

## **Preparatory breathing Practices :**

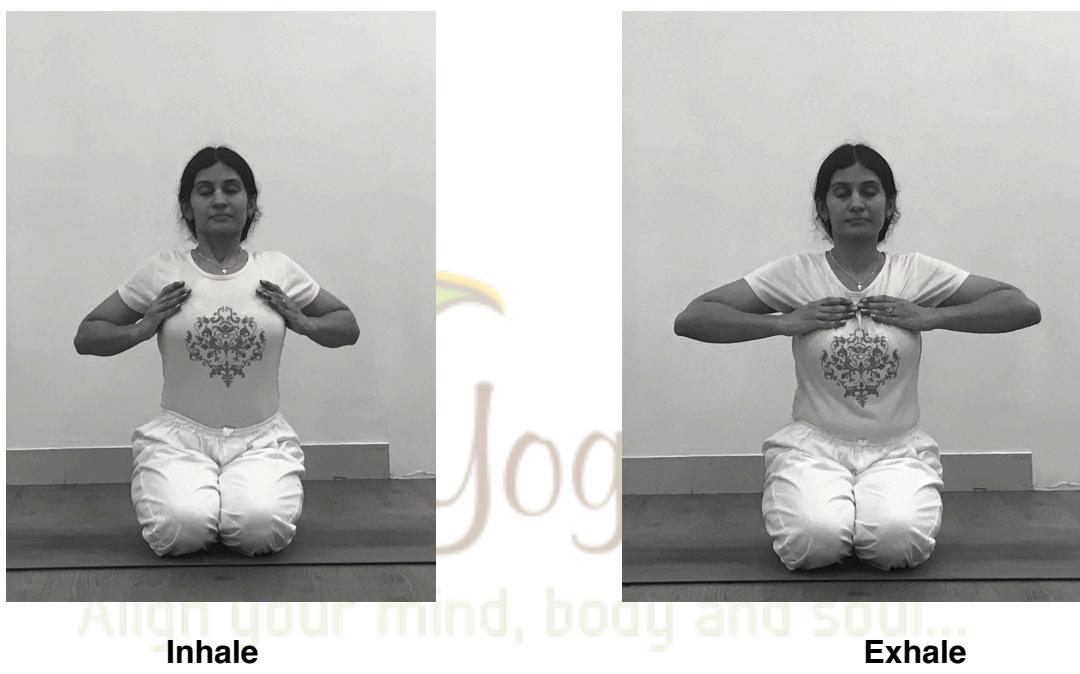
### **Sectional Breathing :**

#### **1. Clavicular breathing :**



**No Benefits and Contra Indications.**

#### **2. Chest (Thoracic) breathing :**



	<b>Benefits</b>	<b>Contra-indications</b>
	<b>Good for healing respiratory ailments</b>	
	<b>Good for singers and speakers, as it creates more resonance to voice when rib cage is open and relaxed</b>	

### 3. Abdominal (diaphragmatic) breathing :



Sr. No	Benefits	Contra-indications
	Optimizes lung capacity	During illness
	-Makes breath rhythmic and relaxing -Reduces stress	Cold
	Massages abdominal organs	Flu, Fever
	Improves oxygen and circulation of the blood	

### Pranayama :

#### 1. Anulom Viloma



Sr. No	Benefits	Contra-indications
	<b>Balances breath (2 nadis) and the brain hemispheres</b>	<b>Heart disease (without retention and with less counts)</b>
	<b>Relieves anxiety, calms down the mind and improves concentration</b>	<b>Not recommended for too much depressed or withdrawn person, as it begins the process of introversion</b>
	<b>Very good for nervous and cardio-vascular disorders</b>	
	<b>Removes toxins from the pranic body</b>	

## 2. Ujjayi Pranayama

Sr. No	Benefits	Contra-indications
	<b>Tranquilizing pranayama, also has heating effect on the body</b>	<b>Too introverted people should not practice.</b>
	<b>Soothes the nervous system and calms the mind</b>	
	<ul style="list-style-type: none"> <li>- Good for insomnia</li> <li>- can be performed in any position, sitting, standing, lying</li> </ul>	
	<b>Slows down the heart rate, so very good for high B.P people</b>	

### 3. Sheetali and Seetkari



Sr. No	Benefits	Contra-indications
	Cools down the body and regulates brain functions	<b>Do not practice in winter</b>
	Encourages free flow of prana throughout the body	<b>Respiratory disorders - Asthma, bronchitis, excessive cold</b>
	- Induces muscular relaxation and mental tranquility - Good for insomnia	<b>Heart disease (without retention), Low B.P.</b>
	Gives control over hunger and thirst <b>Chronic constipation</b>	<b>Seetkari - Avoid in case of sensitive teeth, missing teeth</b>

### 4. Bhramari

Align your mind, body and soul...



Sr. No	Benefits	Contra-indications
	<b>Relieves stress and cerebral tension by soothing effect on mind and nervous system</b>	<b>Severe ear infections</b>
	<b>Alleviates anger, anxiety, insomnia and calms down the mind</b>	<b>Do not perform while lying down</b>
	<b>Strengthens and improves voice</b>	<b>Heart disease (without retention)</b>
	<b>Induces meditative state by directing awareness inward</b>	

### Mudra

- Chin Mudra (Gesture of consciousness)



	Benefits	Contra-indications
	Makes meditation more powerful by creating psycho-neural circuit	-
	Stimulates certain nadis in the body	-
	Activates Mooladhara chakra (Root chakra)	-
	Opens up the chest (Heart Chakra)	-

- Chinmaya Mudra (Gesture of awareness)



Sr. No	Benefits	Contra-indications
	Balances Vata and Pitta doshas in the body and pacifies Kapha	Should not be performed by proud and egoistic people
	<ul style="list-style-type: none"> <li>- Balances Prana and Udana pranas, so calms down the mind and senses, blood pressure</li> <li>- enhances memory and brain functions</li> <li>- good for insomnia</li> </ul>	
	Promotes weight reduction in obese people, as it has depleting effect on fat tissues	
	Helps to stay grounded and humble	

### 3. Brahma Mudra



Sr. No	Benefits	Contra-indications
	Encourages deeper breathing when practised with Pranayama, as it pushes abdomen in with every exhalation, creating a room for deeper inhalation by opening lungs	
	<ul style="list-style-type: none"> <li>- Balances fire (Agni) in the body, as the thumb is suppressed by other fingers. Thumb is a representation of Fire element</li> <li>- Stimulates digestive system</li> </ul>	

Sr. No	Benefits	Contra-indications
	<ul style="list-style-type: none"> <li>- Calms down the nervous system by better balance in elements and chakras</li> <li>- Improves thought process, by increasing one-pointedness</li> </ul>	
	Helps yogi to reach higher meditative state	

#### 4. Adi Mudra (First Gesture)



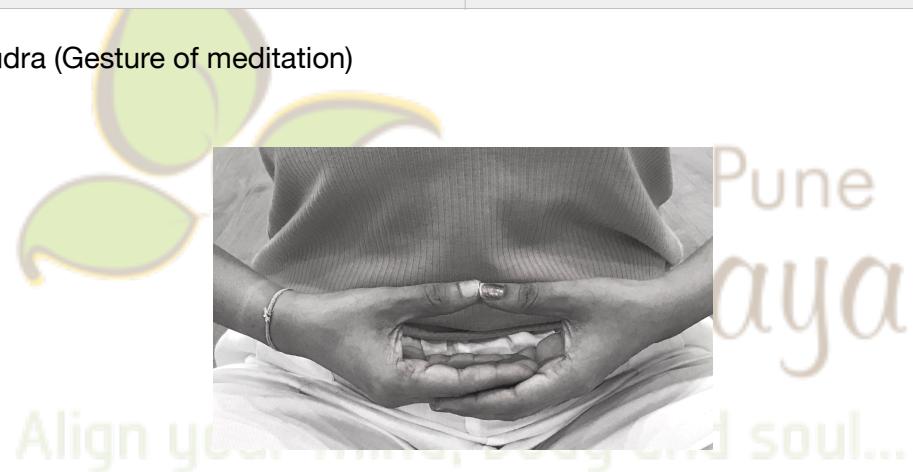
Sr. No	Benefits	Contra-indications
	Energises and balances Crown chakra, which denotes higher awareness and sense of peace	Hypertension
	Helps to balance and heal the sense organs, as it works on Udana vayu	Asthama
	Good for digestive system when used along with Mandukasana	
	Reduces snoring, bringing more oxygen to the throat and head	

## 5. Jnana Mudra (Psychic gesture of intuitive knowledge)



Sr. No	Benefits	Contra-indications
	Makes meditation more powerful by creating psycho-neural circuit	
	Stimulates certain nadis in the body	
	Activates Mooladhara chakra (Root chakra)	
	Energy is moved throughout the body and back to the brain	

## 6. Dhyana Mudra (Gesture of meditation)



Sr. No	Benefits	Contra-indications
	Good to deepen the practice of meditation	High B.P.

Sr. No	Benefits	Contra-indications
	Brings the sense of harmony in mind, by controlling stress levels, anger	Anxiety issues
	Builds self-awareness, intuition, insights power	
	Increases memory, confidence	

#### 7. Nasika/Vishnu Mudra (Gesture of universal balance)



Sr. No	Benefits	Contra-indications
	<ul style="list-style-type: none"> <li>- As it balances Prana vayu, it induces easy breathing and optimum oxygenation of the body</li> <li>- Balances Apana and Samana vayu</li> </ul>	
	Activates Manipura chakra, Mooladhara and Swadhisthana Chakra	
	<ul style="list-style-type: none"> <li>- Enhances personal power, stability and grounding</li> <li>- Promotes enjoyment of life and helps to manage relationships</li> </ul>	

Sr. No	Benefits	Contra-indications
	Relieves stress and anxiety by calming Prana vayu at chest centre in the body	

#### 8. Yoga Mudra (Gesture of Union)

Sr. No	Benefits	Contra-indications
	- Massages abdominal organs and stretches the back - Contributes to good health overall	Sciatica
	Excellent preparatory practice for meditation	Pelvic diseases
	Relieves anger, tension and induces tranquility	Serious abdominal ailment
	- Awakens Manipura Chakra - Develops awareness and control psychic energy	High B.P, Vertigo

#### 9. Maha Mudra (Great gesture)

Sr. No	Benefits	Contra-indications
	- Mudra to be performed by advanced Yogis only - Stimulates energy circuit between chakras	Heart patients, glaucoma
	- Whole body is charged with prana, removes energy blockages - Cures indigestion, piles, constipation - Stimulates abdominal organs	Cataract surgery, eye operations
	Increases awareness, clears mind of unwanted thoughts, improves memory	Impure and toxic body
	Takes into spontaneous meditation	Generates heat, so avoid in Summer

## 10. Vipareeta Karani Mudra (Inverted gesture)

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

## Meditative Asana :

### 1. Padmasana (Lotus Pose)



Sr. No	Benefits	Contra-indications
	One of the best meditative posture	Sciatica
	Clears physical, mental and emotional blocks, help to awaken energy centers of the body	Weak knees or knee pain
	Directs the flow of prana from Mooladhara Chakra (Root) to Sahasrara Chakra (Crown)	During Pregnancy

## 2. Vajrasana / Virasana (Thunderbolt Pose)



Sr. No	Benefits	Contra-indications
	Best meditative asana for people suffering from Sciatica	Knee surgery, knee pain
	-Strengthen pelvic muscles -Relieves Hernia, Piles - Alleviates menstrual disorders	Ankle pain
	Good to practice after meals, for better digestion and removing acidity	
	Sublimation of sexual energy for spiritual purpose	

## 3. Sukhasana

