

Surya Namaskara :

1.



Name : Namaskarasana (Pranamasana)
Mantra : OM Mitraya Namaha (Om Hraam)
Concentration : Heart Centre (Anahata)
Breathing : Exhale

2.



Name : Hasta Utthanasana
Mantra : OM Ravaye Namaha (Om Hreem)
Concentration : Neck Centre (Vishuddhi)
Breathing : Inhale



3.



Name : Padahastasana
Mantra : OM Suryaya Namaha (Om Hroom)
Concentration : Root of the spinal column (Swadhishtana)
Breathing : Exhale

4.



Name : Ashwa Sanchalanasana
Mantra : Om Bhanave Namaha (Om Hraim)
Concentration : Eyebrow Centre (Ajna)
Breathing : Inhale

5.



Name : Plank (Body is in straight line)
Mantra : Om Khagaya Namaha (Om Hraum)
Concentration : Neck Centre (Vishuddhi)
Breathing : Retain (Hold)

6.



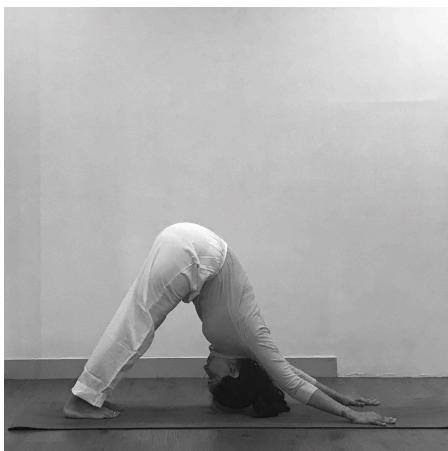
Name : Ashtanga Namaskara
Mantra : Om Pushne Namaha (Om Hrah)
Concentration : Behind Navel (Manipura)
Breathing : Exhale

7.



Name : Bhujangasana
Mantra : Om Hiranyagarbhaya Namaha (Om Hraam)
Concentration : Root of the spinal column (Swadhishtana)
Breathing : Inhale

8.



Name : Parvatasana
Mantra : Om Marichaye Namaha (Om Hreem)
Concentration : Neck Centre (Vishuddhi)
Breathing : Exhale

9.



Name : Ashwa Sanchalanasana
Mantra : Om Adiyaya Namaha (Om Hroom)
Concentration : Eyebrow Centre (Ajna)
Breathing : Inhale

10.



Name : Padahastasana

Mantra : OM Savitre Namaha (Om Hraim)

Concentration : Root of the spinal column (Swadhishtana)

Breathing : Exhale

11.



Name : Hasta Utthanasana

Mantra : Om Arkaya Namaha (Om Hraum)

Concentration : Neck Centre (Vishuddhi)

Breathing : Inhale



12.

Align your mind, body and soul...



Name : Samasthitih

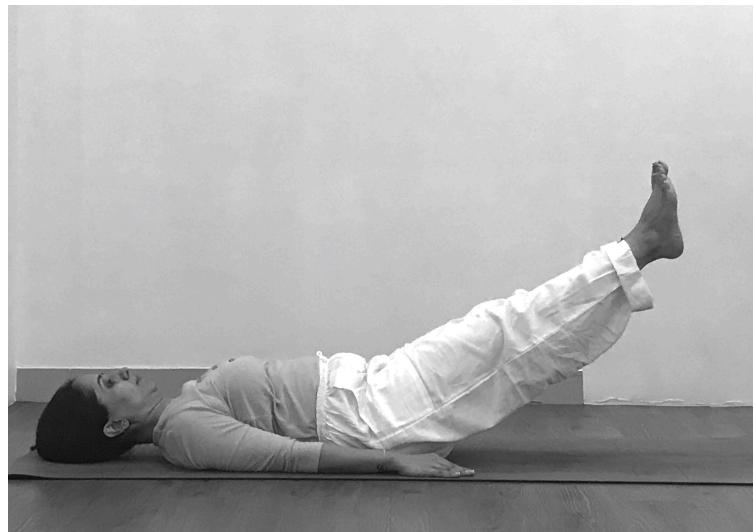
Mantra : Om Bhaskaraya Namaha (Om Hrah)

Concentration : Heart centre (Anahata)

Breathing : Exhale

Asana :

1. Uttanapadasana : (Raised leg Pose)



Sr. No	Benefits	Contra-indications
1	Strengthens digestive system, lower back, pelvic and perineal muscles	High B.P.
2	Tones abdominal muscles & massages organs	Slipped disc
3	Improves flexibility of hamstrings and calf muscles	Sciatica (during pain), knee pain (can do with bent knees)
4	Reduces excess belly fat	Other serious back conditions

2. Pawanamuktasa : (Wind release Pose)



Sr. No	Benefits	Contra-indications
1	Massages abdominal organs, so improves digestion	High B.P.
2	Effective in removing excess Vata(gases) and constipation	Slipped disc
3	Strengthens & releases tension from lower back muscles and spinal nerves	Sciatica (during pain)
4	Useful for menstrual problems and other reproductive issues, as it massages pelvic muscles and reproductive organs	Other serious back conditions

3. Vipareeta Karani Mudra (Inverted gesture)



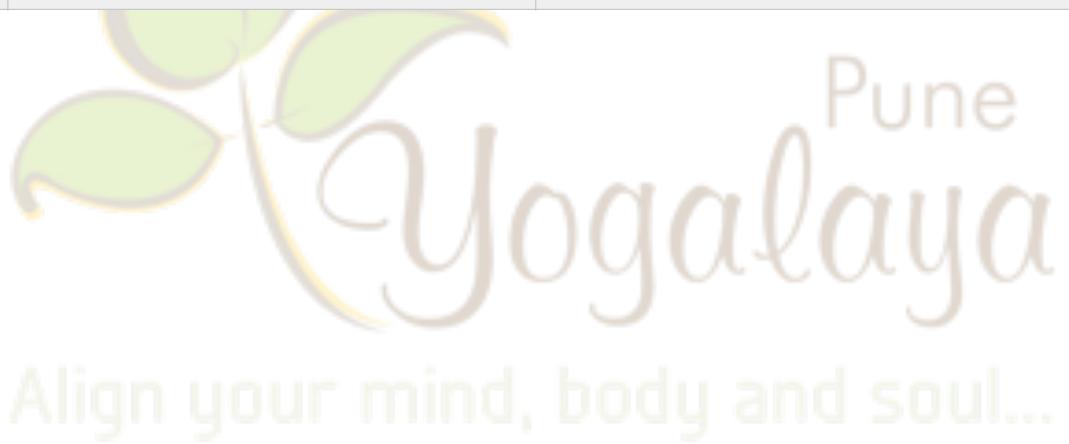
Sr. No	Benefits	Contra-indications
1	Simulates and balances thyroid-parathyroid glands	High B.P., Heart disease
2	Balances flow of energy in Ida and Pingala nadi, so breath flow is equal	Enlarged thyroid
3	Balancing effect helps to prevent disease on physical and mental plane	Excessive toxins in the body
4	Expands awareness	Anaemic and weak people

4. Sarvangasana (Shoulder Stand)



Sr. No	Benefits	Contra-indications
1	Stimulates thyroid & parathyroid glands, good for hypo-thyroidism	Enlarged thyroid, liver and spleen
2	- Balances the circulatory, respiratory, digestive, reproductive, nervous and endocrine systems in the body - improves and balances metabolism of each and every cell in the body	Cervical Spondylitis, slipped disc

Sr. No	Benefits	Contra-indications
3	<ul style="list-style-type: none"> - Tones legs, abdomen and reproductive organs by draining stagnant blood and increasing blood circulation in these areas - Removes Varicose veins pain 	High B.P., other heart conditions
4	<ul style="list-style-type: none"> - Tranquillises mind, relieves mental and emotional stress, as entire blood flow is towards brain due to inverted posture - Relieves mental sluggishness and promotes clear thinking - Stimulates cheerfulness and cure depression 	During Menstruation, pregnancy



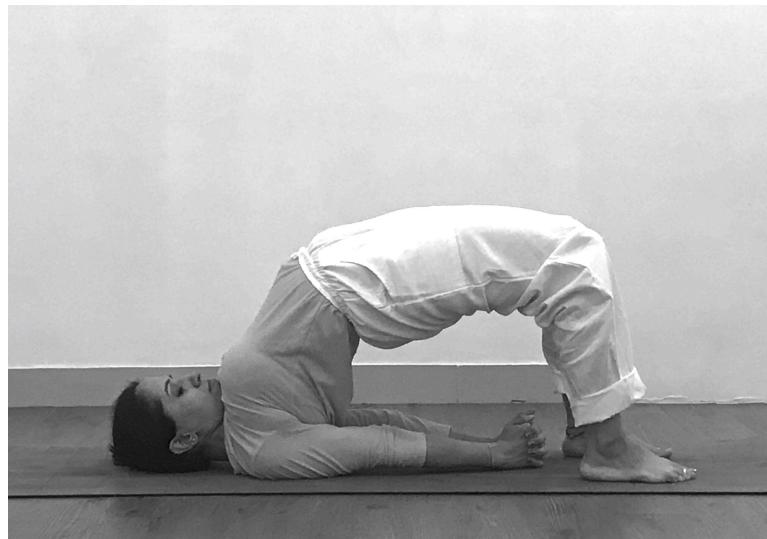
5. Halasana (Plough Pose) Ardha Halasana (Half Plough Pose)



Sr. No	Benefits	Contra-indications
1	Stretches pelvis	Hernia
2	Regulates kidneys, activates intestines	Sciatica or slipped disc
3	removes excess weight	Old people or having infirm lower back
4	Good preparatory pose before attempting Halasana	

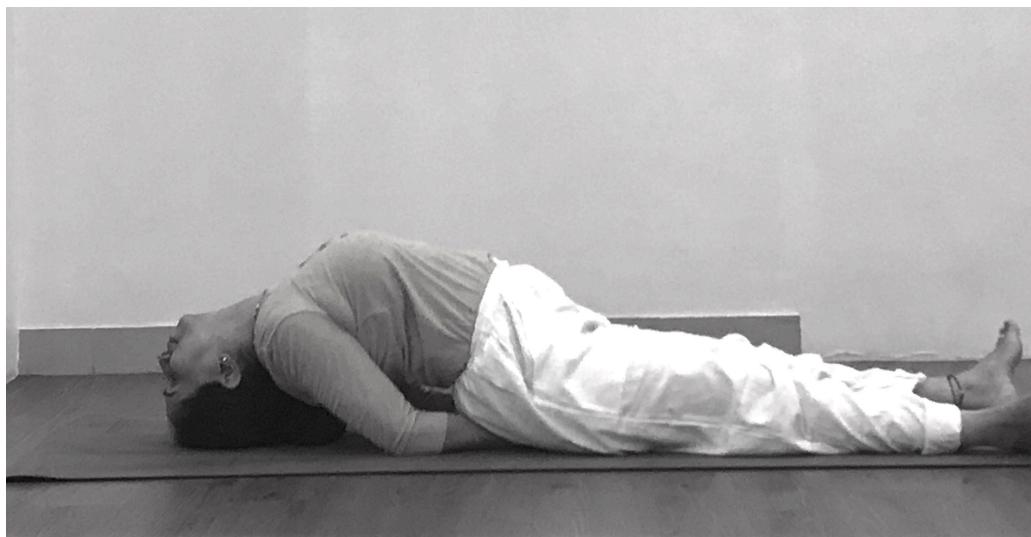
Align your mind, body and soul...

6. Setubandhasana (Bridge Pose)



Sr. No	Benefits	Contra-indications
	Improves flexibility and strength of spine, alleviates lower back pain	Peptic ulcers
	<ul style="list-style-type: none"> - Works on rounded shoulders and hunchback, - Thyroid conditions and asthma 	Abdominal hernia
	<ul style="list-style-type: none"> - Improves digestion by stretching colon and abdominal organs, - Removes toxins from the body as kidneys get good massage and stretch 	Later stages of Pregnancy
	<ul style="list-style-type: none"> - Tones female reproductive system, - Good for women having tendency of miscarriage, menstrual problems 	Acute knee pain

7. Sarala-Matsyasana (Beginner's Fish Pose)



Sr. No	Benefits	Contra-indications
1	<ul style="list-style-type: none">- Removes stiffness from neck and shoulder region,- Good for hunchback people- Regulates thyroid-parathyroid glands and stimulates thymus gland,	Heart diseases
2	<ul style="list-style-type: none">- Stretches abdominal organs,- Removes constipation	Peptic ulcers
3	<ul style="list-style-type: none">- Encourages deep breathing by opening up chest,- Helps to overcome depression,- works on Heart Chakra and Solar Plexus	Hernia
4	Relieves inflamed and bleeding piles	Serious back conditions

8. Dandasana (Staff Pose)



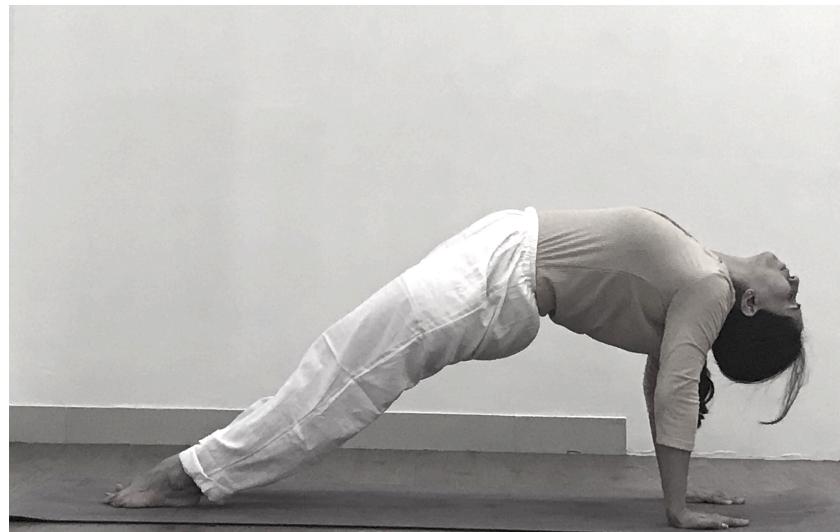
Sr. No	4 Contra-indications
1	Alleviates Knee pain, sciatica as it gives a good stretch to hamstrings and calf muscles
2	Good for varicose veins patients
3	Improves metabolism
4	Natural curve of the spine is restored

9. Paschimottanasana (Sitting Forward Bend)



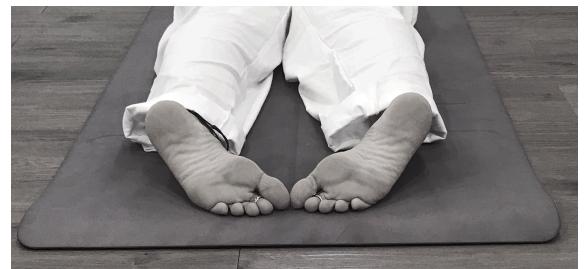
Sr. No	Benefits	Contra-indications
1	<ul style="list-style-type: none"> - Improves digestion as it massages abdominal organs - Reduces excess belly fat by putting pressure on abdomen 	Slipped disc, Sciatica
2	<ul style="list-style-type: none"> - Stretches and relaxes back muscles - Calms and soothes entire nervous system - Opens hamstrings 	Hernia
3	<ul style="list-style-type: none"> - Alleviates constipation - helps to control diabetes 	Vertigo (Do not bend head down)
4	<p>Conscious effort of letting go and ego surrender ship can be achieved through this forward bending asana</p>	High B.P. (Do not bend head down)

10. Purvottanasana (Inclined Plane)



Sr. No	Benefits	Contra-indications
1	Strengthens shoulders, wrists and thighs	Heart Diseases, High B.P
2	- Tones lumbar region, - Good for kidneys	Spondylosis
3	Opens up chest, so induces deep breathing	Hernia, ulcers
4	Improves vigor	Weak Wrists

11. Makarasana (Crocodile Pose)



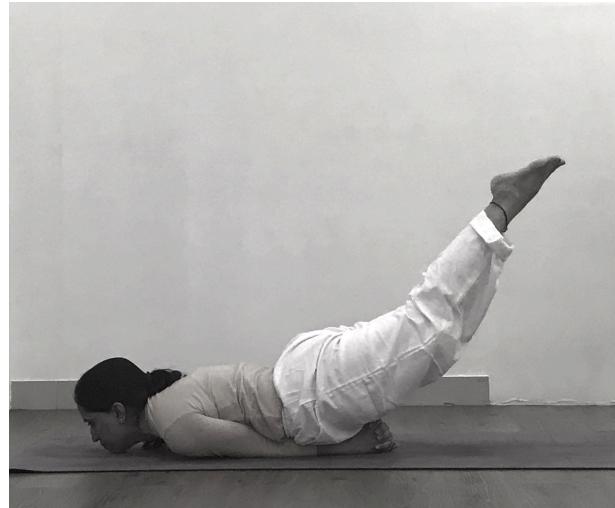
Sr. No	Benefits	Contra-indications
1	<ul style="list-style-type: none">- Relaxes stressed muscles of legs, lower back, shoulder and chest- Good for slipped disc and sciatica pain,	Lower back pain (can do with one leg folded)
2	Good for sluggish bowel movements	Obese people / Excess Vata
3	<ul style="list-style-type: none">- Releases excess Vata (gases)- Works on Manipura Chakra (Solar Plexus)	Neck pain
4	Calms and soothes the mind	

12. Bhujangasana (Cobra Pose)



Sr. No	Benefits	Contra-indications
1	Improves and deepens breathing	Hernia, Ulcers
2	<ul style="list-style-type: none"> - keeps spine supple and healthy by toning back muscles - reduces lower back pain by removing tension from overworked back muscles 	Enlarged thyroid, Cervical Spondylosis (can keep head straight)
3	<ul style="list-style-type: none"> - Tones ovaries, uterus and helps in PCOS - alleviates constipation 	Pregnant Women (can do standing backward bends)
4	<ul style="list-style-type: none"> - Improves self-esteem, vigor, thought clarity - Works on Anahata Chakra (Heart Chakra) 	Heart diseases (can do with the help of Bolster)

13. Shalabhasana (Locust Pose)

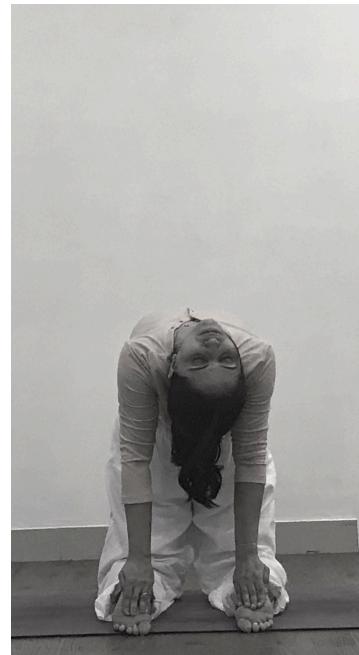


Sr. No	Benefits	Contra-indications
1	Strengthens the muscles of neck, shoulders, arms, abdomen, lower back and legs	Peptic Ulcer
2	- Improves digestion, - Tones liver, pancreas, and kidneys - Relieves constipation	High and Low B.P.

Sr. No	Benefits	Contra-indications
3	Releases tension from pelvic region	Hernia
4	- Develops strong will power by lifting energy levels inertia(Tamas) to harmony(Satva)	Heart patients, cervical problems



14. Ushtrasana (Camel Pose)



Sr. No	Benefits	Contra-indications
1	<ul style="list-style-type: none"> - Stretches throat, chest, stomach and intestines - Good for digestive and reproductive systems - Alleviates constipation 	Severe back ailments
2	<ul style="list-style-type: none"> - Stimulates spinal nerves - Relieves back pain, hunchback and drooping shoulders - Improves overall posture 	High B.P and other heart conditions
3	<ul style="list-style-type: none"> - Regulates thyroid functions - Good for Asthma 	Vertigo
4	Improves mental strength	

15. Shashankasana (Child's Pose)



Sr. No	Benefits	Contra-indications
1	<ul style="list-style-type: none"> - Strengthens and stretches back muscles, - separates individual vertebrae from each other, releasing pressure on the discs - Relieves disc problems and helps positioning of it 	Vertigo
2	Regulates functioning of adrenal glands	Slipped disc
3	<ul style="list-style-type: none"> - Tones pelvic muscles and sciatica nerves - Good for reproductive organs 	Knee and ankle injuries
4	<ul style="list-style-type: none"> - Gives soothing and cooling effect on mind, - Good for people in stress 	

16. Vakrasana (Simple Spinal Twist)



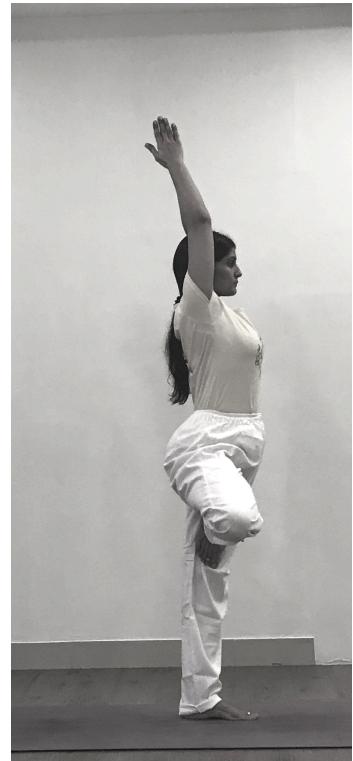
Sr. No	Benefits	Contra-indications
1	Preparatory pose for Ardha Matsyendrasana	Hernia
2	<ul style="list-style-type: none"> - Stimulates digestion - Removes excess toxins from the body - Stimulates ovaries, uterus, very good for PCOS 	Peptic Ulcers
3	<ul style="list-style-type: none"> - Stretches spine, reduces back pain, neck pain and Sciatica - Enhances back posture and hunchback 	Any pain condition
4	Works on Manipura Chakra (Solar plexus)	Cervical issues

17. Tadasana (Mountain Pose)



Sr. No	Benefits	Contra-indications
1	Good for spine strength and flexibility	Anaemic people
2	Develops physical and mental balance	Heart Patients (Do not lift heels up)
3	Good for first 6 months of pregnancy to keep abdominal muscles toned	Vertigo
4	Increases height by stretching muscles and ligaments	Shoulder pain (Hands straight, parallel to the ground)

18. Vrikshasana (Tree Pose)



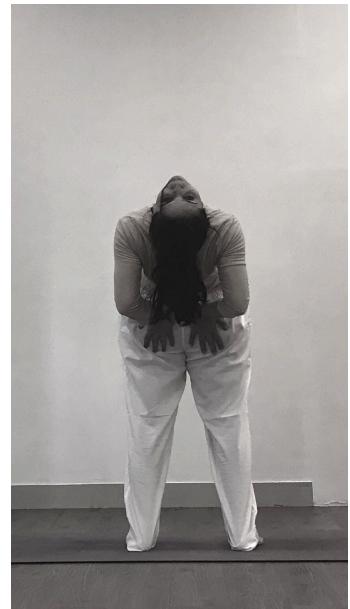
Sr. No	Benefits	Contra-indications
1	-Develops nervous balance -Improves muscle coordination and posture	Knee problem
2	Strengthens legs, ankles and foot muscles	Knee degeneration
3	Improves concentration and balance at emotional, mental and psychic levels	
4	Removes stress and anxiety (if hold longer)	

19. Padahastasana (Standing Forward Bend)



Sr. No	Benefits	Contra-indications
1	Stimulates and tones spinal nerves	High B.P.
2	Inverting trunk increases vitality	Vertigo, eye surgery
3	- Improves metabolism and concentration, - blood flows towards heart and brain	Hyper-thyroid
4	Alleviates flatulence, constipation and indigestion	Brain stroke

20. Ardha chakrasana (Half Wheel Pose)



Sr. No	Benefits	Contra-indications
1	Strengthens back and abdominal muscles	Neck, hip, spinal injury
2	Tones digestive, excretory and reproductive organs	Vertigo
3	Promotes deep breathing as it opens the chest	High B.P.
4	Corrects postural defects	Pregnant women (Do not stretch much)

21. Katichakrasana (Standing Spinal Twist)



Sr. No	Benefits	Contra-indications
1	-Corrects back stiffness and postural problems -Tones neck, shoulders, waist, back and hips	Anaemic People
2	Relieves physical and mental tension	Vertigo
3	Good for cholesterol and fatty liver	Heart patients
4	Relaxation and twisting movement induces feeling of lightness	

22. Trikonasana (Triangle Pose)



Sr. No	Benefits	Contra-indications
1	Lateral stretch increases flexibility and strength of muscles of side trunk, legs and back	Severe back conditions
2	Stimulates nervous system and alleviates nervous depression	Knee surgery, Knee/ ankle pain
3	Tones abdominal organs, improves appetite	
4	Improves concentration and mental determination	

23. Parsvakonasana (Extended Side Angle Pose)



Sr. No	Benefits	Contra-indications
1	<ul style="list-style-type: none"> -Extensive lateral stretch removes tightness in side truck muscles - Strengthens and stretches legs, ankles and knees 	Severe Spondylitis
2	<ul style="list-style-type: none"> -Good for back pain and sciatica -Stretches and opens hamstrings 	Knee surgery, knee pain
3	<ul style="list-style-type: none"> -Effective in controlling constipation -Tones abdominal muscles 	High or low B.P.
4	Energies the body	Insomnia (Avoid at the end of the day as it energizes the body)

24. Shavasana (Corpse Pose)



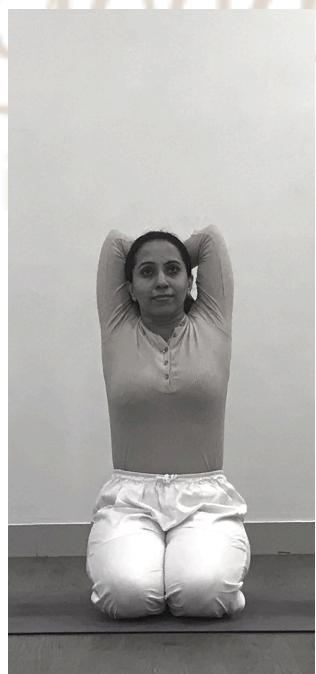
Sr. No	Benefits	Contra-indications
1	<ul style="list-style-type: none"> -Relaxes and soothes complete physical, mental, emotional systems of the body, - activates parasympathetic nervous system, secrets happy hormones like Dopamine, Serotonin, Oxytocin and Endorphin 	No Contra-indications. Everyone can practise this.
2	Develops body and mind awareness, leads towards Pratyahara	
3	Relieves fatigue, stress, tension, depression and promotes mental peace and calmness	
4	Rejuvenates each and every cell in the body, gives the feeling of Joy and happiness	

25. Bhadrasana (Butterfly Pose)



Sr. No	Benefits	Contra-indications
1	Improves reproductive system, excretory system and digestive system	Sacral Condition
2	- very good for pregnant women , menstrual problems	Knee Surgery / acute knee pain
3	- Removes tiredness due to standing and walking - Relieves tension from inner thighs - Keeps lumbar healthy	Sciatica
4	Works on Apana and Samana Prana	

26. Mandukasana (Frog Pose) and Uttan Mandukasana



Sr. No	Benefits	Contra-indications
1	Removes back pain	Ankle injury
2	Increases elasticity of thighs, hip joints and shoulders	Knee Pain
3	Useful for Arthritis, and Rheumatic disorders	
4	Activates Mooladhara (Root Chakra) and Swadhisthana (Sacral Chakra)	



27. Gomukhasana (Cow's Face Pose) Baddha Gomukhasana



Sr. No	Benefits	Contra-indications
1	-Removes tiredness, tension and anxiety -Relieves backache, sciatica, rheumatism	Menstrual Cycle
2	Makes legs supple	Sciatica (when in pain)
3	Works on Prana and Samana Prana	Knee pain
4	Activates Mooladhara, Swadhisthana and Manipura Chakra	