Appendix-I

DETAILED INSTRUCTION AND DESCRIPTION OF
ASANAS IS GIVEN BELOW

SIRSASANA

This asana is known as the king of all the asanas.

METHOD:

Roll a piece of cloth similar to the one used by peasant women
to support pitcher of water on head. Knee down on the ground. On
this rolled cloth, place four finger broad area -half of which is on the
forehead below the hair line and the other half just above the half line.
This area is considered the most appropriate for the performance of
head stand. Inter lock the fingers, make a convenient angle (about 60)
with the forearms. Support the top of the head with the interlocked
fingers.

Now raise the bent knees up, keeping toes on the ground bring
the thighs nearer the chest and then slowly lift the toes off the ground.
Fold the legs so that the feet touches the buttocks make the back
straight. Now straighten the legs so that the body stands perpendicular
to the ground stretch the toes upwards. Maintain the posture in a very
relaxed way with normal breathing.

SARVANGASANA [SHOULDER STAND POSTURE]

METHOD:

Lie supine on the ground, feet together arms by the side of the
thighs with palms downwards, gracefully raise the legs together with
out bending at the knees till it from 45 to the ground. Raise the legs
further to 90 positions. Pause for between one and four respirations. Now gradually raise the buttocks and trunk and take the legs behind the head. Resting elbow on the ground firmly, support the back with palms. Try to make the back and the legs straight, perpendicular to the ground. Stretch the toes upwards. There should be proper chin lock. Relaxingly, support the body on the shoulder with normal berthing. Maintain the position, normally for two minutes and then slowly release the posture.

**MATSYASANA (FISH POSTURE)**

**METHOD:**

Sit in Padmasana, keep the palms beside the hips. Bend backwards; support the body first by right elbow and then the left elbow and rest the head on the ground. Slowly touch the shoulders and lie flat on the ground. Hold big toes. This is half fish posture.

For final pose, place the palms above the shoulders on either side of head, fingers pointing to the shoulders. Taking the weight on the palms lift the head, back and buttocks off the ground. Bring forehead to the ground by bending cervical spine backwards. Balance the body and then catch hold big toes.

**HALASANA (PLOUGH POSTURE)**

**METHOD:**

Lie flat on the back, feet together arms by your side with palms downwards. Keeping the whole of the spine pressed to the floor, slowly raise the legs with feet together upto 90 pause for three or four respirations. Now gradually raise the buttocks and truck as well with
out lifting the head so that the toes touch the ground behind the head. Stretch out your legs and allow your toes to move on the ground as far as possible from your head. Do not strain. If your toes do not touch the floor, do not worry, with a few days practice, Toes will reach the floor.

**BHUJANGASANA (COBRA POSTURE)**

**METHOD (1)**

Lie down on stomach, turn the feet and relax the legs, place the palms just under the shoulders. Keeping the elbows close to the body, slowly raise upper part of the body up to waist line. Look up. With lower back, slowly twist upper part of the body on the right side as much as it can be easily done. Try to look at the other shoulder. Hold the position for two seconds and then slowly change it to the other side. Repeat it ten times. Breathing should be normal throughout the exercise.

**METHOD (2)**

Lie down on stomach, turn the feet and relax the legs. Place the palms just under the shoulders. Keeping the elbows close to the body, slowly raise upper part of the body up to waist line. Look up and breathe normally hold the position for 45 seconds.

**SALBHASANA (LOCUST POSTURE)**

The locust compliments the cobra, this is why it follows after it.

**METHOD:**

Lie down with face downwards and chin on the floor with feet together and soles turned upwards from with thumbs inside, place
them under the abdomen below the navel with out bending at the knees, raise body above and below the up to 30 look and breathe normally. Hold it for about 30 seconds.

**Dhanurasana (Bow posture/Backward spine stretch)**

**Method:**

Lie down on stomach, bend the knees and hold the feet (or angles) keeping about one ft. distance between them. Without jerk, raise above and below part of navel as much as you can easily, so that the spine is arched backwards like a bow. Elbows must be kept unbent. Look up. Spread out the knees. Normal breathing. Stabilize the body on abdomen (navel) initially for thirty seconds.

**Ardh-Matsyendrasana (The half-twisted posture)**

This is named after a great yogi, Matsyendranath who usually used to sit in this position.

**Method**

Sit on the ground, bend right leg at knee and place the heel against the perineum, place the left foot by the side of right knee, on the ground. Encircle the right arm to the outer side of left knee and catch hold of the left foot. The left arm should be taken behind the back ground the waist in an attempt to touch the navel. Palm should face out side, keep back, neck and left knee straight. Now twist the body as much as it can easily, look back over the left shoulder, repeat the same on the other side.
PASCHIMOTTANASANA (POSERIOR STRETCH POSTURE)

METHOD:

Sit on the ground with feet together and legs straight place palms on the ground besides the hips. With deep inhale raise the hands up and stretch with exhale bend the back forwards. Hold up big toes and stretch the body. Look in front .maintain the position for 10 seconds only.

Now relax the body and with out bending the legs try to touch the forehead with the knees. It is important not strain the body, just relax the body and hold the position for quiet sometime .After few days forehead will touch the knees. After some progress has been made in its practice, an attempt should be made to hold the feet between the interlocked fingers.

MAYURASANA (PEACOCK POSTURE)

The yogis named it Mayurasana due to its resemblance to a peacock.

METHOD:

Sit in Kagasana keep the knees apart, bend down and place the elbows by the side of navel with palms on the ground. Take body weight on arms and slowly lift knees and feet from the ground. Balance the body and stretch the legs backwards. Keep feet together and legs straight .Take the head up with neck in line with trunk. Look in front and keep the body erect. Breathe normally.

SAVASANA

Savasana is a posture and meditation combined. It provides relaxation to the body and the mind. Appears simple but is rather
difficult to practice Savasana relaxes the muscles tried through exercises and reinvigorates and rejuvenates the body. It is one of the most powerful tools in controlling large number of diseases caused by mental tension such as heart diseases, hypertension, blood pressure, insomnia and some other psychosomatic disorders.

It is an art of relaxing the body internally and to calm down the mind leading to meditation. If one learns the art properly it provides deep rest to small tissues and nerve fibers. The asana ensures proper circulation of life.

**METHOD:**

Lie down straight on the back half ft. distance between the feet. Keep the palms by the hips facing upwards, eyes closed and normal breathing through nose.

Now concentrate attention and let go each part and each organ, one by one starting with the toes and continuing right up to the top of the head a feeling of relaxation is propagated. Use auto suggestion to send the muscles a message to relax. This auto suggestion can be learnt initially with the help of the teacher, who gives the instruction. Gradually one learns to suggest oneself to relax part by part. As one gets the control, the art of relaxation will be will be natural and spontaneous. Then the whole body is relaxed to the extent that one forgets the body and the mind experiences alert full rest? For better results, after auto suggestion mind should be focused on the breath. From nostrils to the lungs, fell the path of the breath fellow the path of the breath while you inhale as well as exhale. Feel calmness.
KAPALBHATI

Sit comfortably in Padmasana (crossed leg position) with straight back. Place your hands on knees facing sky, take a deep breath through nose and expand your abdomen area and exhale forcefully with contraction of abdominal muscles. Continuously exhale forcefully minimum 20 times. Do not concentrate more on inhalation. After finishing 20 counts of forceful exhalation and normal inhalation relax for sometime. Once again start one more (20 exhalation) of forceful exhalations. One can start initially with 3 rounds of Kapalbhati Pranayama.

ANULOM VILOM

Anulom Vilom Pranayama is a breathing technique you inhale through one nostril and release the breath through the other nostril.

METHOD:

Sit down in back straight meditative pose like Padmasana, Shidhasana and Brajasana than start inhaling with right nostril than perform Jalandharbandh other that retained the air in Kumbhaka Phase double of Purka Phase. In the last phase release first of all Udhayanbandh after that Moolbandh as well as Jalandharbandh than start releasing the sir by left nostril. This completed one around of Anulom Vilom.