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Day 05 of 30 Days of Yogic Journey — Yogic Sukshma & Sthula Vyayama Practice, List of All Yogic Sukshma Vyayama



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Summary

- Prayer
- Yogic Sukshma & Sthula Vyayama Practice
- Names of Yogic Sukshma Vyayama
- Closing Prayer
- What's Next?

Prayer

There was a public holiday in the institute on the occasion of Budha Purnima. So, as per our daily routine, we started today's session by preparing ourselves for prayer by sitting in the "Sukhasana" pose and the "Gyan" mudra.

We chant "OM" 3 times, followed by prayers which are:

Yogic Sukshma & Sthula Vyayama Practice

I stand up in an alert position before starting Yogic Sukshma Vyayama practices

As a part of today's yoga practice, we practiced 7 yogic sukshma vyayama and 2 yogic sthula vyayama which are mentioned in the previous articles.

Yogic Sukshma Vyayama

There are a total of 48 yogic sthula vyayama but I practiced the following:

- Griva Shakti Vikasak Pose A, B, C (For Neck Region)
- Bhuj Balli Shakti Vikasak Pose A, B, C (For Fore-arms Region)
- Purna Bhuj Shakti Vikasak Pose A, B, C (For Whole Arms Region)
- Vaksha Sthal Vikasak Pose A, B (For Thoracic Region)
- Kati Shakti Vikasak Pose A, B (For Waist)
- Jangha Shakti Vikasak Pose (For Thigh)
- Pindali Shakti Vikasak Pose (For Calf Muscle)

Yogic Sukshma Vyayama

There are a total of 5 yogic sthula vyayama but I practiced the following:

- Hriday Gati
- Sarvanga Pushti

Yogic Sukshma Vyayama

There are total of 48 yogic sukshma vyayama which are:

1. Prarthana
2. Uccarana Sthala Tatha Visuddha Cakra Suddhi
3. Tatha Dhrti Shakti Vikasaka
4. Smarana Shakti Vikasaka
5. Medha Shakti Vikasaka 1
6. Netra Shakti Vikasaka
7. Kapola Shakti Vardhaka
8. Karna Shakti Vardhaka
9. Griva Shakti Vikasaka 1
10. Griva Shakti Vikasaka 2
11. Griva Shakti Vikasaka 3

12. Skandha Tatha Bahu Mula Shakti Vikasaka

13. Bhuja Bandha Shakti Vikasaka

14. Kaphoni Shakti Vikasaka

15. Bhuja Valli Shakti Vikasaka

16. Purna Bhuja Shakti Vikasaka

17. Mani Bandha Shakti Vikasaka

18. Kara Tala Shakti Vikasaka

19. Kara Prstha Shakti Vikasaka

20. Angula Mula Shakti Vikasaka

21. Anguli Shakti Vikasaka

22. Vaksha Sthala Shakti Vikasaka 1

23. Vaksa Sthala Shakti Vikasaka 2

24. Udara Shakti Vikasaka 1

25. Udara Shakti Vikasaka 2

26. Udara Shakti Vikasaka 3

27. Udara Shakti Vikasaka 4

28. Udara Shakti Vikasaka 5

29. Udara Shakti Vikasaka 6

30. Udara Shakti Vikasaka 7

31. Udara Shakti Vikasaka 8

32. Yoga Suksma Vyayamaudara Shakti Vikasaka 9

33. Udara Shakti Vikasaka 10

34. Kati Shakti Vikasaka 1

35. Kati Shakti Vikasaka 2

36. Kati Shakti Vikasaka 3
37. Kati Shakti Vikasaka 4
38. Kati Shakti Vikasaka 5
39. Muladhara Cakra Suddhi
40. Upastha Tatha Svadhisthana Cakra Suddhi
41. Kundalini Shakti Vikasaka
42. Jangha Shakti Vikasaka 1
43. Jangha Shakti Vikasaka 2
44. Janu Shakti Vikasaka
45. Pindali Shakti Vikasaka
46. Pada Mula Shakti
47. Gulpha Pada Prstha Pada Tala Shakti Vikasaka
48. Padanguli Shakti Vikasaka

I will cover each and every yogic sukshma vyayama with pose and their benefits in future articles

Relaxation

After intensive yogic practice, we perform the “Shavasana” yoga poses to relax our body and mind.



Shavasana

After intensive yogic vyayama, “Shavasana” is must have as it relaxes body and mind.

Closing Prayer

We end today’s session by chanting “OM”.

What’s Next?

In the next article, we will discuss more about the yogic sthula vyayama in depth (if possible, share poses as well).

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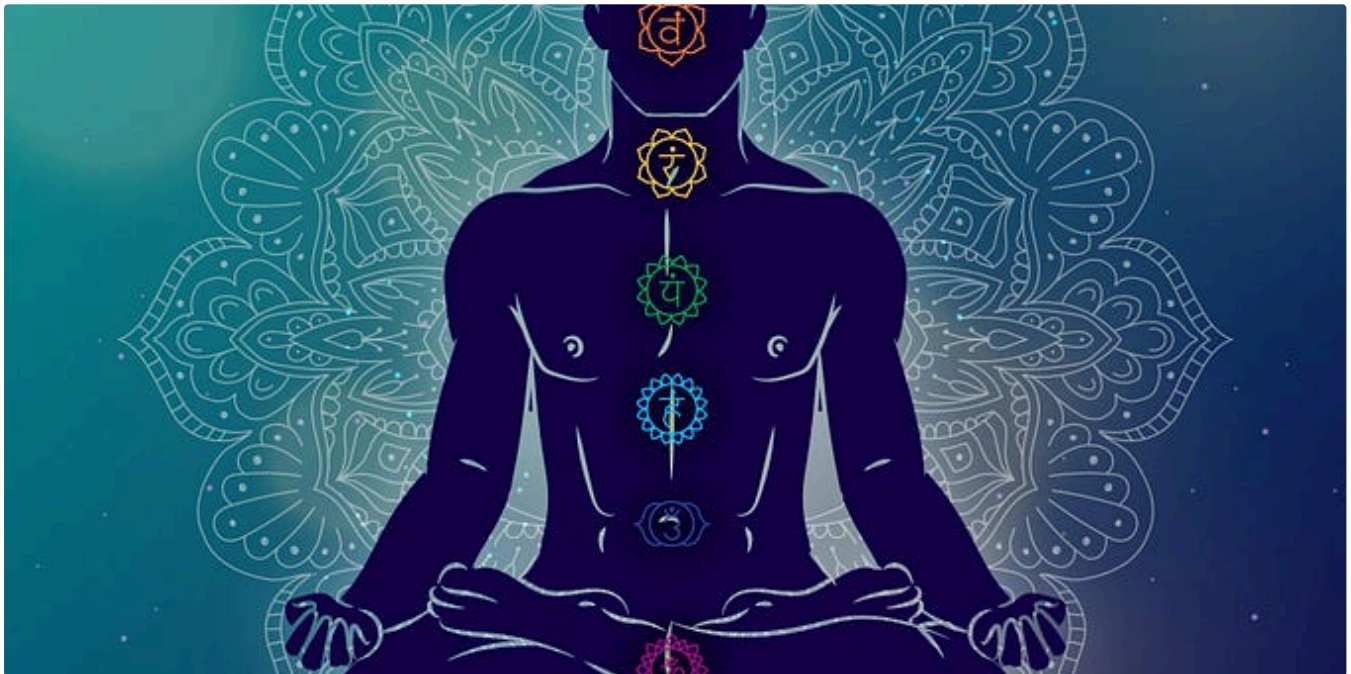
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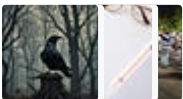


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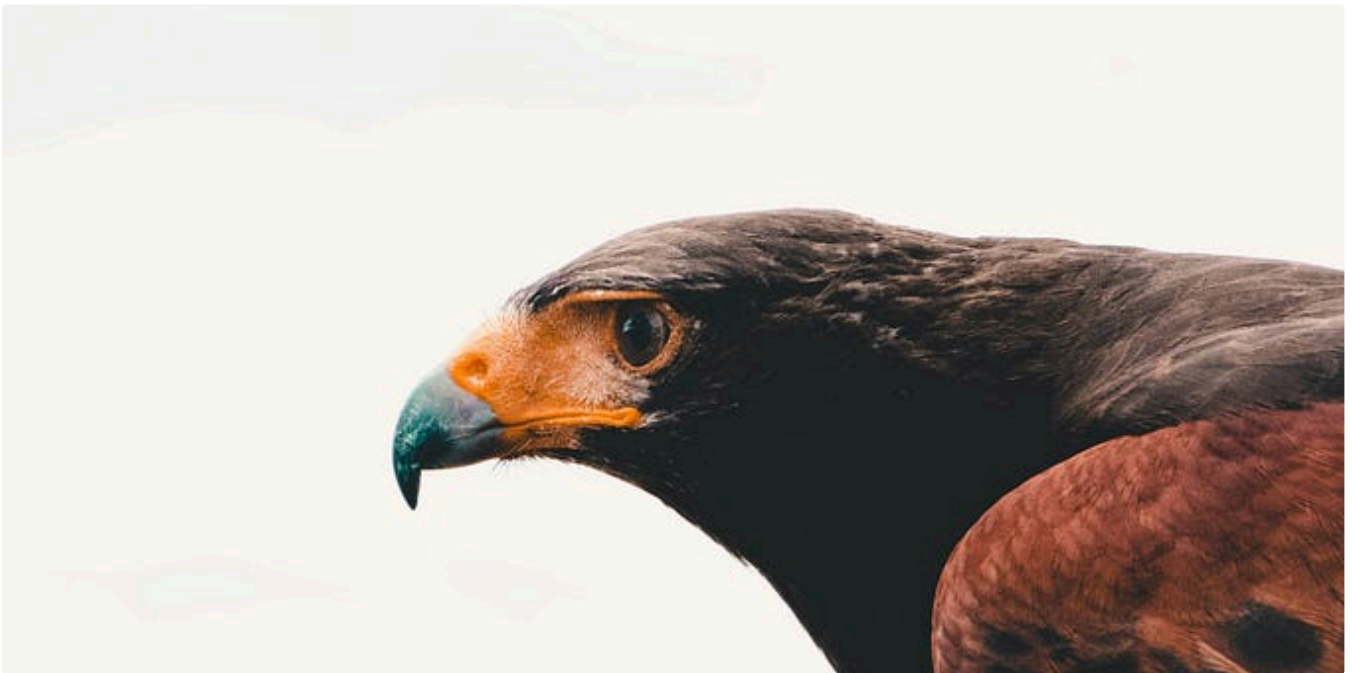
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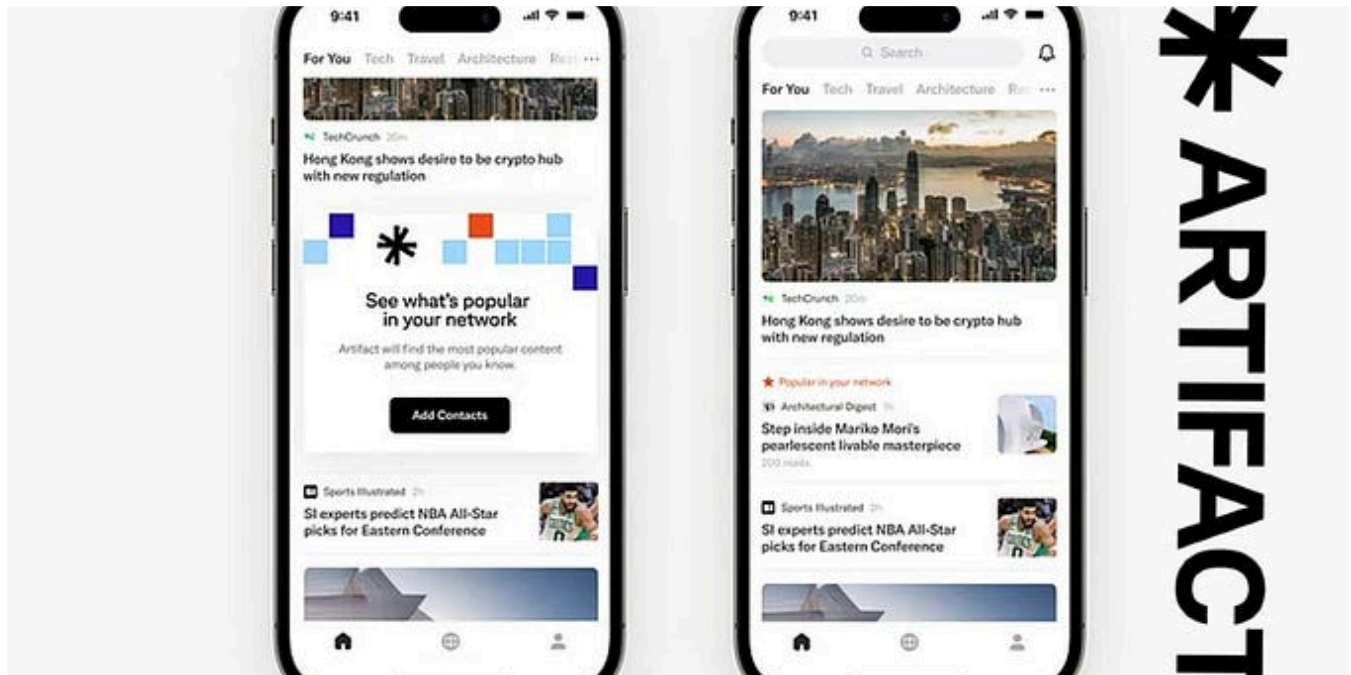
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