PROCEDURES OF THE PRACTICES

SWASTHIKASANA

Step 1  Sit on the floor with stretched legs and keep the palms on the ground  Breathe for 5 times
Step 2  While exhaling fold the left leg and keep it at the root of the right thigh  Inhale there itself
Step 3  While exhaling fold the right leg and keep over the left leg
Step 4  Sit erectly with cim-mudra (Forefinger tip and tip of the thumb touching each other)
Step 5  Breathe for 10 times
Step 6  Unfold the right leg while inhaling  Again inhaling unfold the left leg

VAJRASANA

Step 1  Sit on the floor with stretched legs
Step 2  While exhaling sit on your heels with your hands on your thigh  Breathe for 5 times

SUPTAVAJRASANA

Step 1  Sit in Vajrasana
Step 2  While exhaling hold your toes and inhale there itself
Step 3  Exhaling bend forward and touch the ground by your forehead  Close the eyes  Breathe for 5 times
Step 4  Inhaling come up and stay in vajrasana position  Inhaling stretch the legs

URDHWAVAJRASANA

Step 1  Stay in vajrasana position
Step 2  While inhaling raise the hands, clasp the hands, twist and looking at the palms breath 5 times
Step 3  While exhaling bring down the hands
Step 4  Inhaling unfold both legs together
**TADASANA I**

Step 1  Stand erectly (toes touching each other)  Breathe for 5 times

Step 2  While inhaling raise the hands and while exhaling bring down the hands  Repeat 5 times

**TADASANA II**

Step 1  Stand erectly (toes touching each other)

Step 2  While inhaling raise the hands and exhaling bend forward

Step 3  Come up while inhaling and exhaling come to step 1  Repeat 5 times

**KATIPARIVARTHA**

Step 1  Stand erectly

Step 2  Inhaling place your right leg to the right side about one foot distance and place the palms on the waist

Step 3  Exhaling turn to right side and breathe for 5 times

Step 4  Inhaling turn to front side  Repeat the same procedure in left side also

Step 5  Exhaling come to the position 1

**ARDHACHANDRASANA**

Step 1  Stand erectly

Step 2  Inhaling place your right leg to the right side about one foot distance

Step 3  Inhaling raise the left hand

Step 4  Exhaling bend to right without bending the knees, looking at the tip of the left hand breathe for 5 times

Step 5  Inhaling come to the position 3

Step 6  Exhaling put down the left hand  Repeat the same procedure on other side also  Exhaling come to the position 1

**TRIKONASANA**

Step 1  Stand erectly

Step 2  Inhaling spread the right leg and spread the hands
Step 3 While exhaling turn the right foot, bend to the right side and hold the toe, gaze the tip of left hand, breathe for 5 times

Step 4 Inhaling come up to step II

Step 5 Repeat the same practices in the left side also

Step 6 Exhaling join the right leg to left

PARSHVAKONASANA

Step 1 Stand erectly

Step 2 Spread the right leg while inhaling Spread the hands

Step 3 While exhaling turn the right foot, bend the right knee and keep the right palm on the ground Stretch the left hand, Breathe 5 times

Step 4 Come up to step II while inhaling

Step 5 Repeat the same practices in the left side also

Step 6 Exhaling join the right leg to left

PARSHVOTTANASANA

Step 1 Inhaling spread the right leg and take the hands on the back and keep as one does namaskara

Step 2 Exhaling turn the right foot, turn to right bend to the right side, breathe 5 times

Step 3 Inhaling come up to position I

Step 4 Repeat all the practices in the left also

Step 5 Inhaling come to position I Exhaling join the right leg to left

PRASARITAPADOTTANASANA

Step 1 Stand erectly

Step 2 Inhaling spread the right leg, place the hands on the waist

Step 3 While exhaling bend forward and keep the head and hands on the ground Breathe for 5 times

Step 4 Inhaling come up to step II

Step 5 Exhaling come to step I
PASCHIMOTTANASANA
Step 1  Stretch the legs and sit on the ground
Step 2  Exhaling bend forward and hold the toes with respective, hands Place the forehead on the knee joint Breathe for 5 times
Step 3  While inhaling come to the position I

PURVOTTANASANA
Step 1  Sit on the floor with stretched legs
Step 2  Inhaling place the hands straughtly back side on the ground about a foot distance and exhale
Step 3  Inhaling lift the body up, breathe for 5 times
Step 4  Exhaling bring down the body
Step 5  Exhaling come to position I

PAVANAMUKTHASANA
Step 1  Lie down flatly on your back
Step 2  While exhaling fold your right leg and hold it tightly (as taught)
Step 3  Inhaling raise up your head and try to touch your right knee Breathe for 5 times
Step 4  Exhaling put down the head
Step 5  Exhaling unfold right leg Repeat the same procedure with the left leg and both the legs

BHUJANGASANA
Step 1  Lie down on your stomach and keep your palms below your shoulders
Step 2  Inhaling lift your head, chest, and stomach by stretching the back Breathe for 5 times
Step 3  Exhaling keep it down

SHALABHASANA
Step 1  Lie down on your stomach and keep your palms below your thighs
Step 2  While inhaling lift your head and right leg Breathe 5 times
Step 3 While exhaling come down
Step 4 Repeat in the left leg and both the legs

DHANURASANA
Step 1 Lie on the front
Step 2 While exhaling fold the legs, hold the ankles by respective hands
Step 3 Inhaling raise your head, legs (as taught) breathe for 5 times
Step 3 Exhaling keep the head and legs on the ground
Step 4 Inhaling release your hands and stretch the legs

PARYANKASANA
Step 1 Lie down on the left side with the head supported by the left hand, breathe for 5 times
Step 2 Inhaling lift the right leg up and hold your toe, breathe for 5 times
Step 3 Exhaling and come to step 1
Repeat the same on the other side also

MARJALASANA - I
Step 1 Kneel down with the knees slightly apart
Step 2 While exhaling bend forward and place the palms on the ground Stand on your palms and knees with stretched legs
Step 3 While inhaling raise the head and see upwards, breathe for 5 times
Step 4 Exhaling put down the head and come to the Step 1

MARJALASANA - II
Step 1 Kneel down and place the palms on the floor as taught
Step 2 Exhaling bend the head fully, looking at the navel region breathe 5 times
Step 3 Inhaling come up to the step 1

NAVASANA
Step 1 Sit on the floor with stretched leg
Step 2 Inhaling lift both the legs, stretch the hands straightforward,
Step 3  Exhaling come down to step – 1

BHARADWAJASANA

Step 1  Sit on the floor with stretched legs
Step 2  While inhaling fold the left leg outwardly
Step 3  Exhaling fold the right leg and keep the right foot over the left thigh. Inhale there itself
Step 4  Exhaling turn to right and hold the right toe by the right hand through the back. Keep left palm below the right knee. Looking back breathe for 5 times
Step 5  Inhaling release the hands, turn forward, exhale there itself
Step 6  Inhaling stretch the right leg
Step 7  Exhaling stretch the left leg
Repeat all the procedure in other side also

VIPARITA KARANI

Step 1  Lie on your back and breath 5 times
Step 2  While inhaling raise your legs and keep legs vertically up, support the back by the hands, close the eyes. Breathe 25 times
Step 3  Exhaling come down to position 1
Step 4  Relax here itself

HALASANA

Step 1  Lie on your back and breath 5 times
Step 2  While inhaling raise your legs and keep legs vertically up, support the back by the hands
Step 3  While exhaling bend the waist and touch the ground by the legs, close the eyes. Breathe 5 times
Step 4  Inhaling come up to position 2
Step 5  Exhaling come down to position 1
Step 6  Relax there itself
UTTANAPADASANA

Step 1  Lie down flatly on your back

Step 2  Inhaling place the head on the ground and lift both legs together and keep in 45° angle. Simultaneously raise and stretch your hands parallel to the legs. Breathe for 5 times.

Step 3  Exhaling bring down the legs and head (as taught), relax there itself.

VAHNISARA

Step 1  Stand in Utkatasana (as taught), look at the navel region

Step 2  Exhaling contract the abdomen fully, inhaling expand the abdomen fully. Repeat this procedure as many times as possible.

UIJAYEE PRANAYAMA

Step 1  Sit in Swasthikasana

Step 2  Inhale and exhale slowly observing the breathing 21 times

ANULOMA-VILOMA PRANAYAMA

Step 1  Sit in Swasthikasana

Step 2  Breathe alternatively starting with left 21 cycles

BHASHTRIKA PRANAYAMA

Step 1  Sit in Swasthikasana. Place your palms on your knees

Step 2  Inhale through both nostrils. Exhale through both nostrils fastly giving jerks. Repeat it 10 times

BAHYA KUMBHAKA

Step 1  Sit in Swasthikasana

Step 2  Exhale completely through both nostrils, hold the breath while closing both the nostrils by using the fingers - right nostril by thumb and left nostril by ring finger, little finger. Remain in this position as long as possible.
Step 3 Release the fingers on the nose, inhale through both the nostrils. Repeat this 10 times continuously.

SHAVASANA I

Step 1 Lie down freely on your back, keep the legs apart. Keeping right hand on the abdomen and left hand above the chest, observe your breath for 5 minutes.

SHAVASANA II

Step 1 Remove your hands, stretch them on the ground, palms facing up. Start relaxing from the toe onwards part by part up to the head. Now just lie down there itself for 5 minutes.

YOGANIDRA:

1 Preparation Lie down on your back on the floor, spread your legs, hands (Palm upwards), close your eyes. Keep your body in a relaxed state, deeply inhale, exhale completely (3 times).

II Resolve Say mentally to yourself I am aware. I am going to practice yoga nídra repeat this to yourself for 3 times (pause).

III Practice

1 Right side Right hand, thumb, second finger, third finger, fourth finger, fifth finger, palm of the hand, back of the hand, the wrist, the lower arm, the elbow, the shoulder, the right chest, the right abdomen, the right waist, the right hip, the right thigh, the knee joint, the calf muscle, the ankle, the heel, the sole, the big toe, second toe, third toe, fourth toe, fifth toe.

2 Left side Left hand, thumb, second finger, third finger, fourth finger, fifth finger, palm of the hand, back of the hand, the wrist, the lower arm, the elbow, the shoulder, the left chest, the left abdomen, the left waist, the left hip, the left thigh, the knee joint, the calf muscle, the
ankle, the heel, the sole, the big toe, second toe, third toe, fourth toe, fifth toe

Deeply inhale, exhale completely (3 times)

3 Throat, chin, the right cheek, the left cheek, the lips, nose, tip of the nose, right nostril, left nostril, the eyes, the right eye, the left eye, the right eyebrow, the left eyebrow, the middle of eyebrows, the ears, the right ear, the left ear, the forehead, head, middle of the head

Deeply inhale, exhale completely (3 times)

4 **Top to Bottom** Head, Forehead, ears, eyebrows, eyes, nose, lips, cheeks, chin, neck, chest, abdomen, navel, shoulders, elbows, wrists, palms, fingers, navel, waist, hips, thighs, knee joints, calf muscles, ankles, heels, soles, toes

Deeply inhale, exhale completely (3 times)

5 **Bottom to Top** Toes, soles, heels, ankles, calf muscles, knee joints, thighs, hips, waist, navel, fingers, palms, wrists, elbows, shoulders, navel, chest, neck, chin, cheeks, lips, nose, eyes, eyebrows, ears, forehead, head

Deeply inhale, exhale completely (3 times)

6 **Top to Bottom** Head, Forehead, ears, eyebrows, eyes, nose, lips, cheeks, chin, neck, chest, abdomen, navel, shoulders, elbows, wrists, palms, fingers, navel, waist, hips, thighs, knee joints, calf muscles, ankles, heels, soles, toes

Deeply inhale, exhale completely (3 times)

7 **Counting** Start counting from 1 to 27 and from 27 to 1

8 **Bottom to navel** Toes, soles, heels, ankles, calf muscles, knee joints, thighs, hips, waists, navel

9 **Navel Counting** Concentrate your awareness on the movement of your navel area, (pause) Concentrate on this movement in
synchronization with your breath (pause)  Now start counting your breath from 1 to 27 (as taught)

10  **Chest counting**  Concentrate your awareness on the movement of your chest area, (pause) Concentrate on this movement in synchronization with your breath (pause)  Now start counting your breath from 27 to 1 (as taught)

11  **Throat counting**  Concentrate your awareness on the movement of your throat area, (pause) Concentrate on this movement in synchronization with your breath (pause)  Now start counting your breath from 1 to 27 (as taught)

12  **Nose Counting:** Concentrate your awareness on the movement of your tip of the nose (pause) Concentrate on this movement in synchronization with your breath (pause)  Now start counting your breath from 27 to 1 (as taught)

13  **Image Visualization**  You are standing in front of the prayer hall, (pause), go slowly inside (pause), observe the lamp, observe the flame, concentrate on the flame, observe the light, concentrate on the light, (pause), slowly come out from the prayer hall

14  **Finish**  Draw your mind outside and become aware of your breathing, become aware of your whole body, from top to Bottom, become aware of the floor, the room, join your legs, close your hands, slowly open your eyes  (stay for 1 minute), sit up slowly