But in the sequence of cat salutation keep knee and feet apart..

Benefit

Simulates and energizes the thoracic region.

Beneficial in cervical problems.

Gives flexibility to upper back region

Gives mobility two scapulae and collarbone

Avoid practicing this pose if you have any shoulder injury, or any injury related to these joints.

Breathing : Synchronized 10 exhalation in cat salutation.



Urdvha Bhujangasana: Upward Bhujangasana



To practice this pose, bring your front body on the floor bring your hands near your ribs with inhalation push your upper body upward, push your head back word bring your face. Keep your toes tucked in.

This pose is one of the cat salutation pose its modification of Bhujangasana. While practicing this pose in cat salutation this pose maintains flow and have deeper effect on the body.

Benefit

Relieves neck and low back pain.

Gives flexibility to middle and upper back.

Helpful in cervical problems.

Activates the thoracic region.

Strengthens arms and shoulders

Helpful in respiratory disorder
Good for asthmatic people.
Helpful in sciatica pain.
Helpful relieving constipation and indigestion.
Helpful in menstrual problem.
Strengthens core muscle, tones the hips.

Avoid in case recent back injury or surgery, pregnant women shouldn't practice this asana, people suffering from hernia

Breathing : 10 synchronized inhalation in cat salutation

+

Bhujangasana : Cobra Pose



To practice this pose, from the table top position bring your chest on the floor and stretch your legs out and lie down in prone position. Keep your hands underneath your shoulders, then gently push your face and chest upwards, keep your belly on the floor keep your legs together squeeze your but buttocks. Keep your arms close to your body and Keep your knees pulled up. After completing the pose bring your chin and chest on the ground. Bring your hands under your chin and relax.

Benefit

Helpful in curing back pain

Gives flexibility to the middle of the spine,

Activates the thoracic region.

Helpful to cure menstruation irregularities.

Also helpful for asthmatic people.

Avoid incase recent back injury or surgery, pregnant women shouldn't practice this asana, people suffering rom hernia

Holding time : 5- 7 breath.

+

Parvatasana : Mountain Pose



To practice this pose, from prone position come to the table top position and then straighten your both legs, keep your feet together. Bring your chin close to the collarbone and keep your palm and feet pressing into the ground. Touch your heals to the ground. Lengthen your spine. Do not squeeze your shoulders. Let your belly suck in.

Benefit

- Activates whole body.
- Makes lumber spine flexible.
- Strengthens the arms, shoulder, and legs
- Lengthens spine and hamstrings.
- Increases blood flow to the brain.
- Helpful in weight loss.
- Relieves fatigue and lethargy.

Avoid this if you have wrist, shoulder, ankle injuries or severe eye illness, heart diseases.

Holding time : 10 breath.

+

Saral Adhomukha Svansasana: Easy Downdog



This is one of the poses of Cat salutation, to practice this pose from Urdhva Bhujangasana (upward cobra) pose, raise your buttock up towards the ceiling, keep pressing your palms pressing into the ground, simultaneously keep pressing your toes into the ground, keep your heels off the ground. Bring your chin close to the collarbone as if you're watching your belly.

Benefit

Much benefits as **Parvatasana**

By keeping knees bent gives extra straightening to lower back.

By Raising heels gives brings flexibility to the ankles

Precautions as Parvatasana

Breathing: 1 synchronized exhalation

+

Dhanurasana : Bow Pose



To practice this pose, from prone position bend your knees, catch right ankle with right hand, catch left ankle with left hand. Then with the inhalation raise your chest and head up. Try to pull your upper body backwards with the help of both legs. Pull both legs backwards. After completing the pose return to the prone position.

Benefit

This pose gives flexibility to the whole spine,

Improves digestion.

Relives low back pain.

Activates the thoracic region,

Reduces fat from belly.

Strengthens the shoulders and thighs.

Avoid if shoulder, low back injury, server stomach illness.

Holding time : 5- 7 breath.

+

Apanasana : Knee To Chest Pose



To practice this pose lie down in supine pose, on the back. With inhalation Bring your legs together then bring your knee close to your chest and hold them with both hand. With exhalation press your knees towards your chest. While pressing your knees towards the chest, hips will be off the ground this will give required pressure on stomach.

Benefit

This pose releases the wind stuck in the stomach.

Improves digestion system.

Relieves low back pain and relaxes tension from lower back.

This posture expands the inhalation

Improve digestion, energizes internal organs.

Helpful reliving sciatica pain.

Any severe stomach illness, diarrhea.

Holding time : 10 normal breath.

+

Eka Pada Uttanapdasana: One Leg Raising Asana



To practice this pose lie down on your back, keep your hands by the side of your hips, with inhalation raise your right leg up, with exhalation bring your right leg down. When reached in final posture push your heel up and press your toes downward. Keep the other foot straight which is on the ground. Do no hurry in the raising and lowering down your leg. After completing one side to repeat the same action on the other side.

Benefit

Strengthens the lower back. relieves back pain

Helps relieving sciatic pain.

Tones and trains core muscles

Helps reducing fat,

Strengthens the lungs.

Avoid this in case you have and lower back or knee injury.

Repetition : Raise each leg 5 times

+

Uttanapadasna: Both Leg Raise Pose



To practice this pose, lie down on your back, take your hands above your head as shown in the picture, palm facing to the ceiling, keep your legs together, with inhalation raise your both legs bring it vertical to the ground. In the final position keep your feet straight an active, press your heels up and toes down. Do not hurry while lifting or lowering down your legs.

Benefit

Strengthens, trains and tones the core muscle.

Reduces fat from belly.

Helps in relieving back pain;

Strengthens the lower back and pelvic muscles,

Strengthens internal organs, strengthens the lungs.

Avoid if there is any recent abdominal surgery or major injury in the lower back.

Repetition : Raise both leg together 5 times

+

Hanuvaksham Asana: Chin To Chest Pose



To practice this pose lie down on your back, interlaced your fingers, place them behind your head, then press your head forward and bring your chin close to the collar bone if possible touch your chin to your collarbone, as in Jalandhar Bandha a. Simultaneously stretch your toes outward as shown in the photo. Keep your knees pulled up and hip squeezed. After completing the pose, inhale and bring your head down on the ground then release the hands.

Benefit

Activates the thyroid gland'

Helpful for thyroid patient.

Strengthens the lungs and diaphragm.

Benefits of Jalandhar Bandha.

Avoid it in case of cervical and throat problems.

Holding time : 10 breath



Saral Matsyasana: Easy Fish Pose



To practice this pose, lie down on your back, bend your knees and bring your feet close to hips. Then place your hand under your hips, and lift your torso off the ground, bring your body weight on your elbows. And place your crown of the head on the ground. After completing the pose slide out your hands and head, and bring your torso in the ground. Keep your feet together and push your chest towards ceiling when final position.

Benefit

Helpful for cervical problems.

Helpful for asthmatic people.

Strengthens lungs.

Gives flexibility to upper back

Strengthens the shoulder blade and collarbone region.

Avoid if injury in neck, shoulder, wrist or elbow. People with Vertigo symptoms, high BP should avoid.

Holding time : 8 - 10 breath

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Supta Katicharasna: Sleeping Wait Rotation



To practice this pose lie down on your back, spread your arms both side. By twisting your torso, bend your knees towards right, with exhalation. keep your feet and knees together. Then turn your face towards left. Be aware that your spine is not bent towards right. Keep you're his in line of your spine. keep left shoulder on the ground to achieve maximum spinal twist. After completing the pose bring your knees up to the center and repeat the same to the other side.

Benefit

Gives rotational flexibility to spine.

Remove stiffness fro upper back neck and shoulders.

Helpful for diabetic people.

Strengthens lungs.

Help relieving back pain.

Improves digestion.

Massages internal organs and energizes them.

Avoid if injury in neck, shoulder, wrist or elbow. People with Vertigo symptoms, high BP should avoid.

Breathing: 8 - 10 breath.

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Ardha Sirsasana : Half Head Stand



To practice this pose, from table top position bring your elbows on the ground, and keep finer to elbow distance between both arms. Then interlace your fingers, and place your crown of the head on the ground in-between your interlaced hands. With inhalation slowly walk towards your face until your hips come in in the line of your head or until your body balance allows you. Initially You may keep your knee bent if it is too difficult to maintain balance with straighten legs. After completing the pose with exhalation bring your knee on the ground and rest in **Marjari Suptasana** or in childs pose.

Benefit

This pose strengthens the neck.
Strengthens shoulders and arms.
Increases blood flow to the brain.

Rejuvenates glands and nervous system.

Improves reproductive system.

Improves memory and concentration.

Helpful in reducing depression.

Beneficial for hemorrhoid patients.

By keeping the legs straight it works on hamstrings and strengthens thighs and ankles.

Avoid this if neck injury shoulder injury, or any sickness symptoms.

Breathing: 10 breath.



Relaxing Asana

Marjari sthitih : Table Top Position



Table top is the neutral position, we will be using this position to change from one pose to another.

In this pose keep hand under your shoulder and knees in the line of your hips and face towards floor.

Vandana Sthitih : Prayer Position



To practice this pose, kneel down on the ground, keep legs together. Adjust your feet to bring your heels upward and bring your buttocks on your heals and sit on them bring your palms together in Namaste position and close your eyes.

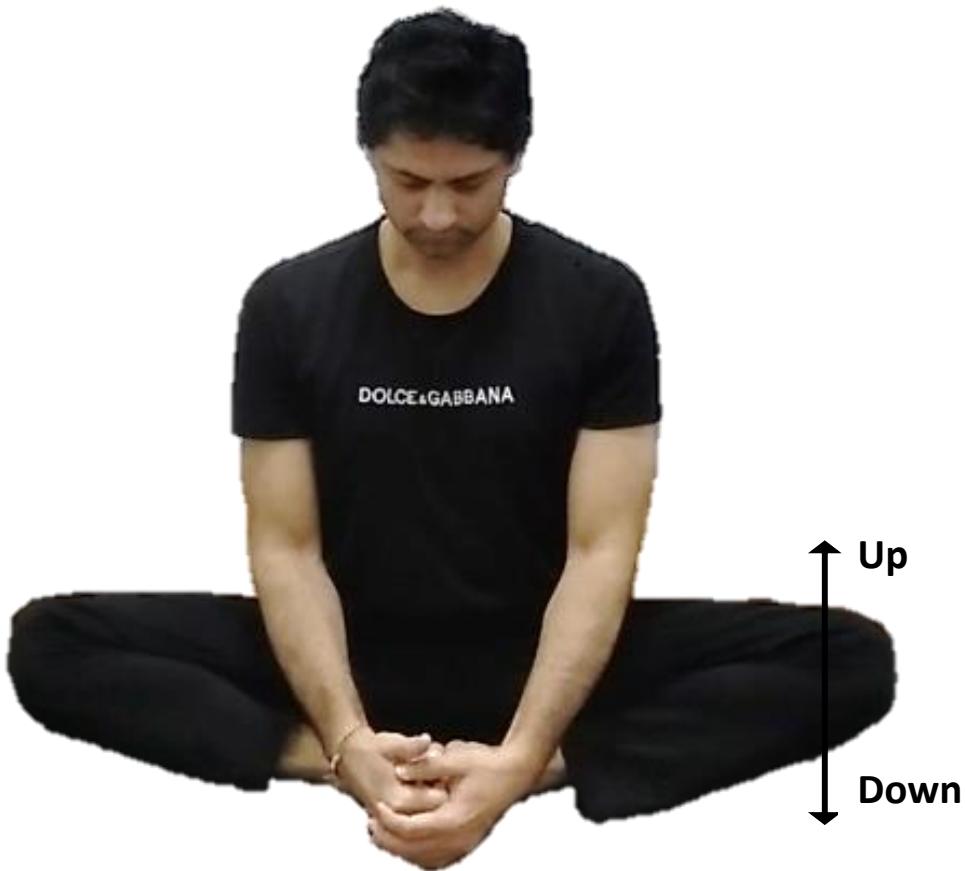
Benefit

- Calm down the mind.
- Brings a feeling of gratitude.
- Brings spiritual sense to the mind.

Avoid if knee or ankle injury .

Holding time : as long as prayer goes on or 10-15 breath.

Titali Asana : Butter Fly Pose



To practice this pose, sit on the ground, bring your feet together. Hold your feet with your hands with interlaced fingers. Keep your heels as close to your perineum as possible. And move your both knees up and down.

Benefit

Helpful for perineum flexibility and hip opening.

Helpful for menstrual problems.

Helpful for pregnant women.

Revitalizes reproductive organs.

Avoid if knee or pelvic injury.

Repetition : 40 – 50.

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Ukdo Asana: Hen Pose



To practice pose from table top position, walk towards your hands and bring your feet and knee together. Bring your body weight on your feet and your body weight a little forward, and balance maintain balance on your feet. Then wrap your arms around your knees and rest your head on your knees to relax.

Benefit

Improves digestion.

Revitalizes internal and sexual organs.

Relaxes and expands the spine.

Strengthens joints and ankles.

Calms down the mind.

Avoid this if you have any ankle or foot injury.

Holding time : 5 -10 breath.



Pind Ludhakanasan : Rolling Like Ball Pose



Step 1 - To practice this pose, lie down on your back bring your legs together and bring your knees to your chest. Then hug your knees with both arms. With exhalation roll down to left, back to center and roll down to right.

Step 2 – keeping knee close to your chest with exhalation bring your forehead close to your knee and roll up. While rolling down inhale.

Benefit

This pose relieves tension from the mind and back.

Activates whole back.

Helps relieving low back pain.

Gives a soft pressure to whole back as massaging.

Avoid if knee, hand, elbow or low back injury

Repetition : 5 to 7 each step.



Aseen Vishramasna: Sitting Relaxing Pose



This is a relaxing pose, everybody sit in this posture now or then . In this pose keep your knees closer to the hips, at a distance where you feel comfortable. Wrap your arms around your knees and rest your head on the knee.

Benefit

Calms down and relaxes the mind.

Increases the rate of Exhalation.

Helps in insomnia.

Brings lethargy in the body.

People suffering from depression should avoid this posture.

Breathing: 10 breath.



Shashank Asana : Rabbit Pose



To practice this pose from table top position, bring your forehead down on the ground and stretch your arms forward on the floor. To make this pose more relaxing keep your knees apart.

Benefit

This pose lengthens and relaxes the spine.
Relives low back pain'
Increases the blood flow to the forehead.
Helps relieving sciatic pain.
Revitalizes sexual organs.
By keeping knee apart it flexibility to perineum.

Avoid if any injury in the knee, ankle

Holding time : 10 breath.



Marjari Suptasana 1: Cat Sleeping Pose 1



To practice this pose, sit on your knees, keep your knees apart, with exhalation bend forward bring your elbows on the ground, bring your hands together placing them on each other. Then place your chin on your hand, as shown in the picture. After completing the pose lift your chin off the hands, come up to the table top position or **Vajrasana** by lifting your torso up by pressing your hands in the ground.

Benefit

This pose helpful in relieving low back pain.
Calm downs the mind.

Avoid if hand, neck, ankle or shoulder injury.

Breathing: 10 breath.

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Marjari Suptasana 2 - Cat Sleeping Pose 2



To practice this pose, from table top position, with exhalation bring your right arm then left arm on the ground. then One by one slide your hands under your perineum and hips. Place your shoulders and face on the ground to rest. You can change your face other side after sometime to balance the neck stretch both side.

Benefit

This pose helpful in relieving low back pain.
Calm downs the mind.
Brings lethargy in the body.

Avoid if hand, neck, ankle or shoulder injury.

Holding time : 10 breath.

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Sanjivani Sequence



Vandana Sthitih

Start with prayer pose,
chant prayer or stay
there for 10-15 breath



Shashank Asana

After prayer position
bend forward to come in
rabbit pose, stay there for
8 -10 breath



Marjari Kriya

From the previous pose,
come to the table top
position, and complete 10
rounds of Marjari kriya.



Paarsv Marjari Kriya

After previous pose
complete 10 rounds of
Paarsv marjari kriya



Parivratt Marjari Kriya

After previous pose complete 10 rounds of Parivrat Marjari Kriya



Shashank Asana

After previous position bend forward to come in rabbit pose, stay there 8 - 10 for breath for relaxation

Marjari Salutation 8-10 Rounds



1 Inhale

2 Exhale

3 Inhale

4 Exhale



5 Inhale



6 Exhale



7 Inhale



Relax After
10 rounds

Asana



After completing Marjari salutation and relaxation come to cat position and repeat 2 rounds of cat breathing



Saral veerbhadra

From the previous position, bring your right foot in between your hands and come to Saral warrior pose and stay 5 - 7 breath, come back to table top position and repeat the pose left side



After the previous pose complete 2 times marjari kriya



Paarsvakonasana:

After previous position, bring your right foot between your hand and complete the Paarsvkonasana, stay 5 -7 breath, then return to table top position and repeat the pose on left side



After the previous pose complete 2 times marjari kriya



Saral Parivratt
Paarsvakonasana

From the previous position, bring your right foot in between your hands and come to Saral Parivratt Paarsvakonasana pose and stay 5 - 7 breath, come back to table top position and repeat the pose left side



After the previous pose repeat times marjari kriya



Tiryak trikonasana

From the previous position, bring your right foot in between your hands and come up to sanding position and complete Nirlambha trikonasana right and left side stay 5 breath each side. Then turn to right and bring your hands on the ground to come back to table top position and proceed further



After the previous pose repeat 2 times marjari kriya



Vajrasana

After previous position come to Vajrasana position, sit on your heals stay there for 10 breath



Paschimottanasana

After previous position straighten your feet forward and complete Paschimottanasana, stay in the position for 8 - 10 breath



Saral Purvottanasana

After previous position bend your knee, place your hands behind, and complete the Saral Purvottanasana stay there for 8 - 10 breath.



Aseen vishramasna

After previous position bring your hips on the ground and hug your knees and rest your head on your knees. Stay there for 8 -10 breath



Saral ardha matsyendrasana

After previous position, come to the saral ardha matsyendrasana stay in the pose 10 after completing the pose right side, perform COW HEAD POSE (next pose) right side stay in the pose 8 - 10 breath. Then change the leg and repeat both pose on left side.



After doing saral ardhamatsyendasana do the gaumukhasana with same side then complete the bot pose other side.

Gumukhasana



After previous position bring your feet together to come into butterfly pose. Repeat butterfly move 40-50 time

Titali asan



Aseen Paschim bhujattanasa

After previous position take your arms behind your back and interlace your finger and bend forward put your head or chin on the ground and stay in the pose for 10 breath



Aseen paarsvokonasana

After previous position bring your torso up, then put your right hand on the ground and bent toward right stay in the pose 5-7 breath



Aseen Vishramasna

After previous position bring your hips on the ground and hug your knees and rest your head on your knees. Stay there for 8 - 10 breath



After completing relaxation come to cat position and repeat 5 rounds of marjari kriya



Bhujangasana

After previous position, bring your body on the ground and come to cobra position and stay in the pose for 5-7 breath



Dhanurasana

After previous position, bend your knees and hold your ankles with both hands and come to Dhanurasana. stay in the pose for 5-7 breath



Parvatasana

After previous position, come to Parvatasana and stay in the pose for 8-10 breath



After previous position come in rabbit pose, stay there for 10 breath for relaxation



After completing relaxation come to cat position and repeat 5 rounds of marjari kriya



Ukdoo Asana

After previous position come to ukdooasana, stay there for 5-7 breath.



Apanasana

After previous position, bring your hips on the ground and lie down on your back and hug your knees to perform Apanasnan. Stay n the pose 5-7 breath.



Eka pada uttanapdasana

After previous position, straighten your both legs on the bround and perfom Eka pada uttanapdasana. Each side 5-7 rounds



Uttanapadasna

After previous position, straighten your both legs on the ground and preform uttanapdasana. 5-7 rounds



savasana

After previous position, straighten your both legs on the ground and rest for 10-15 breath in savasana. **Optional**



Hanuvaksham asna

After previous position, straighten your both bring, them together and hold back of your head and press your chin to wards your collarbone stay in the pose 10 breath.



Saral matsyasana

After previous position, bend your knee, keep your legs together, put your hands under your hips, lift your torso and keep crown of the head on the ground perform Saral matsyasana Stay in the pose 10 breath.



Supta katiccharasna

After previous position, keep your knee together, spread your arms on the ground and twist your body to right and left side. Stay in the pose 10 breath each side.



After previous position, hug your knees and roll over left and right forth and back and come to table top position



From the previous position come to the table top position, and complete 5 rounds of Marjari kriya.



Adrhasirsasana.



Marjari suptasana

From the previous interlace your finger and place your head between your palms and perform Adrhasirsasna. stay in the pose for 10 breath.

After the previous position bring your knee down on the ground sit on your heals and relax in Marjari suptasana for 15-20 breath.



Nech Twisting

After the previous position come to the table top position and turn your neck to right and let side 5 ties each sides.



From the previous position repeat 5 rounds of Marjari kriya.



Marjari suptasana 2

After marjari kriy aslide in both your hands under your legs ret your upper body n the round to rest. As long as you feel or



Vandanasa Sthitih

After relaxing come to the prayer position and conclude the session.

About

This is Pushpender Pandey, 200 and 500 hours certified yoga teacher. Reiki Master and teacher and Pranic healer.

From New Delhi India. Started teaching from 2012 December. Yoga and meditation came to my life quite early but in 2012 yoga has overtaken all other path of my life.

At the age of 9 or 10 year, when a yoga guru came to my school and gave some of his books, his name is unknown to me but a cloudy image of him still visible. He was the first teacher to me, Self practice and learn at school kept my yoga alive even when the vague of energy and karma changed and diverted the pattern and the paths of life.

But after 2012 the storm has settled down and the path is clearer and that is yoga as far as it is visible to me.

This concise book is prepared single handedly with limited resources. The photo quality is not high kindly bear with me. English is not my native language so kindly ignore, the linguistic errors if you find some.

Om Namah Shivay

Om Shanti

Closing Prayer

ॐ सर्वे भवन्तु सुखिनः
सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु
मा कश्चिद्दुःखभाग्भवेत् ।
ॐ शान्तिः शान्तिः शान्तिः ॥

Om Sarve Bhavantu Sukhinah
Sarve Santu Nir-Aamayaah
Sarve Bhadraanni Pashyantu
Maa Kashcid-Duhkha-Bhaag-Bhavet
Om Shaantih Shaantih Shaantih

Om, May All become Happy,
May All be Free from Illness.
May All See what is Auspicious,
May no one Suffer
Om Peace, Peace, Peace