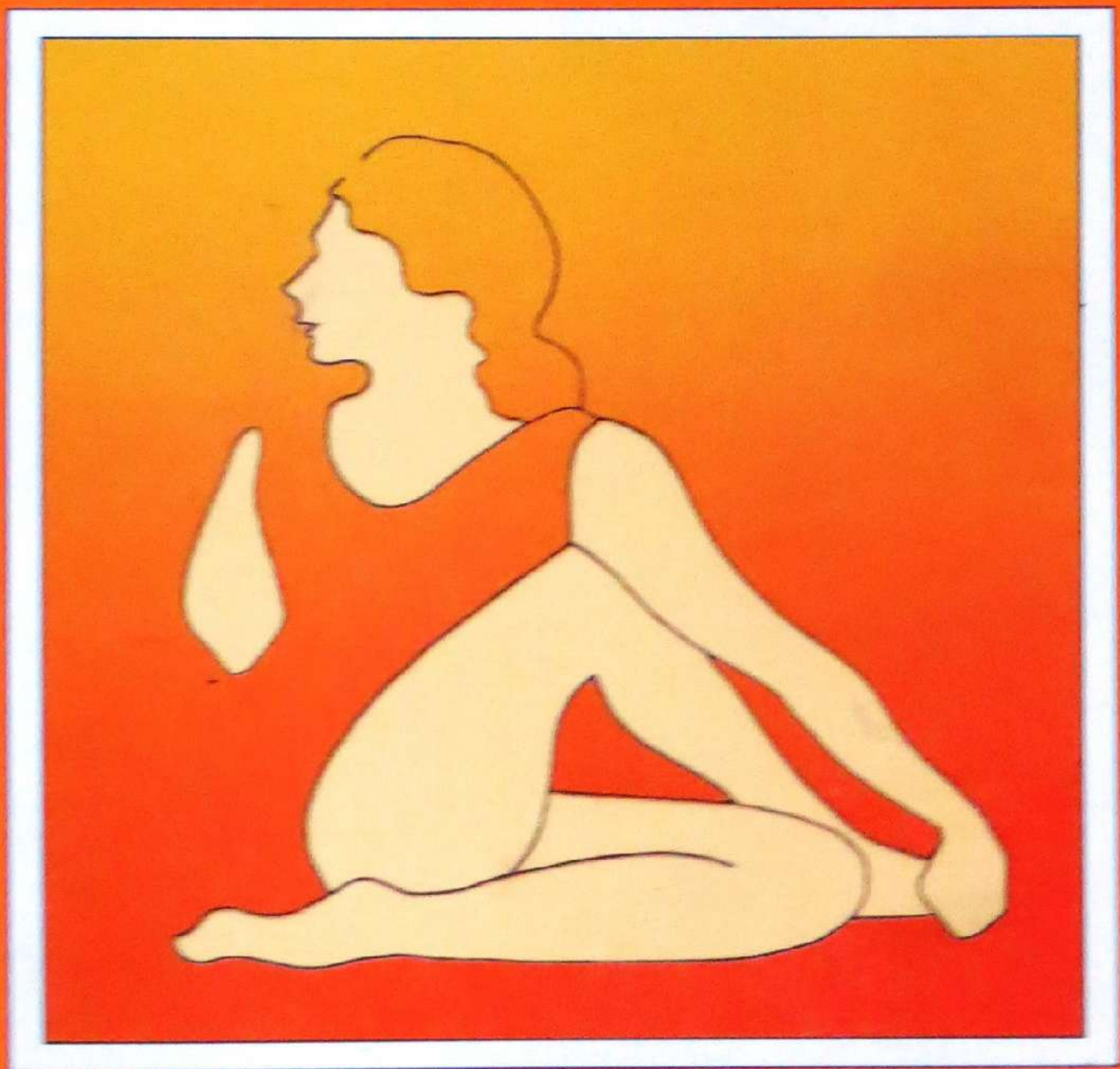


# Asana Pranayama Mudra Bandha

Swami Satyananda Saraswati



Yoga Publications Trust, Munger, Bihar, India

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*With kind regards, ॐ and prem*

*Swami Niranjan*

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**Swami Satyananda Saraswati**



**Yoga Publications Trust, Munger, Bihar, India**

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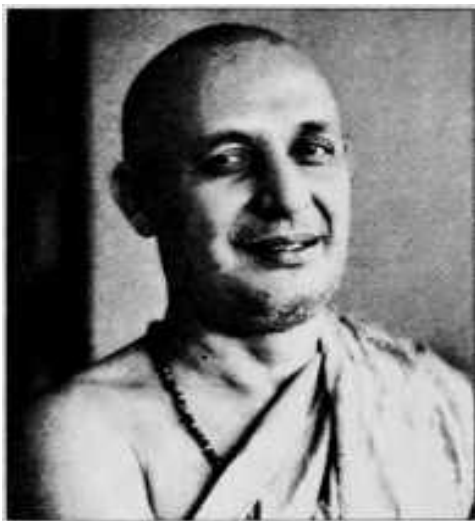
## **SWAMI SIVANANDA SARASWATI**



Swami Sivananda was born at Pattamadai, Tamil Nadu, in 1887. After serving as a medical doctor in Malaya, he renounced his practice, went to Rishikesh and was initiated into Dashnami sannyasa in 1924 by Swami Vishwananda Saraswati. He toured extensively throughout India, inspiring people to practice yoga and lead a divine life. He founded the Divine Life Society at Rishikesh in 1936, the

Sivananda Ayurvedic Pharmacy in 1945, the Yoga Vedanta Forest Academy in 1948 and the Sivananda Eye Hospital in 1957. During his lifetime Swami Sivananda guided thousands of disciples and aspirants all over the world and authored over 200 books.

## **SWAMI SATYANANDA SARASWATI**



Swami Satyananda was born at Almora, Uttar Pradesh, in 1923. In 1943 he met Swami Sivananda in Rishikesh and adopted the Dashnami sannyasa way of life. In 1955 he left his guru/s ashram to live as a wandering mendicant and later founded the International Yoga Fellowship in 1956 and the Bihar School of Yoga in 1964. Over the next 20 years Swami Satyananda toured internationally and authored over 80 books. In

1987 he founded Sivananda Math, a charitable institution for aiding rural development, and the Yoga Research Foundation. In 1988 he renounced his mission, adopting kshetra sannyasa, and now lives as a paramahansa sannyasin.

## SWAMI NIRANJANANANDA SARASWATI



Swami Niranjanananda was born in Madhya Pradesh in 1960. At the age of four he joined the Bihar School of Yoga and was initiated into Dashnami sannyasa at the age of ten. From 1971 he travelled overseas and toured many countries for the next 11 years. In 1983 he was recalled to India and appointed President of Bihar School of Yoga. Since then he has guided the development of Ganga Darshan, Sivananda Math, Yoga Publications Trust

and the Yoga Research Foundation. In 1990 he was initiated as a paramahansa and in 1993 anointed preceptor in succession to Swami Satyananda. Bihar Yoga Bharati was founded under his direction in 1994. He has authored over 20 books and guides national and international yoga programs.

## SWAMI SATYASANGANANDA SARASWATI



Swami Satyasangananda (Satsangi) was born on 24th March 1953, in Chandorenagore, West Bengal. From the age of 22 she experienced a series of inner awakenings which led her to her guru, Swami Satyananda. From 1981 she travelled ceaselessly with her guru in India and overseas and developed into a scholar with deep insight into the yogic and tantric traditions as well as modern sciences and philosophies. She is an effi-

cient channel for the transmission of her guru's teachings. The establishment of Sivananda Math in Rikhia is her creation and mission, and she guides all its activities there, working tirelessly to uplift the weaker and underprivileged areas. She embodies compassion with clear reason and is the foundation of her guru's vision.

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## Asana

Beginners



Intermediate



Advanced



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## Pranayama



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## Bandha



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## Mudra



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## Shatkarma



Asana

Pranayama

Bandha

Mudra

Shatkarma



# Preface

The first edition *Asana Pranayama Mudra Bandha*, published in 1969, was derived from the direct teaching of Swami Satyananda Saraswati during the nine month Teachers' Training Course conducted by him at Bihar School of Yoga, Munger in 1968.

The second edition was published in 1973, to commemorate the Golden Jubilee of Swami Satyananda Saraswati. At this time, the text was completely revised and new material added from class notes taken during the 1970-71 Sannyasa Training Course which was the last course to be personally conducted by him.

This enlarged edition has been published by Bihar Yoga Bharati, an institute for advanced studies in yogic sciences, in response to popular demand and to meet the requirements of a university text. The edition has again been totally revised, updated and new material added under the direction and inspiration of Swami Niranjanananda Saraswati, the successor of Swami Satyananda Saraswati.

This text is currently being used as the main practical text for the teaching of asana, pranayama, mudra, bandha and shatkarma within the Certificate and Diploma Courses in Yogic Studies at Bihar Yoga Bharati. It is also a primary reference for the postgraduate MA/MSc Courses in Yoga Psychology and Yoga Philosophy.

Since publication of the first edition, interest in yoga has spread widely. Now APMB is used in ashrams, centers and yoga schools in every country as the standard textbook for teachers and students alike. The techniques presented have

been assimilated by fields as diverse as medicine, education, entertainment, business and sport.

The science of yoga applies itself to all aspects of life. Obviously, a subject of this breadth cannot be encapsulated in one volume. This revised edition presents basic yogic practices including *asanas*, postures; *pranayamas*, breathing techniques; *mudras*, positions or gestures which represent the psyche; *bandhas*, locks for channeling energy; and *shatkarmas*, cleansing practices. All of these techniques purify the body, mind and energy systems to prepare the ground for higher practices of meditation and for the ultimate experience of cosmic consciousness. Also included is a section introducing the *chakras*, psychic centers, and other aspects of the subtle body.

The effects of yogic practices during and after performance are currently being researched by scientists and doctors around the world. Their results show that asanas, pranayamas, mudras and bandhas are a potent means to restore and maintain physical and mental health. In the near future we hope to see an increasing application of yoga in all walks of life.

*Asana Pranayama Mudra Bandha* is designed for yoga students, spiritual seekers and for those studying yoga in depth. Although many health professionals consult this text as a guide when constructing programs to provide clients with physical, mental and emotional balance, these techniques are not primarily for the sick but for the healthy.

When learning the practices of yoga, the guidance of a qualified yoga teacher is recommended. This text provides yogic practices and information for personal evolution. When practiced faithfully, under the guidance of a competent teacher, these techniques will expand your consciousness.

# Introduction to Yoga

*“Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow.”*

Swami Satyananda Saraswati

Yoga is the science of right living and, as such, is intended to be incorporated in daily life. It works on all aspects of the person: the physical, vital, mental, emotional, psychic and spiritual.

The word yoga means ‘unity\* or ‘oneness\* and is derived from Sanskrit *yuj* which means ‘to join’. This unity or joining is described in spiritual terms as the union of the individual consciousness with the universal consciousness. On a more practical level, yoga is a means of balancing and harmonizing the body, mind and emotions. This is done through the practice of asana, pranayama, mudra, bandha, shatkarma and meditation, and must be achieved before union can take place with the higher reality.

The science of yoga begins to work on the outermost aspect of the personality, the physical body, which for most people is a practical and familiar starting point. When imbalance is experienced at this level, the organs, muscles and nerves no longer function in harmony, rather they act in opposition, to each other. For instance, the endocrine system might become irregular and the efficiency of the nervous system decrease to such an extent that a disease will manifest. Yoga aims at bringing the different bodily functions into perfect coordination so that they work for the good of the whole body.

From the physical body, yoga moves on to the mental and emotional levels. Many people suffer from phobias and neuroses as a result of the stresses and interactions of everyday living. Yoga cannot provide a cure for life but it does present a proven method for coping with it.

Swami Sivananda of Rishikesh explained yoga as an “...integration and harmony between thought, word and deed, or integration between head, heart and hand”. Through the practices of yoga, awareness develops of the interrelation between the emotional, mental and physical levels, and how a disturbance in any one of these affects the others. Gradually, this awareness leads to an understanding of the more subtle areas of existence.

There are many branches of yoga: raja, hatha, jnana, karma, bhakti, mantra, kundalini and laya, to name but a few, and many texts explain them in detail. Each individual needs to find those yogas most suited to his/her particular personality and need. In the last half of this century, hatha yoga has become the most well known and widely practiced of the systems. However, the concept of what constitutes yoga is broadening as more people take it up, and this knowledge is spreading. In the ancient texts, hatha yoga consists of the shatkarmas, cleansing practices, only. Today, however, hatha yoga commonly embraces the practices of asana, pranayama, mudra and bandha as well.

## **History of yoga**

The yoga we know today was developed as part of the tantric civilization which existed in India and all parts of the world more than ten thousand years ago. In archaeological excavations made in the Indus Valley at Harappa and Mohenjodaro, now in modern Pakistan, many statues have been found depicting deities resembling Lord Shiva and Parvati performing various asanas and practicing meditation. These ruins were once the dwelling place of people who lived in the pre-vedic age before the Aryan civilization started to flourish in the Indus subcontinent. According to mythical tradition, Shiva is said to be the founder of yoga and Parvati, his first disciple.

Lord Shiva is widely considered to be the symbol or embodiment of supreme consciousness. Parvati represents supreme knowledge, will and action, and is responsible for all creation. This force or energy is also known as *kundalini shakti*, the cosmic force which lies dormant in all beings. Parvati is regarded as the mother of the whole universe. The individual soul is embodied and bound to the world of name and form, and also liberated from the bondage of the world and united with supreme consciousness through her grace. Out of love and compassion for her children, she imparted her secret knowledge of liberation in the form of tantra. The techniques of yoga have their source in tantra and the two cannot be separated, just as consciousness, Shiva, cannot be separated from energy, Shakti.

*Tantra* is a combination of two words, *tanoti* and *trayati*, which mean ‘expansion’ and ‘liberation’ respectively. Therefore, it is the science of expanding the consciousness and liberating the energy. Tantra is the way to attain freedom from the bondage of the world while still living in it. The first step in tantra is to know the limitations and capacities of the body and mind. Next it prescribes techniques for the expansion of consciousness and the liberation of energy whereby individual limitations are transcended and a higher reality experienced.

Yoga arose at the beginning of human civilization when man first realized his spiritual potential and began to evolve techniques to develop it. The yogic science was slowly evolved and developed by ancient sages all over the world. The essence of yoga has often been shrouded in or explained by different symbols, analogies and languages. Some traditions believe that yoga was a divine gift revealed to the ancient sages so that mankind could have the opportunity to realize its divine nature.

In ancient times, yoga techniques were kept secret and were never written down or exposed to public view. They were passed on from teacher or guru to disciple by word of mouth. In this way there was a clear understanding of their meaning and aim. Through personal experience, realized yogis and sages were able to guide sincere aspirants along the

correct path, removing any confusion, misunderstanding and excessive intellectual contemplation.

The first books to refer to yoga were the ancient *Tantras* and later the *Vedas* which were written about the time the Indus Valley culture was flourishing. Although they do not give specific practices, they allude to yoga symbolically. In fact, the verses of the Vedas were heard by the *rishis*, seers, in states of deep, yogic meditation or *samadhi*, and are regarded as revealed scriptures. It is, however, in the *Upanishads* that yoga begins to take a more definable shape. These scriptures collectively form *Vedanta*, the culmination of the Vedas, and are said to contain the essence of the Vedas.

Sage Patanjali's treatise on raja yoga, the *Yoga Sutras*, codified the first definitive, unified and comprehensive system of yoga. Often called the eight-fold path, it is comprised of *yama*, self-restraints, *niyama*, self-observances, *asana*, *pranayama*, *pratyahara*, disassociation of consciousness from the outside environment, *dharana*, concentration, *dhyana*, meditation and *samadhi*, identification with pure consciousness.

In the 6th century BC, Lord Buddha's influence brought the ideals of meditation, ethics and morality to the fore and the preparatory practices of yoga were ignored. However, Indian thinkers soon realized the limitations of that view. The yogi Matsyendranath taught that before taking to the practices of meditation, the body and its elements need purifying. He founded the Nath cult and the yogic pose matsyendrasana was named after him. His chief disciple, Gorakhnath, wrote books on hatha yoga in the local dialect and in Hindi.

Indian tradition previously required that original texts be written in Sanskrit. In some cases they clothed their writings in symbolism so that only those prepared and ready for a teaching would be able to understand it. One of the most outstanding authorities on hatha yoga, Swami Swatmarama, wrote the *Hatha Yoga Pradipika*, or 'Light on Yoga', in Sanskrit, collating all extant material on the subject. In doing so, he reduced the emphasis on *yama* and *niyama* from hatha yoga, thereby eliminating a great obstacle experienced by many beginners in the *Hatha Yoga Pradipika*, Swatmarama starts with the body and

only later, when the mind has become more stable and balanced, are self-control and self-discipline introduced.

### **The relevance of yoga today**

Today, as we prepare to enter the 21st century, a spiritual heritage is being reclaimed of which yoga is very much a part. While yoga's central theme remains the highest goal of the spiritual path, yogic practices give direct and tangible benefits to everyone regardless of their spiritual aims.

Physical and mental therapy is one of yoga's most important achievements. What makes it so powerful and effective is the fact that it works on the holistic principles of harmony and unification. Yoga has succeeded as an alternative form of therapy in diseases such as asthma, diabetes, blood pressure, arthritis, digestive disorders and other ailments of a chronic and constitutional nature where modern science has not. Research into the effects of yogic practices on HIV is currently underway with promising results. According to medical scientists, yoga therapy is successful because of the balance created in the nervous and endocrine systems which directly influences all the other systems and organs of the body.

For most people, however, yoga is simply a means of maintaining health and well-being in an increasingly stressful society. Asanas remove the physical discomfort accumulated during a day at the office sitting in a chair, hunched over a desk. Relaxation techniques help maximize the effectiveness of ever-diminishing time off. In an age of mobile phones, beepers and twenty-four hour shopping, yogic practices make great personal and even business sense.

Beyond the needs of individuals, the underlying principles of yoga provide a real tool to combat social malaise. At a time when the world seems to be at a loss, rejecting past values without being able to establish new ones, yoga provides a means for people to find their own way of connecting with their true selves. Through this connection with their real selves it is possible for people to manifest harmony in the current age, and for compassion to emerge where hitherto there has been none.

In this respect, yoga is far from simply being physical exercises, rather, it is an aid to establishing a new way of life which embraces both inner and outer realities. However, this way of life is an experience which cannot be understood intellectually and will only become living knowledge through practice and experience.



# Asana



हठस्य प्रथमांगत्वादासनं पूर्वमुच्यते ।

कुर्यात्तदासनं स्थैर्यमारोग्यं चांगलाघवम् ॥१:१७॥

*Hathasya prathamaangatvaadaasanam poorvamuchyate.*

*Kuryaattadaasanam sthairyamaarogyam chaangalaaghavam.*

Prior to everything, asana is spoken of as the first part of hatha Yoga. Having done asana, one attains steadiness of body and mind, freedom from disease and lightness of the limbs.

### ***Hatha Yoga Pradipika (1:17)***

Asana means a state of being in which one can remain physically and mentally steady, calm, quiet and comfortable. In the Yoga Sutras of Patanjali there is a concise definition of yogasanas: “Sthiram sukham aasanam,” meaning that position which is comfortable and steady. So, we can see that yogasanas in this context are practiced to develop the practitioner’s ability to sit comfortably in one position for an extended length of time, as is necessary during meditation.

In raja yoga, asana refers to the sitting position, but in hatha yoga it means something more. Asanas are specific body positions which open the energy channels and psychic centers. They are tools to higher awareness and provide the stable foundation for our exploration of the body, breath, mind and beyond. The hatha yogis also found that by developing control of the body through asana, the mind is also controlled. Therefore, the practice of asana is foremost in hatha yoga.

# Introduction to Yogasana

In the *Yoga Sutras* of Patanjali there is a concise definition of yogasanas: “*Sthiram sukharn aasanam*”, meaning ‘that position which is comfortable and steady’. In this context, asanas are practiced to develop the ability to sit comfortably in one position for an extended period of time, an ability necessary for meditation. Raja yoga equates yogasana to the stable sitting position.

The hatha yogis, however, found that certain specific body positions, asanas, open the energy channels and psychic centers. They found that developing control of the body through these practices enabled them to control the mind and energy. Yogasanas became tools to higher awareness, providing the stable foundation necessary for the exploration of the body, breath, mind and higher states. For this reason, asana practice is comes first in hatha yoga texts such as *Hatha Yoga Pradipika*.

In the yogic scriptures it is said that there were originally 8,400,000 asanas, which represent the 8,400,000 incarnations every individual must pass through before attaining liberation from the cycle of birth and death. These asanas represented a progressive evolution from the simplest form of life to the most complex: that of a fully realized human being. Down through die ages the great rishis and yogis modified and reduced the number of asanas to the few hundred known today. Through their practice, it is possible to side-step the karmic process and bypass many evolutionary stages in one lifetime. Of these few hundred, only the eighty-four most useful are discussed in detail.

## **Animal postures**

Many of the yogasanas described in this book are named after and reflect the movements of animals. Through observation, the rishis understood how animals live in harmony with their environment and with their own bodies. They understood, through experience, the effects of a particular posture and how the hormonal secretions could be stimulated and controlled by it. For example, by imitating the rabbit or hare in shashankasana they could influence the flow of adrenaline responsible for the 'fight or flight' mechanism. Through imitating animal postures, the rishis found they could maintain health and meet the challenges of nature for themselves.

## **Yogasanas and prana**

Prana, vital energy, which corresponds to ki or chi in Chinese medicine, pervades the whole body, following flow patterns called *nadis*, which are responsible for maintaining all individual cellular activity. Stiffness of the body is due to blocked prana and a subsequent accumulation of toxins. When prana begins to flow, the toxins are removed from the system ensuring the health of the whole body. As the body becomes supple, postures which seemed impossible become easy to perform, and steadiness and grace of movement develop. When the quantum of prana is increased to a great degree, the body moves into certain postures by itself and asanas, mudras and pranayamas occur spontaneously. (For further information on prana, see the section on pranayama or the Bihar School of Yoga publication *Prana, Pranayama, Prana Vidya*).

## **Yogasanas and kundalini**

The ultimate purpose of yoga is the awakening of *kundalini shakti*, the evolutionary energy in man. Practicing asanas stimulates the chakras, distributing the generated energy of kundalini all over the body. About thirty-five asanas are specifically geared to this purpose: bhujangasana for manipura chakra, sarvangasana for vishuddhi, sirshasana for sahasrara and so on. The other asanas regulate and purify the nadis facilitating the conduction of prana throughout the body.

The main object of hatha yoga is to create balance between the interacting activities and processes of the pranic and mental forces. Once this has been achieved, the impulses generated give a call of awakening to *sushumna nadi*, the central pathway in the spine, through which the kundalini shakti rises to sahasrara chakra. thereby illumining the higher centres of human consciousness.

Hatha yoga, therefore, not only strengthens the body and improves health but also activates and awakens the higher centres responsible for the evolution of human consciousness. (For a fuller discussion of chakras, nadis and kundalini, see the chapter Psychic Physiology of Yoga.)

### **Yogasanas and the body-mind connection**

The mind and body are not separate entities although there is a tendency to think and act as though they are. The gross form of the mind is the body and the subtle form of the body is the mind. The practice of asana integrates and harmonizes the two. Both the body and the mind harbor tensions or knots. Every mental knot has a corresponding physical, muscular knot and vice versa.

The aim of asana is to release these knots. Asanas release mental tensions by dealing with them on the physical level, acting somato-psychically, through the body to the mind. For example, emotional tensions and suppression can tighten up and block the smooth functioning of the lungs. diaphragm and breathing process, contributing to a very debilitating illness in the form of asthma

Muscular knots can occur anywhere in the body: tightness of the neck as cervical spondylitis, the face as neuralgia, etc. A well chosen set of asanas, combined with pranayama, shatkarmas. meditation and yoga nidra, is most effective in eliminating these knots, tackling them from both the mental and physical levels. The result is the release of dormant energy; the body becomes full of vitality and strength, the mind becomes light, creative, joyful and balanced.

Regular practice of asana maintains the physical body in an optimum condition and promotes health even in an unhealthy

body. Through asana practice, the dormant energy potential is released and experienced as increased confidence in all areas of life.

### **Yogasana and exercise**

Yogasanas have often been thought of as a form of exercise. They are not exercises, but techniques which place the physical body in positions that cultivate awareness, relaxation, concentration and meditation. Part of this process is the development of good physical health by stretching, massaging and stimulating the pranic channels and internal organs.

Although asana is not exercise it is complementary to exercise. Before the difference between the two can be understood, it is necessary to know a little about the latter. Exercise imposes a beneficial stress on the body. Without it the muscles waste, the bones become weak, the capacity to absorb oxygen decreases, insulin insensitivity can occur, and the ability to meet the physical demands of sudden activity is lost.

There are several differences in the way asana and exercise affect body mechanisms. When yogasanas are performed, respiration and metabolic rates slow down, the consumption of oxygen and the body temperature drop. During exercise, however, the breath and metabolism speed up, oxygen consumption rises, and the body gets hot. Yoga postures tend to arrest catabolism whereas exercise promotes it. In addition, asanas are designed to have special effects on the glands and internal organs, and to alter electrochemical activity in the nervous system.

### **Yogasanas classified**

The asanas are classified into three groups: beginners, intermediate and advanced. It is not necessary to perform all the asanas in a particular group. Regular practice of a balanced program, tailored to individual needs is recommended for maximum benefit.

**The beginners group** should be performed by those who have never practiced yogasanas before, who are infirm in any way, weak or sick and who are therefore unable to perform the

more difficult practices. This group consists of elementary techniques designed to prepare the body and mind for major and meditation asanas. These practices are in no way inferior to the advanced asanas and are very useful in improving physical health. Included in this group are the pawanmuktasana series, eye exercises, relaxation, premeditation and meditation poses, asanas performed from vajrasana, standing asanas, surya and chandra namaskara.

**The intermediate group** consists of asanas which are reasonably difficult and are recommended for people who can perform the beginners group without discomfort or strain. These asanas require a greater degree of steadiness, concentration and coordination with the breath. Included in this group are asanas performed from padmasana, backward and forward bending, spinal twisting, inverted and balancing asanas.

**The advanced group** is intended for people with extensive control over their muscles and nervous system, who have already mastered the middle group of asanas. Practitioners should not be too eager to start these asanas. It is preferable to practice them under the guidance of an adept.

### **Dynamic and static yogasanas**

Dynamic practices often involve energetic movements of the body. They are not intended to develop muscles or make the body fitter but to increase flexibility, speed up circulation, loosen the muscles and joints, release energy blocks and remove stagnant blood from different parts of the body. These asanas tone the skin and muscles, strengthen the lungs, and encourage movement in the digestive and excretory systems. Dynamic practices are particularly useful for beginners. They include series and postures such as the pawanmuktasana series, surya namaskara, chandra namaskara, dynamic paschimottanasana and dynamic halasana.

Static practices are performed by intermediate and advanced practitioners. They have a more subtle and powerful effect on the pranic and mental bodies. They are performed with little or no movement, the body often remaining in one position for

a few minutes. These asanas are intended to gently massage the internal organs, glands and muscles as well as to relax the nerves throughout the body. They are specifically concerned with bringing tranquility to the mind and preparing the practitioner for the higher practices of yoga, such as meditation. Some of them are particularly useful for inducing the state of sense withdrawal, *pratyahara*.

### **General notes for the practitioner**

The following practice notes should be thoroughly understood before going any further. Although anybody can practice asanas, they become more efficacious and beneficial when performed in the proper manner after correct preparation.

**Breathing:** Always breathe through the nose unless specific instructions are given to the contrary. Try to coordinate the breath with the asana practice.

**Awareness:** This is as essential to the practice of asana as it is to all yoga practices. The purpose of asana practice is to influence, integrate and harmonize all the levels of being: physical, pranic, mental, emotional, psychic and spiritual. At first it may appear that asanas are merely concerned with the physical level because they deal with the movement of different parts of the body. Actually, however, they have profound effects at every level of being if they are combined with awareness.

Awareness has many connotations, in this context, but it may be understood as consciously noting the physical movement, the posture itself, breath control and synchronization, mental counting, sensations in the body, movement of prana, concentration on an area of the body or chakra and, most important, any thoughts or feelings that may arise during the practice. Implicit in the concept of awareness is the idea of acceptance of any thought which comes uninvited to the mind; 'good' and 'bad' thoughts should be accepted equally, without judgment. In the final analysis, thoughts are energy, neither good nor bad. This awareness is essential in order to receive optimum benefits from the practices.

**Relaxation:** Shavasana may be performed at any point during asana practice, especially when feeling physically or



mentally tired. It should also be practiced on completion of the asana program.

**Sequence:** After completing shatkarma, asana should be done, followed by pranayama, then pratyahara and dharana which lead to meditation.

**Counterpose:** When practicing the middle and advanced group of asanas particularly, it is important that the program is structured so that backward bends are followed by forward bends and vice versa, and that whatever is practiced on one side of the body is repeated on the other side. This concept of counterpose is necessary to bring the body back to a balanced state. Specific counterposes are recommended for certain asanas described in this book. However, in some cases, when practicing a particular asana for therapeutic reasons, a counterpose may not be needed.

**Time of practice:** Asana may be practiced at any time of day except after meals. The best time, however, is the two hours before and including sunrise. This period of the day is known in Sanskrit as *brahmamuhurta* and is most conducive to the higher practices of yoga. At this time, the atmosphere is pure and quiet, the activities of the stomach and intestines have stopped, the mind has no deep impressions on the conscious level and it is empty of thoughts in preparation for the long day ahead. The practitioner will probably find that the muscles are stiffest early in the morning compared to the late afternoon when they become more supple, nevertheless this time is recommended for practice. In the evening the two hours around sunset is also a favorable time.

**Place of practice:** Practice in a well-ventilated room where it is calm and quiet. Asanas may also be practiced outdoors but the surroundings should be pleasant, a beautiful garden with trees and flowers, for example. Do not practice in a strong wind, in the cold, in air that is dirty, smoky or which carries an unpleasant odor. Do not practice in the vicinity of furniture, a fire or anything that prevents free fall to the ground, especially while performing asanas such as sirshasana. Many accidents occur because people fall against an object. Do not practice under an electric fan unless it is extremely hot.

**Blanket:** Use a folded blanket of natural material for the practices as this will act as an insulator between the body and the earth. Do not use a mattress which is spongy or filled with air as this does not give sufficient support to the spine.

**Clothes:** During practice it is better to wear loose, light and comfortable clothing. Before commencing, remove spectacles, wristwatches and any jewelry.

**Bathing:** Try to take a cold shower before starting. This will greatly improve the effect of the asanas.

**Emptying the bowels:** Before commencing the asana program, the bladder and intestines should preferably be empty. If constipated, drink two or three glasses of warm, slightly salted water and practice the asanas given in the chapter on shankhprakashalana, namely tadasana, tiryaka tadasana, kati chakrasana, tiryaka bhujangasana and udarakarshan asana. This should relieve the constipation. If not, practicing pawanmuktasana part two should help. Choose one time daily to go to the toilet before doing asanas. Do not strain; try to relax the whole body. After some weeks the bowels will automatically evacuate at the set time every day. Try to avoid using laxative drugs.

**Empty stomach:** The stomach should be empty while doing asanas and to ensure this, they should not be practiced until at least three or four hours after food. One reason why early morning practice is recommended is that the stomach is sure to be empty.

**Diet:** There are no special dietary rules for asana practitioners although it is better to eat natural food and in moderation. Contrary to popular belief, yoga does not say that a vegetarian diet is essential although in the higher stages of practice it is recommended. At meal times it is advised to half fill the stomach with food, one quarter with water and leave the remaining quarter empty. Eat only to satisfy hunger and not so much that a feeling of heaviness or laziness occurs. Eat to live rather than live to eat. Foods which cause acidity or gas in the digestive system, which are heavy, oily and spicy, should be avoided, especially when asanas are practiced with a spiritual aim. Specific dietary

restrictions are recommended for certain diseases, (see chapter Therapeutic Index).

**No straining:** Never exert undue force while doing asanas. Beginners may find their muscles stiff at first, but after several weeks of regular practice they will be surprised to find that their muscles are more supple.

**Age limitations:** Asana may be practiced by people of all age groups, male and female.

**Contra-indications:** People with fractured bones or who are suffering from chronic ailments and diseases such as stomach ulcer, tuberculosis or hernia, and those recuperating from operations, should consult a yoga teacher or doctor before commencing asanas.

**Termination of asana:** If there is excessive pain in any part of the body the asana should be terminated immediately and, if necessary, medical advice sought. Do not stay in an asana if discomfort is felt.

**Inverted asana:** Do not practice any inverted asanas if there is gas or fermentation in the intestines, if the blood is excessively impure, during menstruation or in later stages of pregnancy. This is important to ensure that toxins do not go to the brain and cause damage, and, in the case of menstruation, that blood does not enter the fallopian tubes.

**Sunbathing:** Never practice asanas after a long period of sunbathing as the body will be overheated.

# Asana

## Beginners Group



# Pawanmuktasana Series

The pawanmuktasana series is one of the most important series of practices that has a very profound effect on the human body and mind and is thus a most useful tool for the yogic management of various disorders and maintenance of health. It is one of the special contributions of Bihar School of Yoga and the teachings of Paramahansa Satyananda. Being the first practical series taught in hatha yoga, it is essential for laying a firm foundation in yogic life. Pawanmuktasana is valuable for understanding the meaning of asana by developing awareness of the body's movements and the subtle effects they have at the various levels of being. It is very useful as a preparatory practice as it opens up all the major joints and relaxes the muscles of the body. The series may be practiced by anyone: beginner or advanced, young or elderly, and by those convalescing or with disease conditions. It should never be ignored and treated casually just because the practices are simple, gentle and comfortable.

In Sanskrit these practices are referred to as *sukshma vyayama* which means 'subtle exercise'. The word *pawan* means "wind" or 'prana'; *mukta* means 'release' and *asana* means 'pose'. Therefore, pawanmuktasana also means a group of asanas that remove any blockages which prevent the free flow of energy in the body and mind. Sometimes, due to bad posture, disturbed bodily functions, psychological or emotional problems or an imbalanced lifestyle, the energy becomes blocked. This initially results in stiffness, muscular tension, lack of proper blood flow and minor functional defects. However, if these blockages become chronic, a limb, joint or physical

organ may malfunction, fail or become diseased. Regular practice of pawanmuktasana removes energy blockages from the body and prevents new ones from forming. In this way, it promotes total health, regulating and stabilizing the flow of energy throughout the body.

### **Mind-body aspect**

Most modern day diseases are psychosomatic in nature. Drug treatment of these ailments is only symptomatic and fails to touch the roots of the disease. These asanas, if done correctly, in a non-competitive and relaxed atmosphere, not only relax the muscles of the body but these relaxing impulses travel back to the brain and relax the mind. By integrating the breath synchronization and awareness, the attentive faculty of the mind is made active and is not allowed to wander into tension and stress. The nature of these asanas is thus more mental than physical. If they are performed correctly they relax the mind, tune up the autonomic nerves, hormonal functions and the activities of internal organs. Therefore, these asanas are of great preventative and curative value.

### **Three groups**

Pawanmuktasana is divided into three distinct groups of asanas: the anti-rheumatic group, the digestive/abdominal group and the shakti bandha or energy block group. All three groups supplement each other, stimulating and encouraging a free flow of energy throughout the body. Practitioners are advised to perfect each group before attempting the major asanas. Daily practice of pawanmuktasana parts 1, 2 and 3 over a period of months brings about a profound relaxation and toning of the entire psycho-physiological structure which is necessary for the practice of advanced techniques. Advanced yogasanas are frequently physically demanding and have a powerful effect on the body and mind. It is essential to respect this and prepare correctly. The asanas in each group should be performed in the order given.

# Pawanmuktasana Part 1

## ANTI-RHEUMATIC GROUP

This group of asanas is concerned with loosening up the joints of the body. It is excellent for those with rheumatism, arthritis, high blood pressure, heart problems or other ailments where vigorous physical exercise is not advised. It is particularly useful for eliminating energy blockages in the joints and outer extremities of the physical body, and works on the pranic and mental bodies as well.

**Awareness:** The practices may be performed in three ways:

- a) with awareness of the actual physical movement, the interaction between the various components of the body, i.e. bones, joints, ligaments, muscles, etc.; the movement in relation to other parts of the body; with mental counting of each completed round; and with awareness of thoughts arising in the mind. This method of practice induces peace, balance and one-pointedness which in turn brings about harmony in the physical body.
- b) with awareness and integrated breathing. In addition to the awareness of physical movement described above, individual movements are synchronized with the breath. The movements become slower which in turn slows the brain waves, further enhancing relaxation and awareness. This method of practice has a greater influence at the physical and pranic levels and is especially useful for harmonizing and revitalizing the body and improving the function of the internal organs. Breathing should be practiced as indicated in the description of each asana. In addition, greater benefit

will be gained if ujjayi pranayama (see section on pranayama practices) is used as a breathing technique. This effectively stimulates and balances the pranic energy flowing through the nadis.

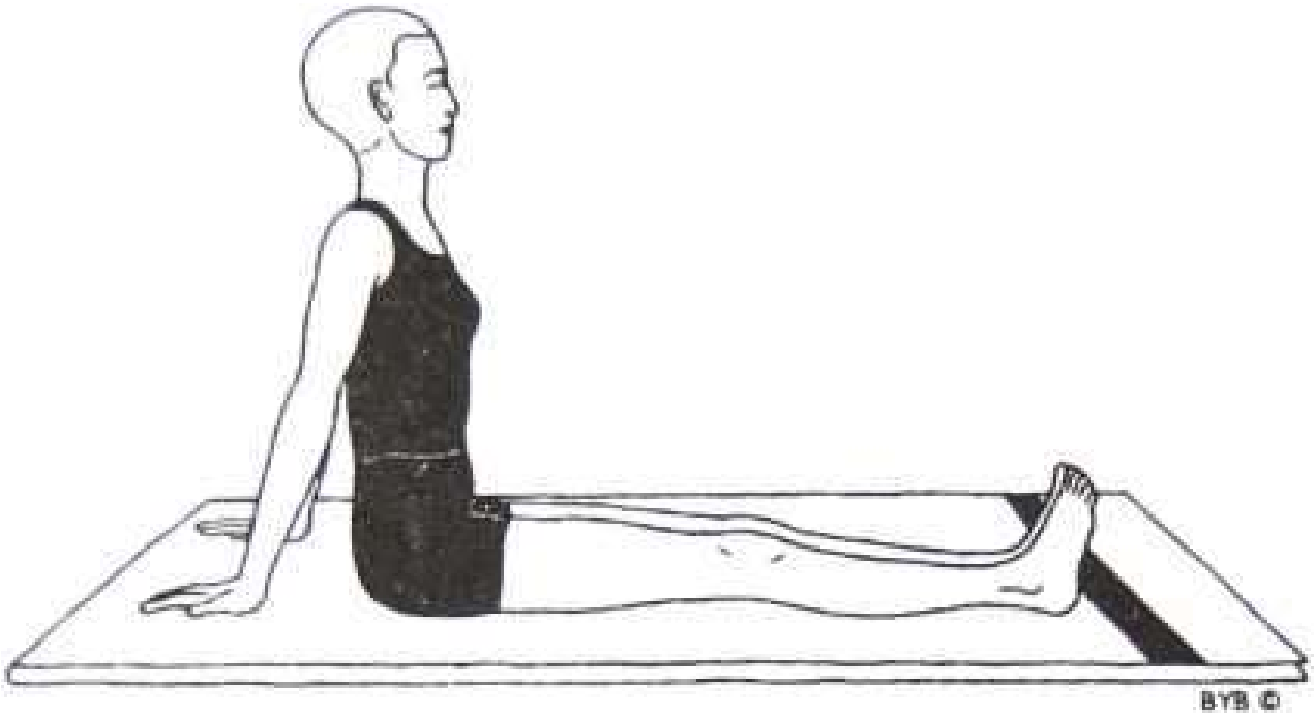
c) with awareness of the movement of prana in the body. Prana may be experienced as a tingling sensation in the body to which one becomes sensitized with practice.

**Periodic rest:** After every two or three movements, sit quietly in the base position with the eyes closed and be aware of the natural breath, of the part or parts of the body that have just been moved, and of any thoughts or feelings that come into the mind. After a minute or so continue the practice. This will not only rest the body but will also develop awareness of the internal energy patterns, and the mental and emotional processes. This rest period is almost as important as the asanas themselves and should not be neglected.

If tiredness is experienced at any point during the asana program, rest in shavasana. Shavasana should be performed for three to five minutes at the end of the program.

**Base position:** All the practices of pawanmuktasana part 1 are performed while sitting on the floor in the base position (see diagram). The body should be relaxed and only those muscles associated with the asana being executed should be used. Full awareness should be given to performance of the asana as per notes above. For maximum benefit the eyes should remain closed. Do not practice mechanically, be aware throughout the practice.





## **Prarambhik Sthiti (base position)**

Sit with the legs outstretched.

Place the palms of the hands on the floor to the sides and just behind the buttocks.

The back, neck and head should be straight.

Straighten the elbows.

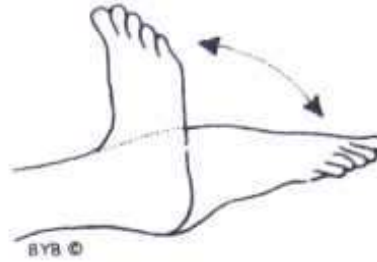
Lean back slightly, taking the support of the arms.

Close the eyes and relax the whole body in this position.

# PADANGULI NAMAN & GOOLF NAMAN



**Practice I**



**Practice 2**

## **Practice I: Padanguli Naman (toe bending)**

Sit in the base position with the legs outstretched and the feet slightly apart. Place the hands beside and slightly behind the buttocks.

Lean back a little, using the arms to support the back. Keep the spine as straight as possible.

Be aware of the toes. Move the toes of both feet slowly backward and forward, keeping the feet upright and the ankles relaxed and motionless.

Hold each position for a few seconds.

Repeat 10 times.

**Breathing:** Inhale as the toes move backward.

Exhale as the toes move forward.

**Awareness:** On the breath, mental counting and the stretching sensation produced by the movement.

## **Practice 2: Goolf Naman (ankle bending)**

Remain in the base position. Keep the feet slightly apart. Slowly move both feet backward and forward, bending them from the ankle joints. Try to stretch the feet forward to touch the floor and then draw them back towards the knees.

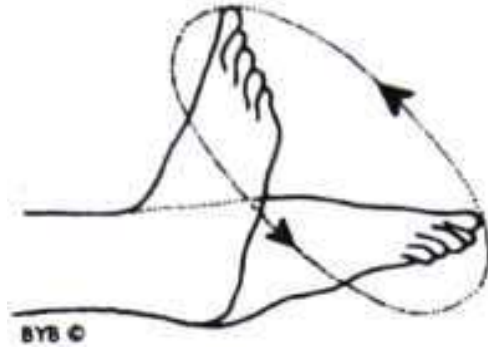
Hold each position for a few seconds. Repeat 10 times.

**Breathing:** Inhale as the feet move backward.

Exhale as the feet move forward.

**Awareness:** On the breath, mental counting and the stretch in the foot, ankle, calf and leg muscles or joints.

# GOOLF CHAKRA



## **Practice 3: Goolf Chakra (ankle rotation)**

Remain in the base position.

Separate the legs a little, keeping them straight.

Keep the heels on the ground throughout the practice.

**Stage I:** Slowly rotate the right foot clockwise from the ankle 10 times and then repeat 10 times anti-clockwise.

Repeat the same procedure with the left foot.

**Stage 2:** Place the feet together.

Slowly rotate both feet together in the same direction, keeping them in contact with each other.

Do not allow the knees to move.

Practice 10 times clockwise and then 10 times anti-clockwise.

**Stage 3:** Keep the feet separated.

Slowly rotate both feet from the ankles together but in opposite directions.

The big toes should touch each other on the inward stroke of each foot.

Do 10 rotations in one direction and then 10 rotations in the opposite direction.

**Breathing:** Inhale on the upward movement.

Exhale on the downward movement.

**Awareness:** On the breath, mental counting and rotation.

# GOOLF GHOORNAN



## **Practice 4: Goo If Ghoornan (ankle crank)**

Remain in the base position.

Bend the right knee and bring the foot towards the buttock. Turn the knee out to the side and place the foot on the left thigh.

Make sure the ankle is far enough over the thigh to be free for rotation.

Hold the right ankle with the right hand to support the ankle.

Hold the toes of the right foot with the left hand.

With the aid of the left hand, slowly rotate the right foot 10 times clockwise, then 10 times anti-clockwise.

Repeat with the left foot placed on the right thigh.

**Breathing:** Inhale on the upward movement.

Exhale on the downward movement.

**Awareness:** On the breath, mental counting and rotation.

**Benefits:** All the foot and calf asanas help in returning the stagnant lymph and venous blood. They thus relieve tiredness and cramp, and prevent venous thrombosis especially in bedridden, post-operative patients.

### **Practice 5: Janufalak Akarshan (kneecap contraction)**

Stay in the base position.

Contract the muscle surrounding the right knee, drawing the kneecap back towards the thigh.

Hold the contraction for 3 to 5 seconds, counting mentally. Release the contraction and let the kneecap return to its normal position.

Practice 5 times. Repeat with the left kneecap 5 times, then with both kneecaps together.

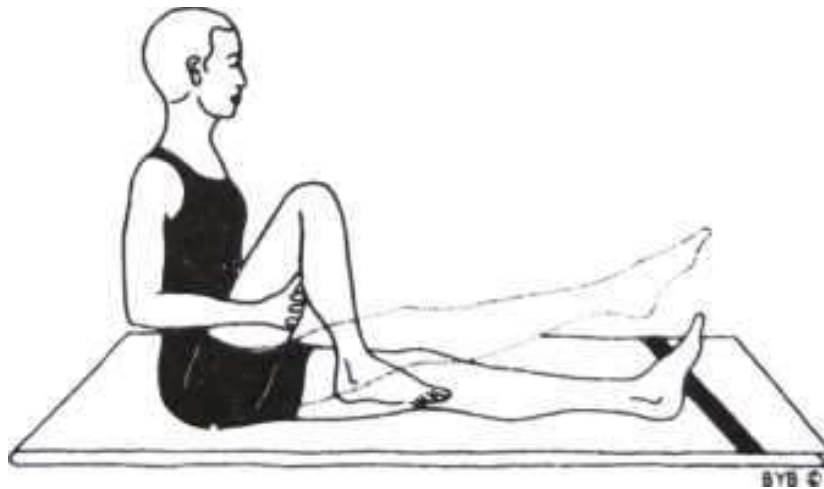
**Breathing:** Inhale while contracting.

Hold the breath during contraction.

Exhale while relaxing the knee muscles.

**Awareness:** On the breath, mental counting and contraction.

### **JANU NAMAN**



### **Practice 6: Janu Naman (knee bending)**

Stay in the base position. Bend the right knee and clasp the hands under the right thigh.

Straighten the right leg, pulling up the kneecap.

Keep the hands under the thigh but straighten the arms. Do not allow the heel or toes to touch the floor.

Bend the right leg at the knee so that the thigh comes close to the chest and the heel near the buttocks.

Keep the head and spine straight.

This is one round.

Practice 10 rounds with the right leg and then 10 rounds with the left leg.

**Breathing:** Inhale while straightening the leg.

Exhale while bending the leg.

**Awareness:** On the breath, mental counting, stretch in the thigh muscles and synchronized movement.

**Practice note:** While bending the knee the hands may also clasp the lower shin. The thigh is then pressed against the abdomen helping to release wind from this area.

### **Practice 7: Dwi Janu Naman (double knee bending)**

Sitting in the base position, place both palms flat on the floor at the side and slightly in front of the buttocks. Bend both knees together, and place the feet on the floor in front of the buttocks.

Straighten the legs and raise the feet so that they are about 8 cm above the floor in the final position.

Point the toes forward.

The hands and arms should support and maintain stability of the body. Try to keep the head and spine upright. Remain in the position for a second.

Bend the knees and bring the legs back to the starting position, keeping the heels slightly above the floor.

Draw the toes back towards the shins.

This is one round.

Practice 5 to 10 rounds, keeping the heels off the floor throughout the practice.

**Breathing:** Inhale while straightening the legs.

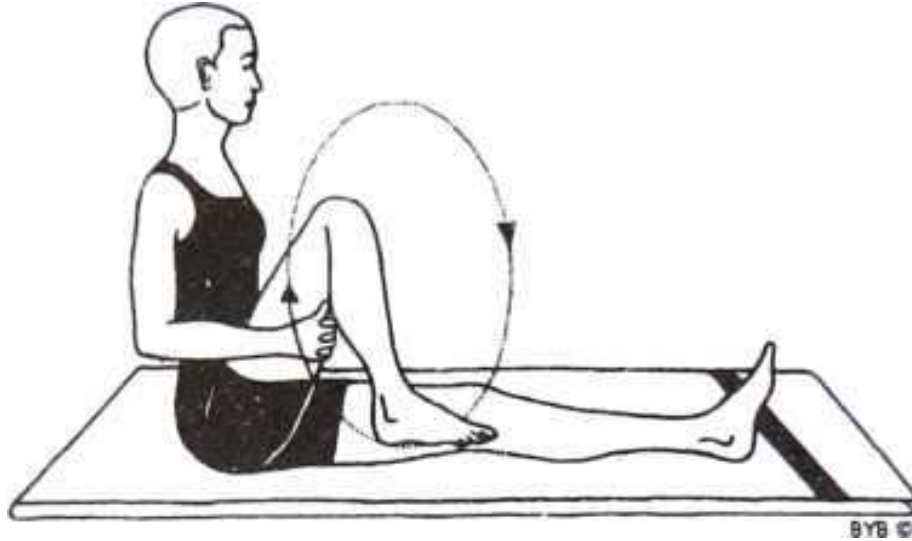
Exhale while bending the legs.

**Awareness:** On the breath, mental counting, movement and balance.

**Contra-indications:** This is a strenuous practice and should not be attempted by people with weak abdominal muscles, back conditions, high blood pressure or heart conditions.

**Practice note:** The hands may also be clasped under the thighs as in janu naman. This is a good preparatory asana for brahmacharyasana.

# JANU CHAKRA



## **Practice 8: Janu Chakra (knee crank)**

Sit in the base position.

Bend the right leg at the knee as described in practice 6. Place the hands under the right thigh and interlock the fingers or cross the arms holding the elbows.

Raise the right foot from the ground.

Rotate the lower leg from the knee in a large circular movement; try to straighten the leg at the top of the upward movement.

The upper leg and trunk should be completely still. Rotate 10 times clockwise and then 10 times anti-clockwise. Repeat with the left leg.

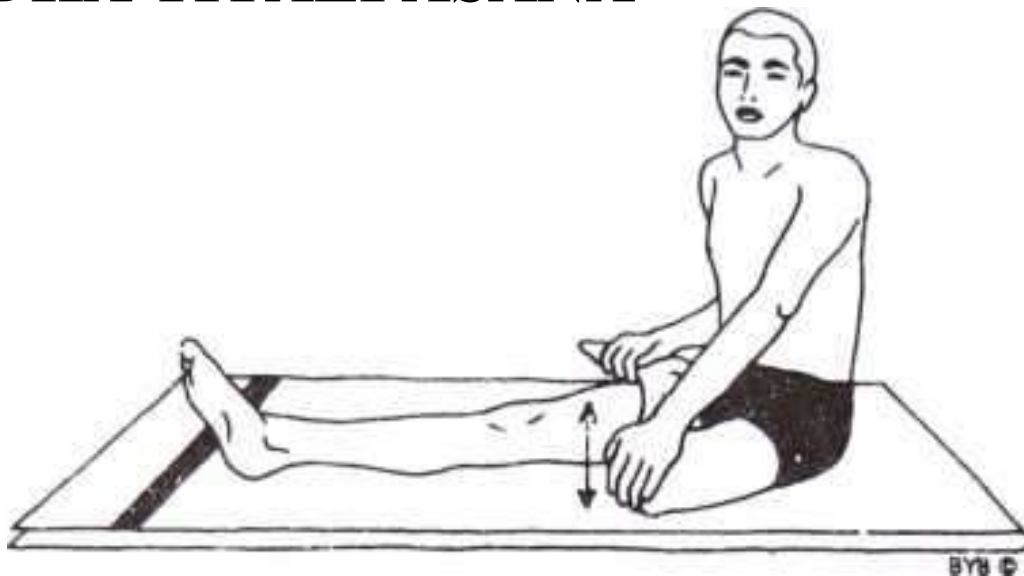
**Breathing:** Inhale on the upward movement.

Exhale on the downward movement.

**Awareness:** On the breath, mental counting, movement and perfection of circular rotation.

**Benefits:** Since the knee joint bears the whole weight of the body and has no strong muscles for support, it is most vulnerable to injuries, sprains and osteoarthritis. All the knee asanas strengthen the quadriceps muscle and the ligaments around the knee joint. These asanas rejuvenate the joint by activating the healing energies.

# ARDHA TITALI ASANA



## **Practice 9: Ardha Titali Asana (half butterfly)**

Sit in the base position.

Bend the right leg and place the right foot as far up on the left thigh as possible.

Place the right hand on top of the bent right knee.

Hold the toes of the right foot with the left hand.

This is the starting position.

### **Stage I: with breath synchronization**

While breathing in, gently move the right knee up towards the chest. Breathing out, gently push the knee down and try to touch the knee to the floor.

The trunk should not move.

Do not force this movement in any way.

The leg muscles should be passive, the movement being •\* achieved by the exertion of the right arm.

Slowly practice 10 up and down movements.

**Awareness:** On the breath, mental counting, movement of hip joint and relaxation of inner thigh muscles.

### **Stage 2: without breath synchronization**

Remain in the same position with the right leg on the left thigh.

Relax the right leg muscles as much as possible.

Push the right knee down with the right hand and try to touch the knee to the floor.



Do not strain.

Let the knee spring up by itself.

The movement is achieved by use of the right arm only. Practice 30 up and down movements in quick succession. Breathing should be normal and unrelated to the practice. Repeat stages 1 and 2 and the unlocking procedure (see note below) with the left leg.

**Awareness:** On mental counting, movement of hip joint and relaxation of inner thigh muscles.

**Benefits:** This is an excellent preparatory practice for loosening up the knee and hip joints for meditative poses. Those people who cannot sit comfortably in cross-legged positions should practice ardha titali asana daily, both morning and evening.

**Practice note:** To unlock the leg after completing stage 2, slowly and carefully straighten the leg.

Bend it once, bringing the heel near the buttock. Straighten the leg.

This procedure will ensure that the knee joint is realigned correctly.

# SHRONI CHAKRA



## **Practice 10: Shroni Chakra (hip rotation)**

Sit in the same starting position as for asana 9 with the right leg on the left thigh.

Using the muscles of the right arm, rotate the right knee in a circle trying to make the circular movement as large as possible.

The index finger may be pointed out and used as a guide to perfection of the circular movement.

Practice 10 rotations clockwise and then 10 rotations anti-clockwise.

Straighten the leg slowly.

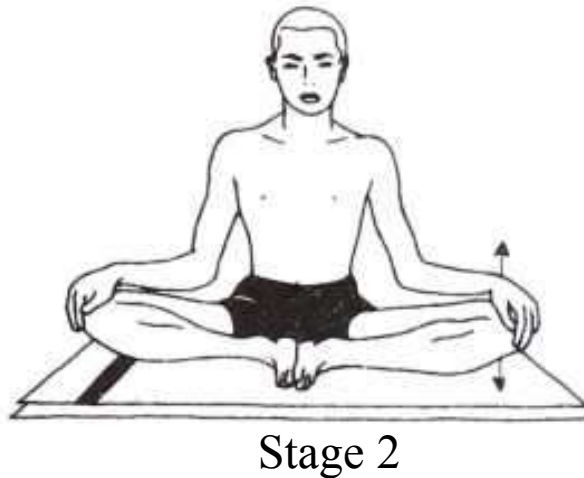
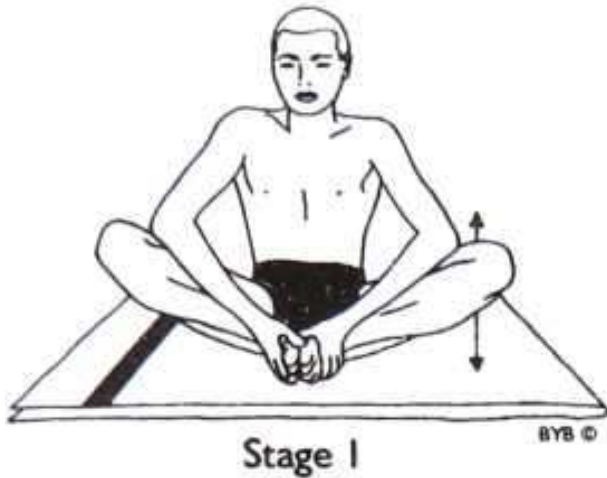
Release the knee as described in the note to asana 9. Repeat with the left leg.

**Breathing:** Inhale on the upward movement.

Exhale on the downward movement.

**Awareness:** On the breathing, mental counting and rotation of the hip joint.

# POORNA TITALI ASANA



## Practice 11: Poorna Titali Asana (full butterfly)

Sit in the base position.

Bend the knees and bring the soles of the feet together, keeping the heels as close to the body as possible.

Fully relax the inner thigh muscles.

**Stage I:** Clasp the feet with both hands.

Gently bounce the knees up and down, using the elbows as levers to press the legs down.

Try to touch the knees to the ground on the downward stroke.

Do not use any force.

Practice 30 to 50 up and down movements.

**Stage 2:** Keep the soles of the feet together.

Place the hands on the knees.

Using the palms, gently push the knees down towards the floor, allowing them to spring up again.

Do not force this movement.

Repeat 20 to 30 times.

Straighten the legs and relax.

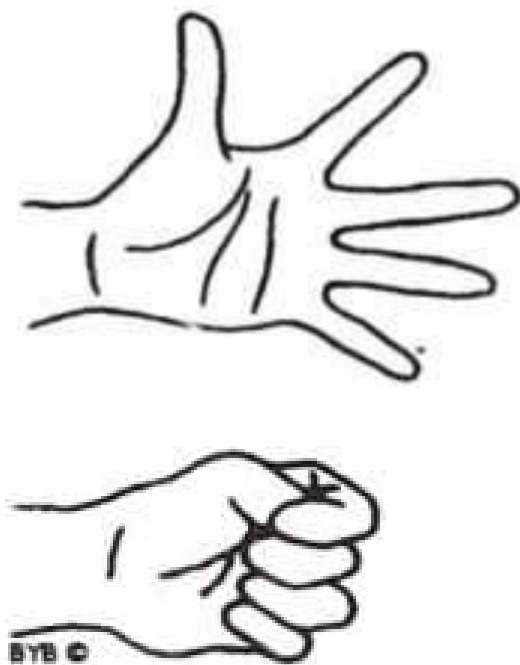
**Breathing:** Normal breathing, unrelated to the practice. **Awareness:**

On mental counting, movement and relaxation. **Contra-indications:**

People with sciatica and sacral conditions should avoid this asana.

**Benefits:** Both stages prepare the legs for mastery of padmasana and other meditative asanas. The inner thigh muscles hold a lot of tension which is relieved by these asanas. They also remove tiredness from long hours of standing and walking.

# MUSHTIKA BANDHANA



## **Practice 12: Mushtika Bandhana (hand clenching)**

Sit in the base position or a cross-legged pose.

Hold both arms straight in front of the body at shoulder level.

Open the hands, palms down, and stretch the fingers as wide apart as possible.

Close the fingers to make a tight fist with the thumbs inside.

The fingers should be slowly wrapped around the thumbs.

Again open the hands and stretch the fingers.

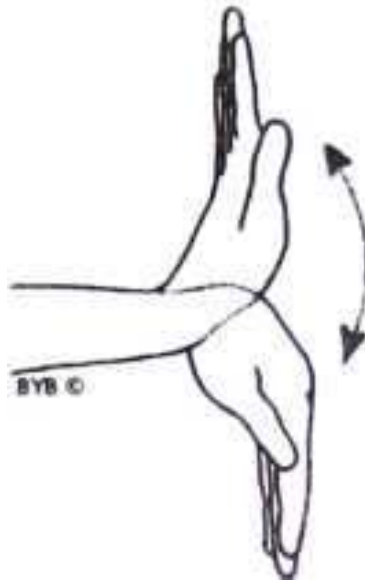
Repeat 10 times.

**Breathing:** Inhale on opening the hands.

Exhale on closing the hands.

**Awareness:** On the breath, mental counting, stretching sensation and movement.

# MANIBANDHA NAMAN



## **Practice 13: Manibandha Naman (wrist bending)**

Remain in the base position or a cross-legged pose. Stretch the arms in front of the body at shoulder level. Keep the palms open and fingers straight throughout the entire practice. Bend the hands backward from the wrists as if pressing the palms against a wall with the fingers pointing toward the ceiling.

Bend the hands forward from the wrists so that the fingers point toward the floor.

Keep the elbows straight throughout the practice.

Do not bend the knuckle joints or fingers.

Bend the hands up again for the next round.

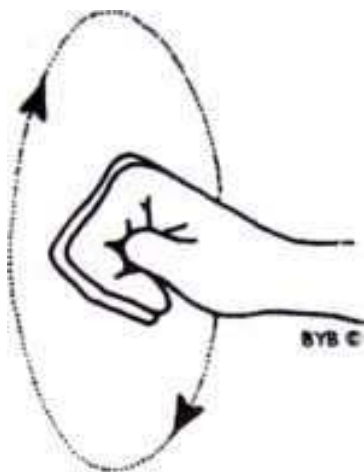
Repeat 10 times.

**Breathing:** Inhale with the backward movement.

Exhale with the forward movement.

**Awareness:** On the breath, mental counting, movement in the wrist joint and stretching of the forearm muscles.

# MANIBANDHA CHAKRA



## **Practice 14: Manibandha Chakra (wrist joint rotation)**

Remain in the base position or a comfortable cross-legged pose, but keep the back straight.

**Stage I:** Extend the right arm forward at shoulder level. Make a fist with the right hand, with the thumb inside. The left hand may be used as a support if necessary.

This is the starting position.

Slowly rotate the fist about the wrist, ensuring that the palm faces downward throughout the rotation.

The arms and elbows should remain perfectly straight and still. Make as large a circle as possible.

Practice 10 times clockwise and 10 times anti-clockwise. Repeat the same with the left fist.

**Stage 2:** Extend both arms in front of the body with the fists clenched.

Keep the arms straight and at shoulder level.

Rotate the fists together in the same direction.

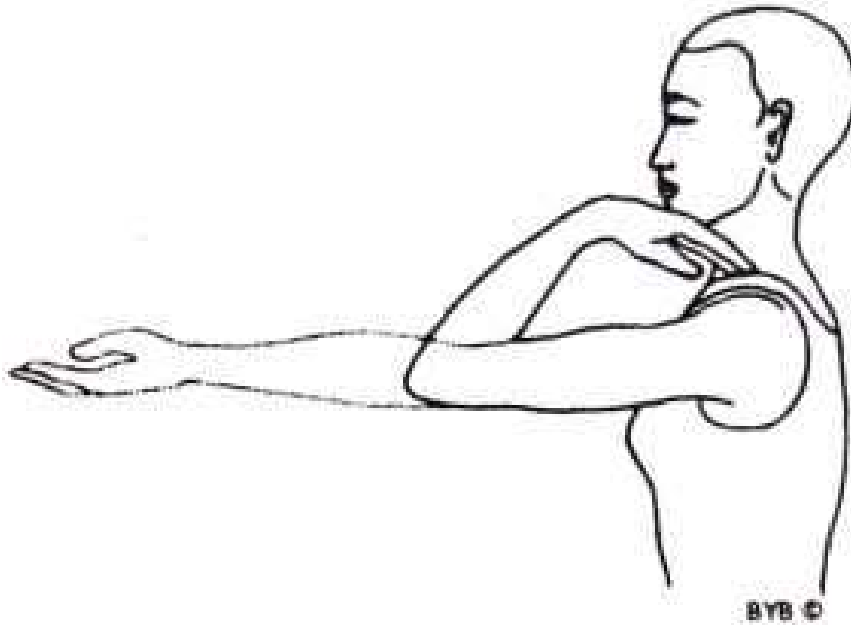
Practice 10 times in each direction.

**Stage 3:** Practice as in stage 2.

Rotate the fists together in the opposite direction. Practice 10 times in each direction.

**Benefits:** The hand and wrist asanas are beneficial for arthritis of the related joints. They also relieve tension caused by prolonged writing, typing and so on.

# KEHUNI NAMAN



## **Practice 15: Kehuni Nam an (elbow bending)**

**Stage I:** Remain in the base position or a cross-legged pose. Stretch the arms in front of the body at shoulder level. The hands should be open with the palms facing up. Bend the arms at the elbows and touch the fingers to the shoulders.

Straighten the arms again.

This is one round.

Repeat 10 times.

**Stage 2:** Extend the arms sideways at shoulder level, hands open and palms facing the ceiling.

Bend the arms at the elbows and touch the fingers to the shoulders.

Again straighten the arms sideways.

Repeat 10 times.

**Breathing:** Inhale while straightening the arms.

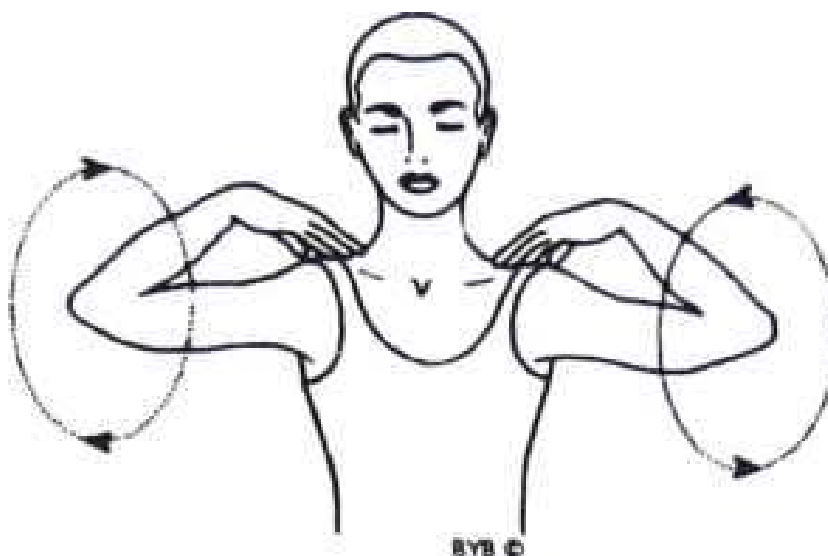
Exhale while bending the arms. .

**Awareness:** On the breathing, the mental counting and the movement.

**Practice note:** Throughout both stages, the upper arms remain parallel to the floor, elbows at shoulder level.



# SKANDHA CHAKRA



## **Practice 16: Skandha Chakra (shoulder socket rotation)**

**Stage 1:** Remain in the base position or a cross-legged pose. Place the fingers of the right hand on the right shoulder. Keep the left hand on the left knee and the back straight. Rotate the right elbow in a large circle.

Practice 10 times clockwise and 10 times anti-clockwise. Repeat with the left elbow.

Make sure that the head, trunk and spine remain straight and still.

**Stage 2:** Place the fingers of the left hand on the left shoulder and the fingers of the right hand on the right shoulder. Fully rotate both elbows at the same time in a large circle. Try to touch the elbows in front of the chest on the forward movement and touch the ears while moving up. Stretch the arms back in the backward movement and touch the sides of the trunk while coming down.

Practice slowly 10 times clockwise and then 10 times anti-clockwise.

**Breathing:** Inhale on the upward stroke.

Exhale on the downward stroke.

**Awareness:** On the breath, mental counting and the stretching sensation around the shoulder joint.

**Benefits:** The shoulder asanas relieve the strain of driving and office work, and are helpful in cervical spondylitis and frozen shoulder. They also maintain the shape of the shoulders and chest.

# GREEVA SANCHALANA



Stage 1



Stage 2

## **Practice 17: Greeva Sanchalana (neck movements)**

**Stage 1:** Sit in the base position or a cross-legged pose with the hands resting on the knees in jnana or chin mudra. Close the eyes.

Slowly move the head forward and try to touch the chin to the chest.

Move the head as far back as comfortable. Do not strain. Try to feel the stretch of the muscles in the front and back of the neck, and the loosening of the vertebrae in the neck.

Practice 10 times.

**Breathing:** Inhale on the backward movement.

Exhale on the forward movement.

**Stage 2:** Remain in the same position, keeping the eyes closed.

Face directly forward.

Relax the shoulders.

Slowly move the head to the right and try to touch the right ear to the right shoulder without turning the head or raising the shoulders.

Move the head to the left side and try to touch the left ear to the left shoulder.

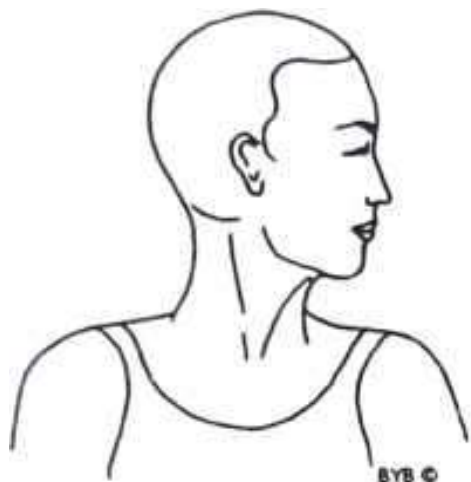
This is one round.

Do not strain; touching the shoulder is not necessary. Practice 10 rounds.

**Breathing:** Inhale on the upward movement.

Exhale on the downward movement.

**Awareness:** On the breath, counting, and the stretching sensation of the muscles in the sides of the neck.



Stage 3



Stage 4

**Stage 3:** Remain in the base position.

Keep the head upright and the eyes closed.

Gently turn the head to the right so that the chin is in line with the shoulder.

Feel the release of tension in the neck muscles and the loosening of the neck joints.

Slowly turn the head to the left as far as is comfortable. Do not strain.

Practice 10 times on each side.

**Breathing:** Inhale while turning to the front.

Exhale while turning to the side.

**Stage 4:** Remain in the same position with the eyes closed. Slowly rotate the head downward, to the right, backward and then to the left side in a relaxed, smooth, rhythmic, circular movement.

Feel the shifting stretch around the neck and the loosening up of the joints and muscles of the neck.

Practice 10 times clockwise and then 10 times anticlockwise.

Do not strain.

If dizziness occurs, open the eyes. After the practice, keep the neck straight and the eyes closed. Be aware of the sensations in the head and neck.

**Breathing:** Inhale as the head moves up.

Exhale as the head moves down.

**Awareness:** On the breath, mental counting and movement.

**Contra-indications:** These four neck movements should not be performed by elderly people and those suffering from low blood pressure, very high blood pressure or extreme cervical spondylosis. The advice of an expert should be sought for any of these problems. Patients of cervical spondylosis should strictly avoid forward bending of the neck.

**Benefits:** All the nerves connecting the different organs and limbs of the body pass through the neck. Therefore, the muscles of the neck and shoulders accumulate tension, especially after prolonged work at a desk. These asanas release tension, heaviness and stiffness in the head, neck and shoulder region.

# Pawanmuktasana Part 2

## DIGESTIVE/ABDOMINAL GROUP

This group of asanas is concerned specifically with strengthening the digestive system. It is excellent for those persons suffering from indigestion, constipation, acidity, excess wind or gas, lack of appetite, diabetes, disorders of the male or female reproductive systems and varicose veins. It also eliminates energy blockages in the abdominal area.

**Awareness:** Throughout the practice be aware of the following:

- a) movement
- b) breathing
- c) mental counting
- d) intra-abdominal pressure
- e) the stretch of the muscles.

**Periodic rest:** Before starting the practice, the body and mind should be calm and relaxed. This state is best achieved through the practice of shavasana. In addition, a short rest should be taken between each asana, lying in shavasana. One minute or thirty seconds should be sufficient but a more reliable guide is to rest until the breathing returns to normal.

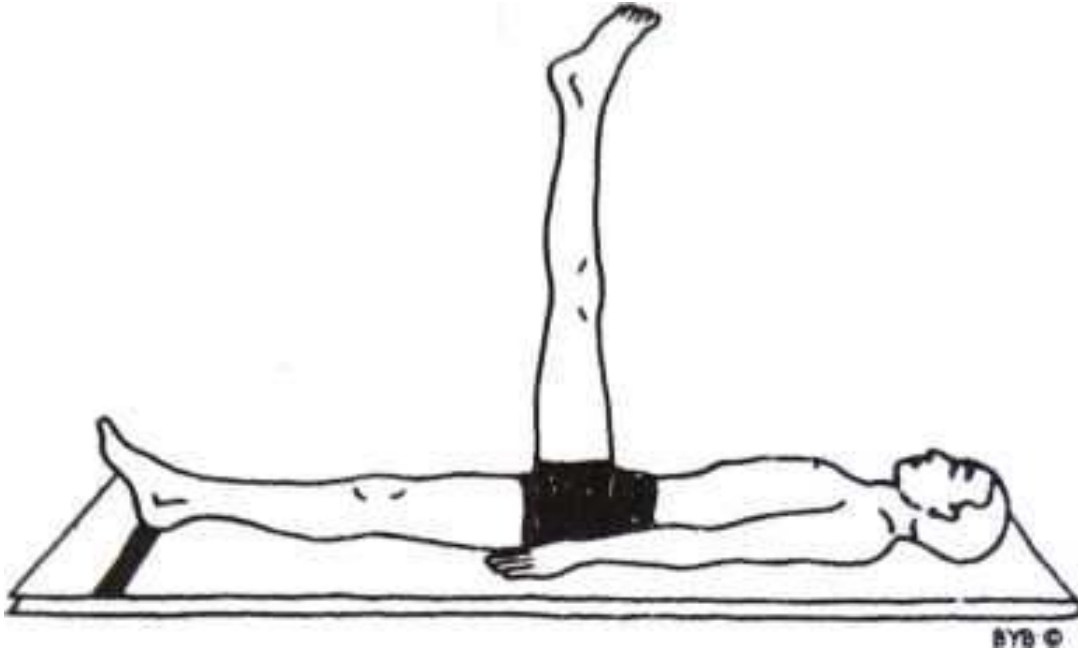
**No strain:** When starting this series, it is not advisable to attempt all the practices in one go, especially the ones which involve using both legs together. It is better to choose one practice at a time and incorporate that into the previous practices. The pawanmuktasana part 2 series requires a great deal of effort and may put a strain on the lower back. Therefore, be aware of physical limitations and do not strain.

**Contra-indications:** These practices should not be performed by people suffering from high blood pressure, serious

heart conditions, back conditions such as sciatica and slipped disc or soon after abdominal surgery. If there is any doubt, please consult a competent therapist.

Base position: All these asanas are performed from the supine position, that is, lying flat on the back with the legs together and straight. The arms should be by the sides, palms down, and the head, neck and spine in a straight line. Be sure to use a thin mat or a blanket, particularly with asanas such as *supta pawanmuktasana* and *jhulana lurhakana* where the body is balanced on the spinal vertebrae.

# UTTHANPADASANA



## **Practice I: Utthanpadasana (raised legs pose)**

Lie in the base position with the palms flat on the floor. Inhale and raise the right leg as high as is comfortable, keeping it straight and the foot relaxed.

The left leg should remain straight and in contact with the floor.

Hold the posture for 3 to 5 seconds, counting mentally and retaining the breath.

Exhale and slowly lower the leg to the floor.

This is one round.

Practice 5 rounds with the right leg and then 5 rounds with the left leg.

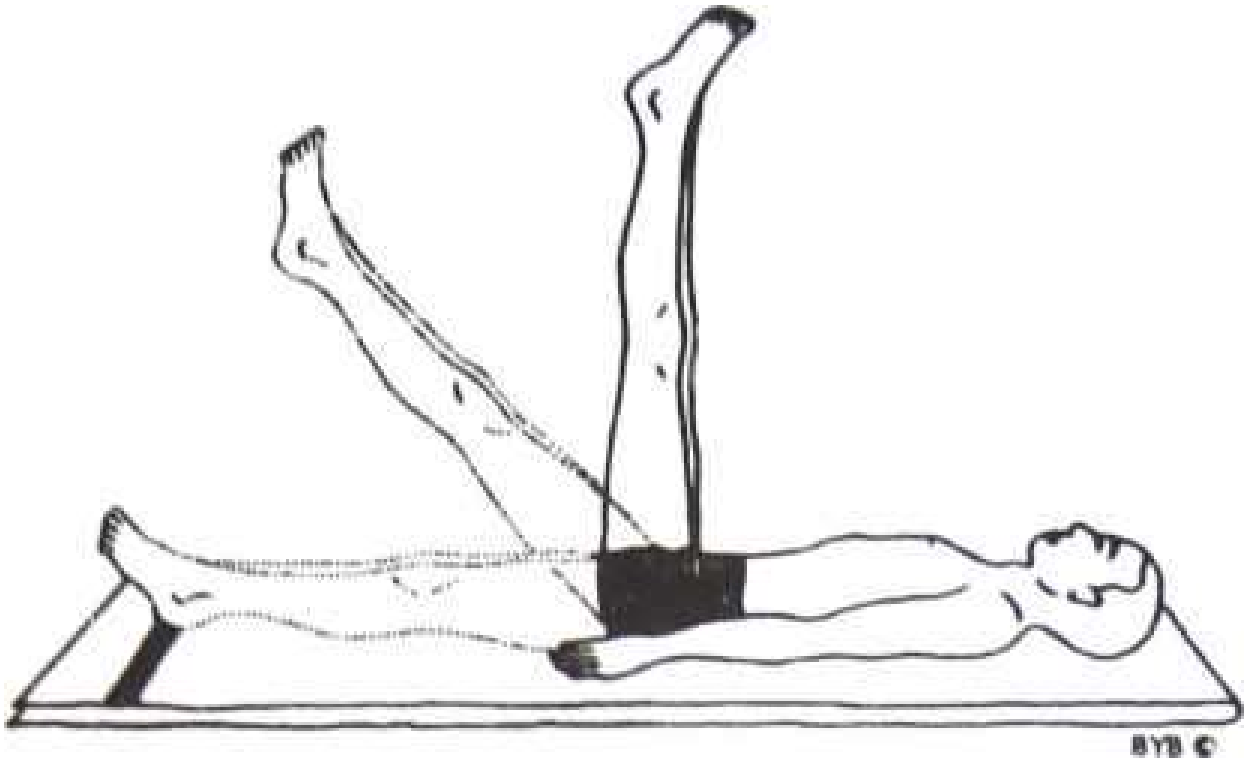
This may be repeated raising both legs together.

**Breathing:** Inhale while raising the leg(s).

Hold the posture and the breath. Exhale while lowering the leg(s).

**Awareness:** On synchronizing the movement with the breath, the stretch in the legs and mental counting in the final position.

**Benefits:** This asana strengthens the abdominal muscles and massages the organs. It strengthens the digestive system, lower back, pelvic and perineal muscles and helps correct prolapse.

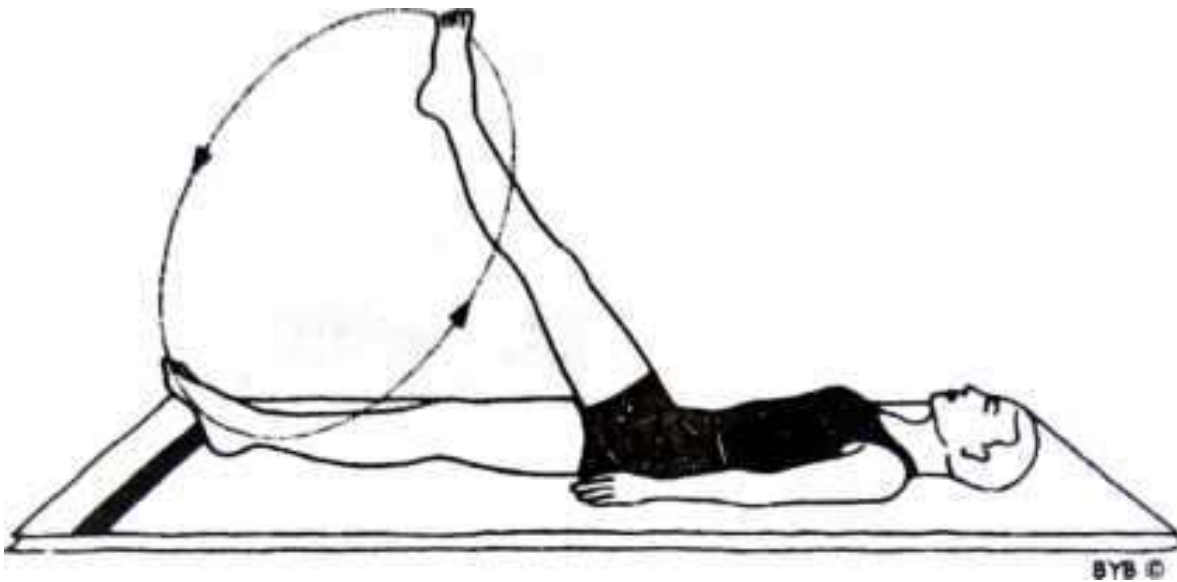


**Practice note:** Utthanpadasana may be repeated raising the legs to progressive heights of 15,25,35,45 cm respectively in each round.

*Note: This is the hatha yoga version of utthanpadasana. There is also a raja yoga version described later in this book.*



# CHAKRA PADASANA



## **Practice 2: Chakra Padasana (leg rotation)**

**Stage I:** Lie in the base position.

Raise the right leg 5 cm from the ground, keeping the knee straight.

Rotate the entire leg clockwise 10 times in as large a circle as possible.

The heel should not touch the floor at any time during the rotation.

Rotate 10 times in the opposite direction.

Repeat with the left leg.

Do not strain.

Rest in the base position introducing abdominal breathing until the respiration returns to normal.

**Stage 2:** Raise both legs together.

Keep them together and straight throughout the practice. Rotate both legs clockwise and then anti-clockwise 3 to 5 times.

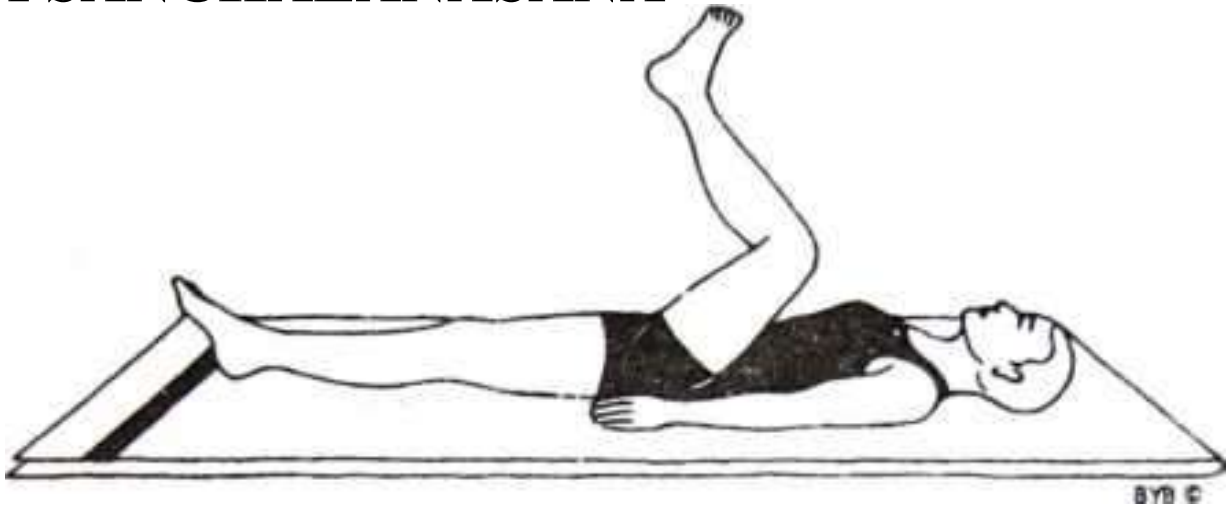
The circular movement should be as large as possible.

**Breathing:** Breathe normally throughout the practice.

**Awareness:** On the mental counting of each round, rotation of the leg(s) and on the effects of the asana on the hips and abdomen.

**Benefits:** Good for hip joints, obesity, toning of abdominal and spinal muscles.

# PADA SANCHALANASANA



## **Practice 3: Pada Sanchalanasana (cycling)**

**Stage I:** Lie in the base position.

Raise the right leg.

Bend the knee and bring the thigh to the chest.

Raise and straighten the leg completely. Then, lower the straight leg in a forward movement.

Bend the knee and bring it back to the chest to complete the cycling movement.

The heel should not touch the floor during the movement.

Repeat 10 times in a forward direction and then 10 times in reverse.

Repeat with the left leg.

**Breathing:** Inhale while straightening the leg.

Exhale while bending the knee and bringing the thigh to the chest.

**Stage 2:** Raise both legs.

Practice alternate cycling movements as though peddling a bicycle.

Practice 10 times forward and then 10 times backward.

**Breathing:** Breathe normally throughout.

**Stage 3:** Raise both legs and keep them together throughout the practice.

Bring the knees as close as possible to the chest on the backward movement and straighten the legs fully on the

forward movement. Slowly lower the legs together, keeping the knees straight, until the legs are just above the floor. Then bend the knees and bring them back to the chest. Practice 3 to 5 forward cycling movements and the same in reverse.

Do not strain.

**Breathing:** Inhale while straightening the legs.

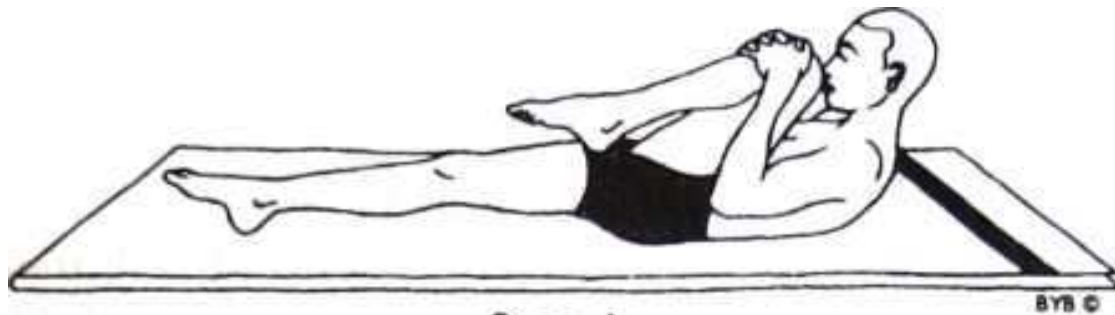
Exhale while bending the legs to the chest.

**Awareness:** On the breath, mental counting of each round, and on smoothness of the movement and proper coordination, especially while reverse cycling. When relaxing, be aware of the abdomen, hip, thighs and lower back.

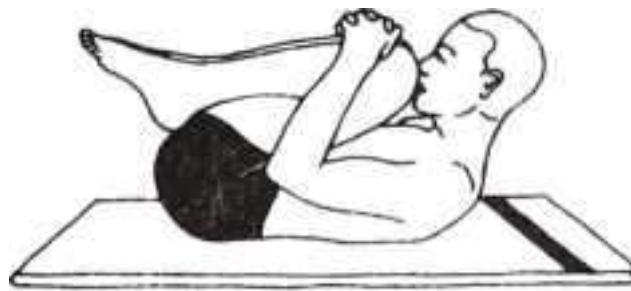
**Benefits:** Good for hip and knee joints. Strengthens abdominal and lower back muscles.

**Practice note:** Keep the rest of the body, including the head, flat on the floor throughout the practice. After completing each stage remain in the base position and relax until the respiration returns to normal. If cramping is experienced in the abdominal muscles inhale deeply, gently pushing out the abdomen, and then relax the whole body with exhalation. Do not strain; this applies especially to stage 3.

# SUPTA PAWANMUKTASANA



Stage 1



Stage 2

## Practice 4: Supta Pawanmuktasana (leg lock pose)

**Stage 1:** Lie in the base position.

Bend the right knee and bring the thigh to the chest. Interlock the fingers and clasp the hands on the shin just below the right knee. Keep the left leg straight and on the ground.

Inhale deeply, filling the lungs as much as possible. Holding the breath, raise the head and shoulders off the ground and try to touch the right knee with the nose. Remain in the final position for a few seconds, retaining the breath and counting mentally. While slowly exhaling, return to the base position.

Relax the body.

Repeat 3 times with the right leg and then 3 times with the left leg.

**Practice note:** Ensure that the straight leg remains in contact with the ground.

It is important to start with the right leg because it presses the ascending colon directly.

Follow with the left leg which presses the descending colon directly.

**Stage 2:** Remain in the base position.

Bend both knees and bring the thighs to the chest. Interlock the fingers and clasp the hands on the shin bones just below the knees. Inhale deeply.

Holding the breath, raise the head and shoulders and try to place the nose in the space between the two knees. Hold the breath in the raised position for a few seconds, counting mentally.

Slowly lower the head, shoulders and legs while breathing out. Practice this 3 times.

**Awareness:** On the breath, mental counting in the final position, pressure on the abdomen and the movement.

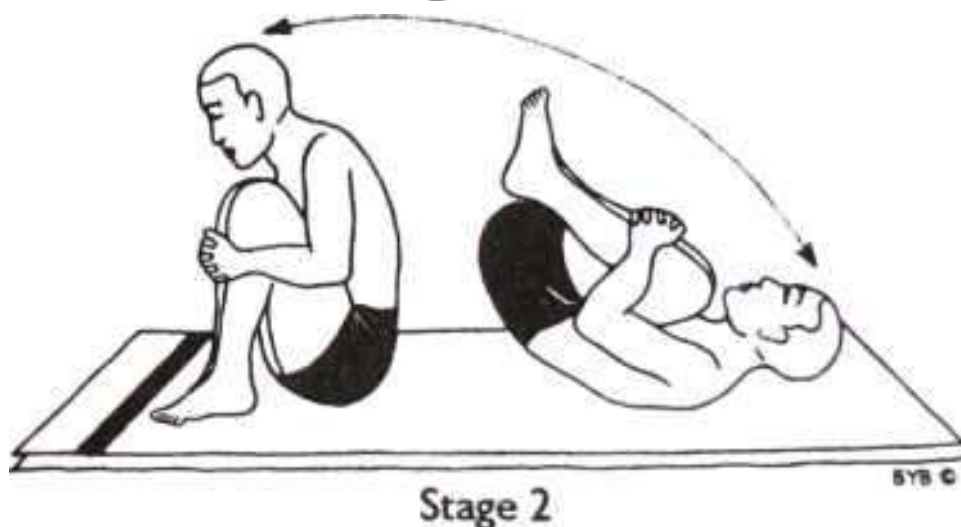
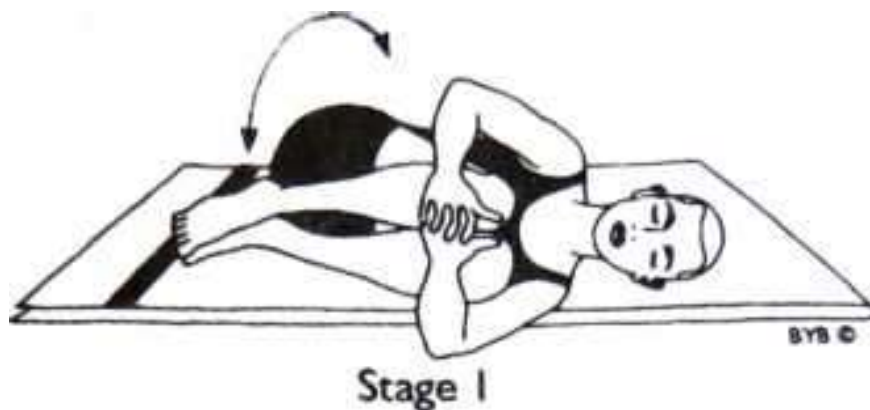
**Contra-indications:** Not to be performed by persons suffering from high blood pressure or serious back conditions, such as sciatica and slipped disc.

**Benefits:** Supta pawanmuktasana strengthens the lower back muscles and loosens the spinal vertebrae. It massages the abdomen and the digestive organs and is, therefore, very effective in removing wind and constipation. By massaging the pelvic muscles and reproductive organs, it is useful in the treatment of impotence, sterility and menstrual problems.

**Variation:** Repeat the practice as described in stages 1 and 2 but change the breathing pattern slightly. Instead of inhaling before raising the body, exhale deeply and hold the breath out in the final position for a few seconds, counting mentally. Lower the head, shoulders and leg(s) while breathing in. Practice 3 rounds for both stages 1 and 2.

**Benefits:** This variation gives basically the same benefits as the main pose but has a more profound influence on the spine and pelvic region.

# JHULANA LURHAKANASANA



## **Practice 5: Jhulana Lurhakanasana (rocking and rolling)**

**Stage I:** Lie flat on the back. Bend both legs to the chest. Interlock the Angers of both hands and clasp them around the shins just below the knees.

This is the starting position.

Roll the body from side to side 5 to 10 times, touching the side of the legs on the floor.

**Breathing:** Breathe normally throughout.

**Stage 2:** Sit in the squatting position with the buttocks just above the floor.

Interlock the fingers of both hands and clasp them around the shins just below the knees.

Rock the whole body backwards anti forwards on the spine. Try to come up into the squatting pose on the feet when

rocking forward. If it is difficult to perform with the hands clasped on the shins then hold the side of the thighs adjacent to the knees.

Practice 5 to 10 backward and forward movements.

**Breathing:** Breathe normally throughout.

**Awareness:** On the coordination of movement.

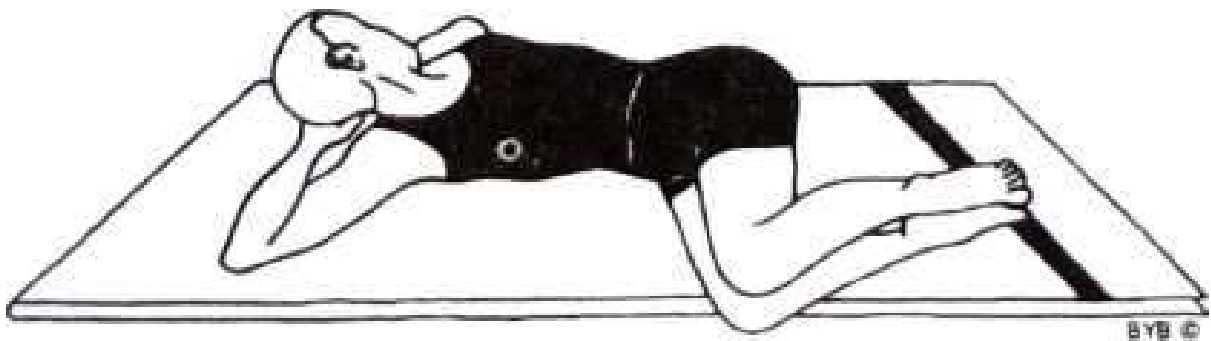
While relaxing in shavasana be aware of the effects of the asana on the back and buttocks.

**Contra-indications:** Not to be performed by persons with serious back conditions.

**Benefits:** This asana massages the back, buttocks and hips. It is most useful if done first thing in the morning after waking.

**Practice note:** Use a folded blanket for this practice so that there is no possibility of causing damage to the spine. While rocking back, the head should remain forward. Be careful not to hit the head on the floor.

## SUPTA UDARAKARSHANASANA



### **Practice 6: Supta Udarakarshanasana (sleeping abdominal stretch pose)**

Lie in the base pose.

Bend the knees and place the soles of both feet flat on the ground, directly in front of the buttocks.

Keep the knees and feet together throughout the practice. Interlock the fingers of both hands and place the palms under the back of the head.

While breathing out, slowly lower the legs to the right, trying to bring the knees down to the floor. The feet should remain in contact with each other, although the left foot will move slightly off the floor. At the same time, gently turn the head and neck in the opposite direction to the legs. This will give a uniform twisting stretch to the entire spine. Hold the breath in the final position while mentally counting three seconds.

While breathing in, raise both legs to the upright position. Keep the shoulders and elbows on the floor throughout. Repeat on the left side to complete one round.

Practice 5 complete rounds.

**Breathing:** Exhale while lowering the legs to the sides.

Hold the breath in the final position.

Inhale while raising the legs.

**Awareness:** On the breath, the mental counting in the final position and the twisting stretch on the paraspinal and abdominal muscles.

**Benefits:** This asana gives an excellent stretch to the abdominal muscles and organs, and thereby helps to improve digestion and eliminate constipation. The twisting stretch of the spinal muscles relieves the strain and stiffness caused by prolonged sitting.

**Variation:** Bend the knees and bring the thighs up to the chest. Interlock the fingers and place them behind the head. Roll the body from side to side, keeping the elbows on the floor.



# SHAVA UDARAKARSHANASANA



## **Practice 7: Shava Udarakarshanasana (universal spinal twist)**

Lie flat on the back with the legs and feet together. Stretch the arms out to the sides at shoulder level with the palms of the hands facing down.

Bend the right leg and place the sole of the foot beside the left kneecap. Place the left hand on top of the right knee. This is the starting position.

Gently bring the right knee down to the floor on the left side of the body, keeping the leg bent and the foot in contact with the left knee. Turn the head to the right, looking along the straight arm, and gaze at the middle finger of the right hand. The left hand should be on the right knee and the right arm and shoulder should remain in contact with the floor. In the final position, the head should be turned in the opposite direction to the folded knee and the other leg should be completely straight.

Hold the position for as long as is comfortable.

Return to the starting position, bringing the head and knee to the centre. Stretch the right arm out to the side and straighten the right leg.

Repeat on the opposite side.

Practice once to each side, gradually extending the holding time.

**Breathing:** Inhale in the starting position.

Exhale while pushing the knee to the floor and turning the head.

Breathe deeply and slowly in the final position.

Inhale while centering the body and exhale while straight- ening the leg.

**Awareness:** Physical - on the breath or the relaxation of the back.

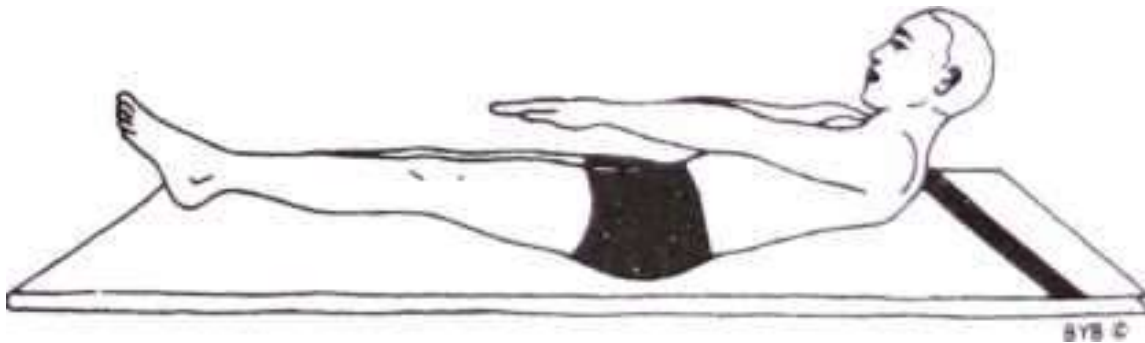
Spiritual - on manipura chakra.

**Sequence:** This asana should be performed after forward and backward bending asanas or those that are strenuous on the lower back, and after sitting in chairs or in meditation asanas for extended periods of time.

**Contra-indications:** This asana rectifies disorders of the hip joint. It should be stopped if the practice is painful.

**Benefits:** Tightness and tiredness are relieved, especially in the lower back. The pelvic and abdominal organs are toned through its massaging action.

## NAUKASANA



### **Practice 8: Naukasana (boat pose)**

Lie in the base position, palms down.

Keep the eyes open throughout.

Breathe in deeply. Hold the breath and then raise the legs, arms, shoulders, head and trunk off the ground. The shoulders and feet should be no more than 15 cm off the floor. Balance the body on the buttocks and keep the spine straight.

The arms should be held at the same level and in line with the toes.

The hands should be open with the palms down

Look towards the toes.

Remain in the final position and hold the breath. Count to 5 mentally (or for longer if possible).

Breathe out and return to the supine position. Be careful not to injure the back of the head while returning to the floor.

Relax the whole body.

This is one round.

Practice 3 to 5 rounds.

Relax in shavasana after each round, gently pushing out the abdomen with inhalation to relax the stomach muscles.

**Breathing:** Inhale before raising the body.

Retain the breath while raising, tensing and lowering the body.

Exhale in the base position.

**Awareness:** On the breath, movement, mental counting and tensing of the body (especially the abdominal muscles) in the final position.

**Benefits:** This asana stimulates the muscular, digestive, circulatory, nervous and hormonal systems, tones all the organs and removes lethargy. It is especially useful for eliminating nervous tension and bringing about deep relaxation. It may be performed before shavasana in order to attain a deeper state of relaxation. If practiced upon waking it immediately restores freshness.

**Variation:** Repeat the same process as above but clench the fists and tense the whole body as much as possible in the raised position.

# **Pawanmuktasana Part 3**

## **SHAKTI BANDHA ASANAS**

### **(ENERGY BLOCK POSTURES)**

This group of asanas is concerned with improving the energy flow within the body and breaking down neuro-muscular knots, especially in the pelvic region where energy tends to stagnate. The series is very useful for those with reduced vitality and a stiff back. It is especially useful for menstrual problems and toning the pelvic organs and muscles. It can be practiced before and after pregnancy, facilitating the process of childbirth and re-toning flaccid muscles. These asanas also eliminate energy blockages in the spine, activate the lungs and heart, and improve endocrine function.

The shakti bandha series may be started straight away if good health and fitness prevail, however, if there are any serious ailments, a therapist should be consulted.

# RAJJU KARSHANASANA



## **Practice I: Rajju Karshanasana (pulling the rope)**

Sit on the floor with the legs straight and together.

Keep the eyes open.

Imagine that there is a rope hanging in front of the body. Breathe in while reaching up with the right hand as though to grasp the rope at a higher point.

Keep the elbow straight..

Look upward.

While breathing out, slowly pull the right arm down, putting power into it as though pulling the rope downwards. Let the eyes follow the downward movement of the hand.

Repeat with the left hand and arm to complete the first round.

Both arms do not move at the same time.

Practice 5 to 10 rounds.

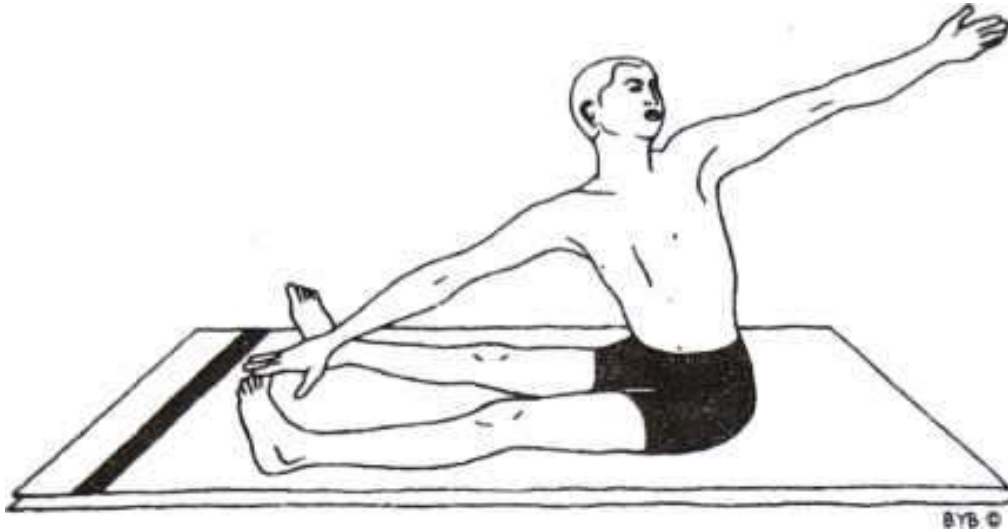
**Breathing:** Inhale while raising the arm.

Exhale while lowering the arm.

**Awareness:** On the breath, movement and stretch of the upper back and shoulder muscles.

**Benefits:** This asana loosens the shoulder joints and stretches the upper back muscles. It firms the breast and develops the muscles of the chest.

# GATYATMAK MERU VAKRASANA



## **Practice 2: Gatyatmak Meru Vakrasana (dynamic spinal twist)**

Sit on the floor with both legs outstretched.

Separate the legs as far apart as possible.

Do not allow the knees to bend.

Stretch the arms sideways at shoulder level.

Keeping the arms straight, twist to the left and bring the right hand down towards the left big toe.

Stretch the straight left arm behind the back as the trunk twists to the left.

Keep both arms in one straight line.

Turn the head to the left and gaze at the left outstretched hand.

Twist in the opposite direction and bring the left hand down towards the right big toe.

Stretch the straight right arm behind the back. Turn the head to the right and gaze at the right outstretched hand. This is one round.

Practice 10 to 20 rounds.

Start slowly and then gradually increase the speed.

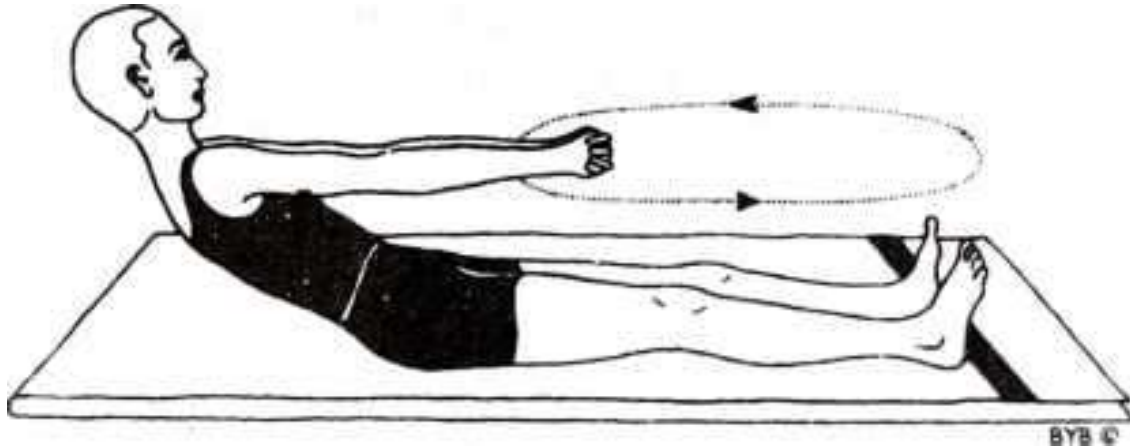
**Breathing:** To apply pressure in the abdomen: breathe in when twisting and breathe out when returning to the centre. To give maximum flexion of the spine: breathe out when twisting and breathe in when returning to the centre.

**Awareness:** On the breath, the twisting movement and the effect on the spinal vertebrae and muscles.

**Contra-indications:** People with back conditions should avoid this asana.

**Benefits:** This asana loosens up the vertebrae and removes stiffness of the back.

## CHAKKI CHALANASANA



### Practice 3: Chakki Chalanasana (churning the mill)

**Stage I:** Sit with the legs stretched out in front of the body about one foot apart. Interlock the fingers of both hands and hold the arms out straight in front of the chest.

Keep the arms straight and horizontal throughout the practice; do not bend the elbows.

Bend forward as far as possible. Imagine the action of churning a mill with an old-fashioned stone grinder. Swivel to the right so that the hands pass above the right toes and as far to the right as possible.

Lean back as far as possible on the backward swing.

Try to move the body from the waist. On the forward swing, bring the arms and hands to the left side, over the left toes and then back to the centre position.

One rotation is one round.

Practice 5 to 10 rounds clockwise and then the same number of rounds anti-clockwise.

**Stage 2:** In the same sitting position, separate the legs as wide as possible, keeping them straight.

Make large, circular movements over both feet, again trying to take the hands over the toes on the forward swing and coming as far back as possible on the backward swing.

Practice 10 times in each direction.

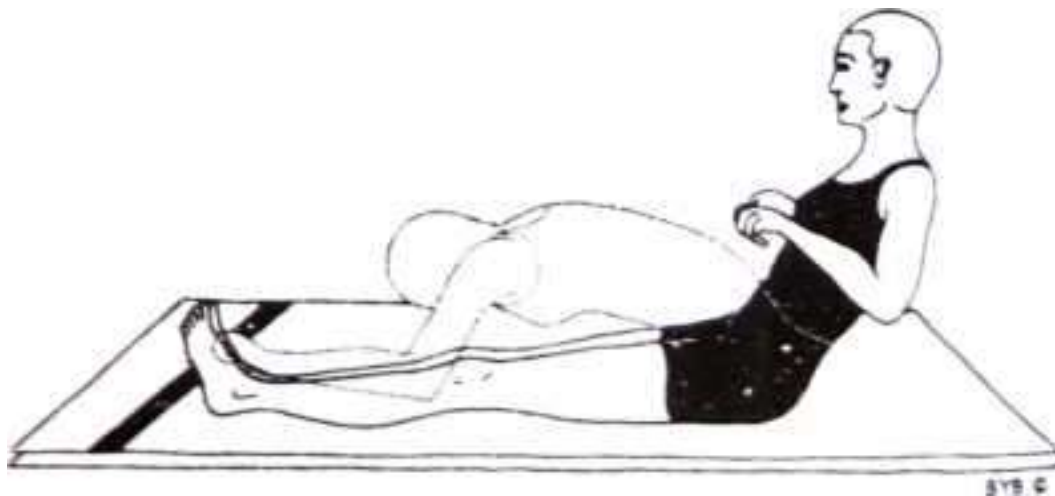
**Breathing:** Inhale while leaning back.

Exhale while moving forward.

**Awareness:** On the breath, movement and lower back, hips and pelvic area.

**Benefits:** This asana is excellent for toning the nerves and organs of the pelvis and abdomen. It is very useful for regulating the menstrual cycle and may be performed during the first three months of pregnancy. It is also an excellent exercise for postnatal recovery.

## NAUKA SANCHALANASANA



Practice 4: **Nauka Sanchalanasana (rowing the boat)**

**Stage I:** Sit with both legs straight in front of the body. Imagine the action of rowing a boat.

Clench the hands as though grasping oars, with the palms facing down.

Breathe out and bend forward from the waist as far as is



comfortable, straightening the arms.

Breathing in, lean back as far as possible, drawing the hands back towards the shoulders.

This is one round.

The hands should make a complete circular movement in every round, moving up the sides of the legs and trunk. The legs should be kept straight throughout.

Practice 5 to 10 rounds.

Reverse the direction of the rowing movement as though going in the opposite direction.

Practice 5 to 10 times.

**Stage 2:** In the same sitting position, spread the legs so that the feet are about one meter apart.

The legs should remain straight throughout the practice. Repeat the procedure as given in stage 1.

First row over the right leg, then the left leg and then over the space between the feet.

**Breathing:** Inhale while leaning back.

Exhale while bending forward.

**Awareness:** On the breath, movement and lower back and pelvic area.

**Benefits:** This asana has a positive effect on the pelvis and abdomen and eliminates energy blockages in these areas. It is especially useful for gynecological disorders and postnatal recovery. It also removes constipation.

# KASHTHA TAKSHANASANA



## **Practice 5: Kashtha Takshanasana (chopping wood)**

Sit in the squatting position with the feet flat on the floor one and a half feet apart.

The knees should be fully bent and separated.

Clasp the fingers of both hands together and place them on the floor between the feet. Straighten the arms and keep them straight throughout the practice.

The elbows should be inside the knees.

The eyes should remain open.

Imagine the action of chopping wood. Raise the arms as high as possible above and behind the head, stretching the spine upward. Look up towards the hands.

Make a downward stroke with the arms, as if chopping wood. Expel the breath making a 'Ha!' sound to remove all the air from the lungs. The hands should return to the floor in between the feet and the head is facing forward. This is one round.

Practice 5 to 10 rounds.

**Breathing:** Inhale while raising the arms.

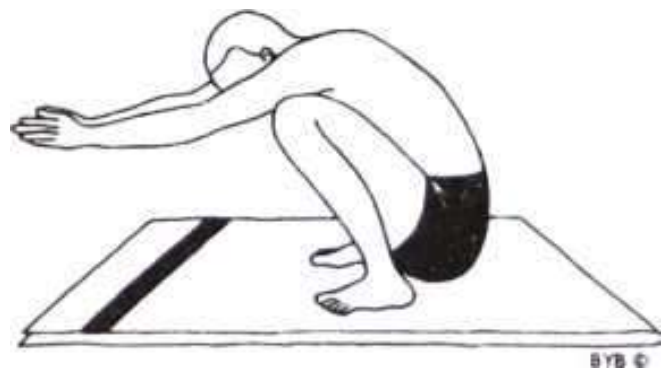
Exhale while lowering the arms.

**Awareness:** On the breath, movement and stretch of the shoulder and upper back muscles.

**Benefits:** This asana loosens up the pelvic girdle and tones the pelvic muscles. It is useful for women preparing for childbearing and may be practiced during the first three months of pregnancy. It also has a special effect on the usually inaccessible muscles of the back between the shoulder blades, as well as the shoulder joints and upper back muscles.

**Practice note:** Those people who find the squatting pose too difficult should practice in the standing position. The benefits, however, will be less.

## NAMASKARASANA



### Practice 6: Namaskarasana (salutation pose)

Sit in the squatting position with the feet flat on the floor about two feet apart. The knees should be wide apart and the elbows placed against the inside of the knees.

Bring the hands together in front of the chest in a gesture of prayer.

Press the elbows against the insides of the knees.

The eyes may be open or closed.

Inhale and bend the head backwards.

Simultaneously, use the elbows to push the knees as wide apart as possible.

This is the starting position.

Feel the pressure at the back of the neck.

Hold this position for 3 seconds while retaining the breath. Exhale and straighten the arms directly in front of the body.

At the same time, push in with the knees, pressing the upper arms inward.

The head should be bent forward with the chin pressed against the chest.

Tense the muscles of the upper back and shoulders as if someone is pulling the hands forward.

Hold this position, retaining the breath, for 3 seconds. Return to the starting position and bring the palms together in front of the chest, bending the head back. This is one round.

Practice 5 to 8 rounds.

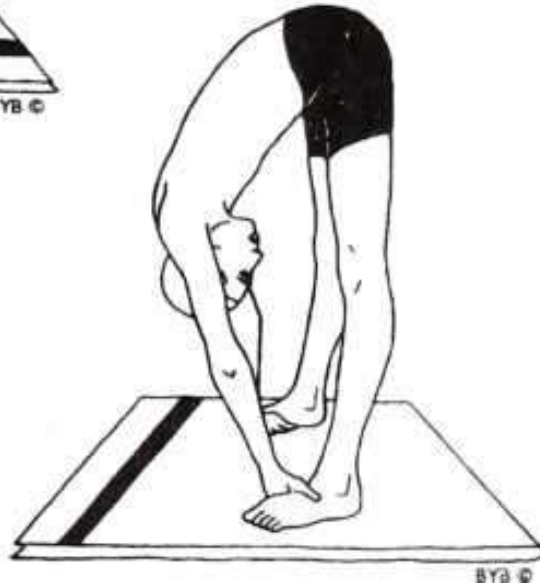
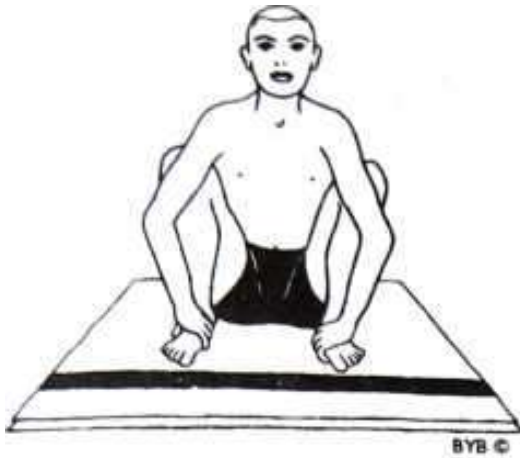
**Breathing:** Inhale while bringing the palms together in front of the chest.

Exhale while extending the arms forward and retain.

**Awareness:** On the breath, movement, stretch on the back of the neck and chest in the starting position, and the upper back and shoulder muscles in the forward position.

**Benefits:** This asana has a profound effect on the nerves and muscles of the thighs, knees, shoulders, arms and neck. It increases flexibility in the hips.

# VAYU NISHKASANA



## **Practice 7: Vayu Nishkasana (wind releasing pose)**

Sit in the squatting position with the feet two feet apart. Grasp the insteps of the feet, placing the fingers under the soles with the thumbs above.

The upper arms should be pressing against the inside of the knees with the elbows slightly bent.

The eyes should be open throughout the practice.

Inhale while moving the head back. Direct the gaze upward.

This is the starting position.

Hold the! breath for 3 seconds, accentuating the backward movement of the head.

While exhaling, straighten the knees, raise the buttocks and bring the head forward towards the knees.

Hold the breath for 3 seconds, accentuating the spinal bend.

Do not strain.

Breathing in, return to the starting position.

This is one round.

Practice 5 to 8 rounds.

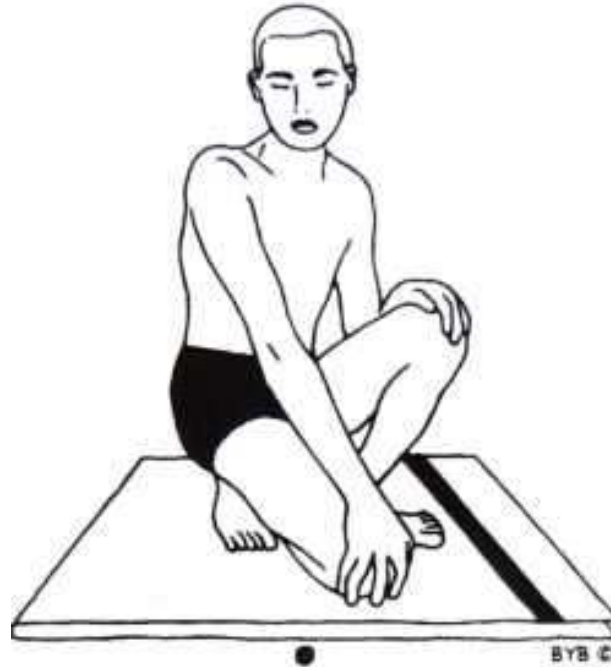
**Breathing:** Inhale in the squatting position and retain. Exhale in the raised position and retain.

**Awareness:** On the breath, movement, stretch of the neck in the starting position and the bend of the spine in the standing position.

**Benefits:** Like namaskarasana, this pose has a beneficial effect on the nerves and muscles of the thighs, knees, shoulders, arms and neck. The pelvic organs and muscles are massaged. It gives an equal stretch to the whole spine and both the arm and leg muscles. All the vertebrae and joints are pulled away from each other so that the pressure between them is balanced. Simultaneously, all the spinal nerves and dural sheaths are stretched and toned. It is also useful for relieving flatulence.

**Practice note:** More advanced practitioners may place the fingers under the front of the feet. Shambhavi mudra may also be practiced throughout. This will help to tone the entire nervous system.

# KAWA CHALASANA



## **Practice 8: Kawa Chalasana (crow walking)**

Sit in the squatting position with the feet apart and the buttocks above the heels.

Place the palms of the hands on the knees.

Take small steps in the squatting position.

Try to keep the knees flexed so that the buttocks are not moved away from the heels. Walk either on the toes or the soles of the feet, whichever is most difficult.

As you take a step forward bring the opposite knee to the floor.

Take as many steps as possible, up to 50, and then relax in shavasana.

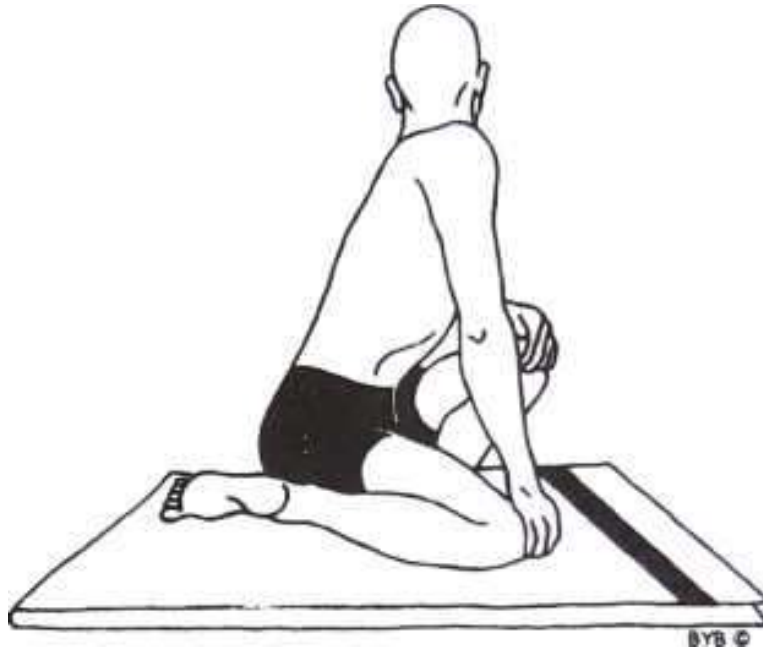
**Breathing:** Breathe normally throughout.

**Awareness:** While walking: on smoothness of movement. While resting in shavasana: on the heart beat or breath and on the effects of the asana on the lower back, hips, knees and ankles.

**Contra-indications:** People suffering from disorders of the knees, ankles or toes should not practice this asana.

**Benefits:** This asana prepares the legs for meditation asanas and improves blood circulation in the legs. It also helps to remove constipation.

# UDARAKARSHANASANA



## **Practice 9: Udarakarshanasana (abdominal stretch pose)**

Sit in the squatting position with the feet apart and the hands on the knees.

Breathe in deeply.

Breathe out, bringing the right knee to the floor near the left foot.

Using the left hand as a lever, push the left knee towards the right, simultaneously twisting to the left.

Keep the inside of the right foot on the floor.

Try to squeeze the lower abdomen with the **combined** pressure of both thighs.

Look over the left shoulder.

Hold the breath out for 3 to 5 seconds in the final position. Breathe in when returning to the starting position. Repeat on the other side of the body to complete one round.

Practice 5 rounds.

**Awareness:** On the breath synchronized with the movement and the alternate stretch and compression of the lower abdomen.



**Variation:** Those who have difficulty balancing, may support their backs against a wall while squatting. The heels should be about 20 cm from the wall to allow for the twist.

**Benefits:** This pose is very useful for abdominal ailments because it alternately compresses and stretches the organs and muscles of this region. It also relieves constipation.

**Practice note:** This is one of the asanas practiced in shankha-prakshalana. During this practice, the breathing may be reversed to increase the pressure of the thigh against the abdomen. Take care not to over stretch the back as the body begins to feel lighter and more flexible.

## Yoga Exercises for the Eyes

Many people wear spectacles or contact lenses to improve their vision. Glasses, however, do not actually cure bad eyesight. In fact, eye problems frequently get worse through their use, necessitating ever more powerful lenses.

Factors which contribute to bad eyesight are: artificial and bad lighting, prolonged television or video watching, poor diet, muscle inefficiency due to prolonged hours of office work and study, mental and emotional tension, toxic condition of the body and ageing.

Solving the problem of lighting is fairly straightforward. Diet, however, is more complex and it affects not only the health of the eyes but of the whole body. Simplifying the diet and avoiding heavy, indigestible, oily, spicy foods as well as tinned, processed, pre-packed and junk foods will help rectify poor vision. A vegetarian diet is also recommended or, at least, a reduction of non-vegetarian food.

Contrary to popular belief, long periods of reading do not damage the eyes providing the mind and eyes are relaxed whilst doing so. If there is tension, then even a short period of reading can strain the eyes. Try to develop the ability to read with relaxed awareness and a good posture. Before starting to read, if mental or muscular tension is experienced in the eyes, perform shashankasana for a few minutes. This asana will do much to calm the mind and relax the eyes.

Try to depend less on the use of glasses. Use them only when it is absolutely necessary. Leave them off during leisure time whenever possible. This will help the eyes to adjust and start functioning normally.

The habit of walking with bare feet on the grass, sand or bare earth, either early in the morning or around sunset, is claimed to have a relaxing and beneficial effect on the eyes. This is due to the reflex connections between the soles of the feet and the visual areas of the brain. It is especially recommended where the feet are often in restrictive footwear.

Another exercise recommended for relaxing the eye muscles is to stand with the feet shoulder width apart in front of a wide open space. Shift the weight of the body onto one side, raise the opposite heel off the ground, then swing back and forth for a few minutes while gazing into the distance, allowing the eyes to relax.

Gazing at the rising sun during the first 15 degrees of its trajectory from the horizon is highly recommended. After gazing for a few minutes, close the eyes and become aware of the after image. Keeping the spine straight, begin to perform pawanmuktasana part 1, practice 17, stage 3. Look over each shoulder from side to side, keeping the eyes closed. At the same time, follow the after image as it moves back and forth through the field of inner vision, from centre to periphery and back again. Practice palming.

A simple sun bath may also be taken while facing the rising or setting sun. The eyes should be closed. Feel the ultra-violet rays soothing and relaxing the eyes.

**Therapeutic yoga exercises:** Excluding diseases such as glaucoma, trachoma and cataract, the most common eye disorders today are related to functional defects in the ocular muscles exacerbated by chronic mental and emotional tension. The following simple exercises help to alleviate various disorders related to the malfunctioning of the eye muscles such as short and long-sightedness, presbyopia and squint.

The eye exercises should be practiced regularly with patience and perseverance. Do not expect instant cure or improvement. It takes years for the eyes to become defective; it will also take time, a few months or more, before noticeable progress will be made. However, improvement will come as it has to many people who have adopted a yogic way of life and gradually reduced the power of their glasses.

**Preparation:** Before starting the practices, it is a good idea to splash cold water onto the eyes a few times. Hold a little water in the palms above a water basin and splash it onto the eyelids. Do this about 10 times and then begin the exercises. This procedure will help stimulate the blood supply and generally tone up the eyes.

**Contra-indications:** Those who suffer from major eye diseases or disorders such as glaucoma, trachoma, cataract, retinal detachment, retinal artery or vein thrombosis, iritis, keratitis or conjunctivitis should only perform yoga practices after consulting an eye specialist. Inverted asanas and kunjla kriya should be avoided altogether while the condition lasts. Adopting a yogic lifestyle and a simple vegetarian diet, however, may be of great benefit.

**Practice notes:** Eye exercises should be performed one after the other in the sequence given. The series should be practiced in its entirety, once early in the morning and/or once in the evening.

The most important thing to remember during practice is to be totally relaxed. Do not strain as this will lead to fatigue and tiredness of the eyes. The facial muscles, eyebrows and eyelids should remain totally relaxed. After each exercise the eyes should be closed and rested for at least half a minute. The practice of palming may be performed at this time.

Glasses should not be worn while performing the exercises.



## **Exercise I: Palming**

Sit quietly and close the eyes.

Rub the palms of the hands together vigorously until they become hot. Place the palms gently over the eyelids, without any undue pressure.

Feel the warmth and energy being transmitted from the hands into the eyes and the eye muscles relaxing.

The eyes are being bathed in a soothing darkness.

Remain in this position until the heat from the hands has been absorbed by the eyes.

Then lower the hands, keeping the eyes closed.

Again rub the palms together until they become hot and place them over the closed eyes. (Make sure the palms and not the fingers cover the eyes).

Repeat this procedure at least 3 times.

**Benefits:** Palming relaxes and revitalizes the eye muscles, and stimulates the circulation of the aqueous humour, the liquid that runs between the cornea and the lens of the eye, aiding the correction of defective vision.

**Practice note:** The benefits are enhanced if the exercise is practiced in front of the rising or setting sun. Be aware of the warmth and light on the closed lids. Never look directly at the sun except for a few initial moments when it is just rising or when it is about to set

## **Exercise 2: Blinking**

Sit with the eyes open.

Blink the eyes 10 times quickly.

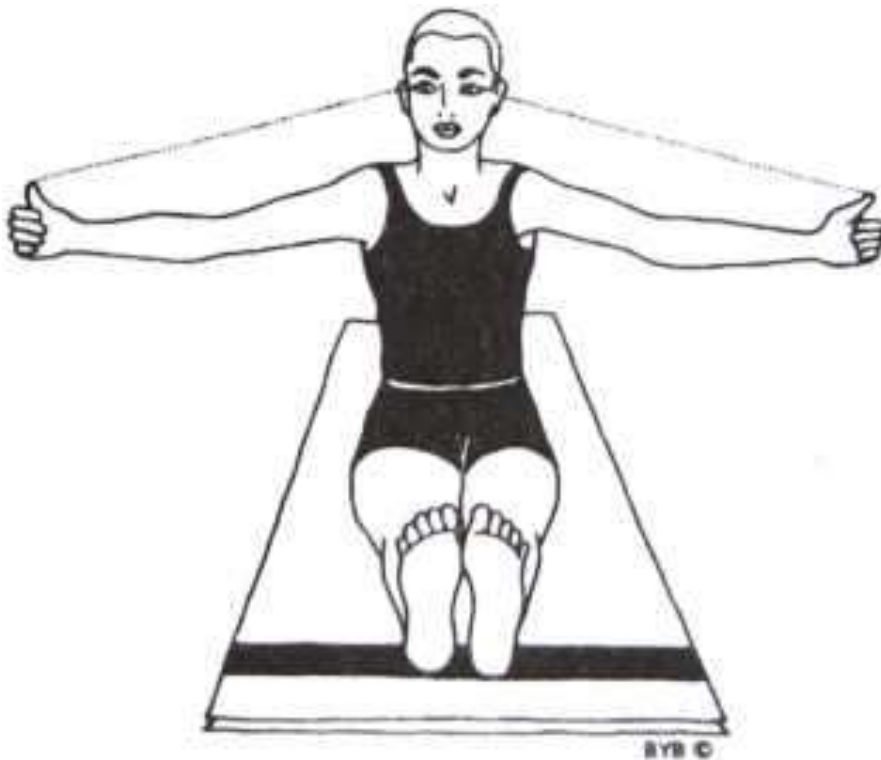
Close the eyes and relax for 20 seconds.

Repeat the blinking 10 times quickly and then again close the eyes and relax.

Repeat 5 times.

**Benefits:** Many people with defective eyesight blink irregularly and unnaturally. This is related to the state of habitual tension in the eyes. This exercise encourages the blinking reflex to become spontaneous, inducing relaxation of the eye muscles.

## **SIDEWAYS VIEWING**



## **Exercise 3: Sideways viewing**

Assume a sitting position with the legs straight in front of the body.

Raise the arms to the sides at shoulder level, keeping them straight, and point the thumbs upwards.

The thumbs should be just in the peripheral vision when

the head is facing forward. If they are not clearly visible, bring them slightly forward until they come into view. The head should not move. Look at a fixed point directly in front and on a level with the eyes. Fix the position of the head in this neutral position. Then, without moving the head sideways, focus the eyes on the following, one after the other:

- a) left thumb
- b) space between the eyebrows, bhrumadhya
- c) right thumb
- d) space between the eyebrows
- e) left thumb.

Repeat this cycle 10 to 20 times keeping the head and spine straight throughout.

Finally, close and rest the eyes.

Palming may be performed several times.

**Breathing:** Inhale in the neutral position.

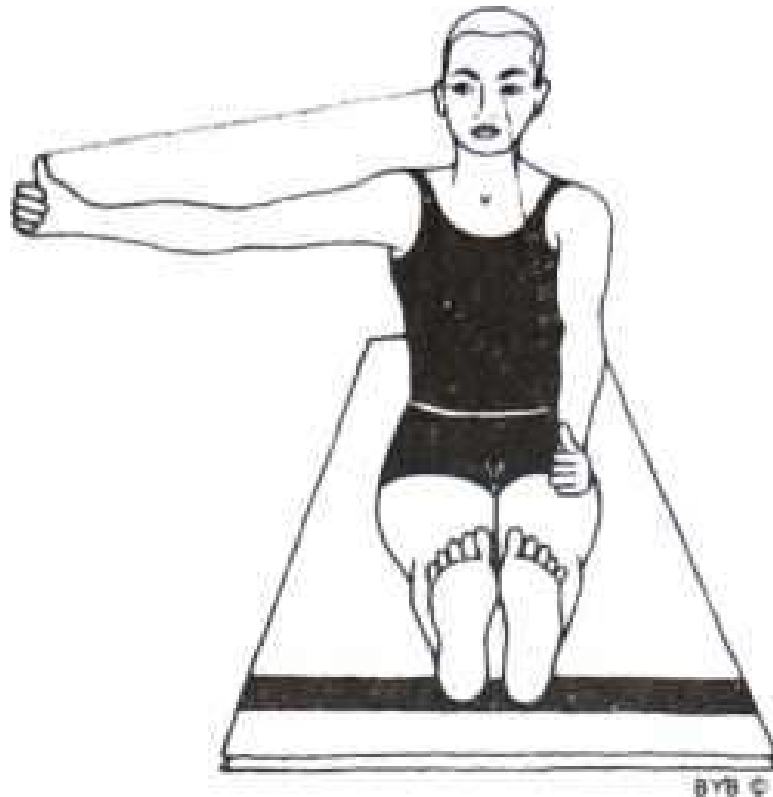
Exhale while looking to the sides.

Inhale and come to the centre.

**Benefits:** sideways viewing relaxes the tension of the muscles strained by constant reading and close work. It also prevents and corrects squint.

**Practice note:** If the arms become tired they should be supported on two stools.

# FRONT AND SIDEWAYS VIEWING



## **Exercise 4; Front and sideways viewing**

Maintain the same body position as in exercise 3 but place the left thumb on the left knee so that it points upward. Hold the right thumb to the right of the body so that it points upward.

Without moving the head, focus the eyes on the left thumb, then on the right thumb and then return to the left thumb. Repeat this process 15 to 20 times, then rest and close the eyes.

Repeat the same procedure on the left side of the body. Keep the head and spine straight throughout.

Finally, close and rest the eyes.

Palming may be performed several times.

**Breathing:** Inhale in the neutral position.

Exhale while looking down.

Inhale while looking up.

**Benefits:** Front and sideways viewing improves coordination of medial and lateral muscles.



# ROTATIONAL VIEWING



## **Exercise 5: Rotational viewing**

Maintain the same body position as in exercise 4.

Place the left hand on the left knee.

Hold the right fist above the right leg with the right thumb pointing upward and the elbow straight.

Make a large circular movement with the right arm to the left, then upward, curving to the right, and finally returning to the starting position. Keep the eyes focused on the thumb without moving the head.

Perform 5 times clockwise and then 5 times anti-clockwise. Repeat with the left thumb.

Keep the head and spine straight throughout.

Finally, close and rest the eyes.

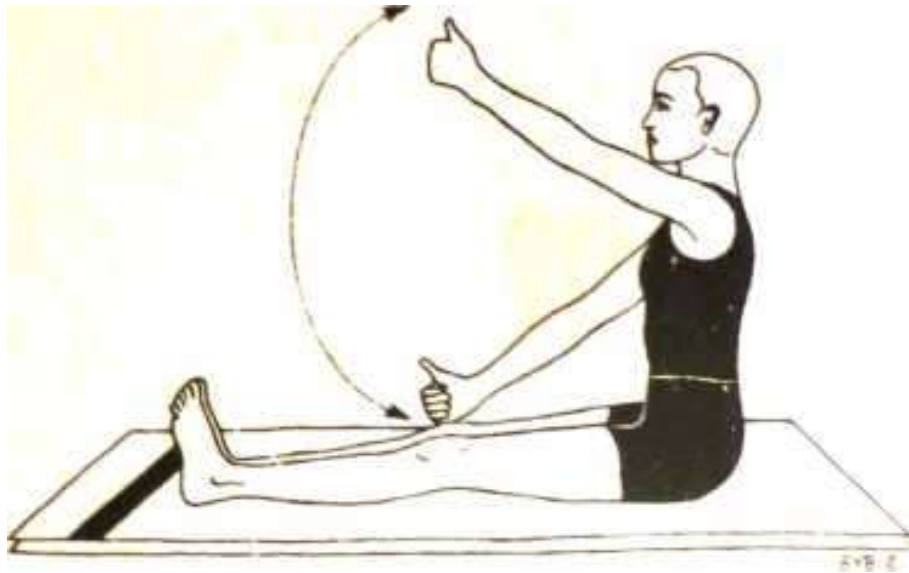
Palming may be performed several times.

**Breathing:** Inhale while completing the upper arc of the circle. Exhale while completing the lower arc.

The breath should be smooth and synchronised with the forming of a perfect circle.

**Benefits:** Rotational viewing restores balance in the muscles surrounding the eyes and improves coordinated activities of both eyeballs.

# UP AND DOWN VIEWING



## **Exercise 6:** Up and down viewing

Maintain the same position as in exercise 5.

Place both fists on the knees with both thumbs pointing upward.

Keeping the arms straight, slowly raise the right thumb while following the motion of the thumb with the eyes. When the thumb is raised to the maximum, slowly return to the starting position, all the time keeping the eyes focused on the thumb without moving the head.

Practice the same movement with the left thumb.

Repeat 5 times with each thumb.

Keep the head and spine straight throughout.

Finally, close and rest the eyes.

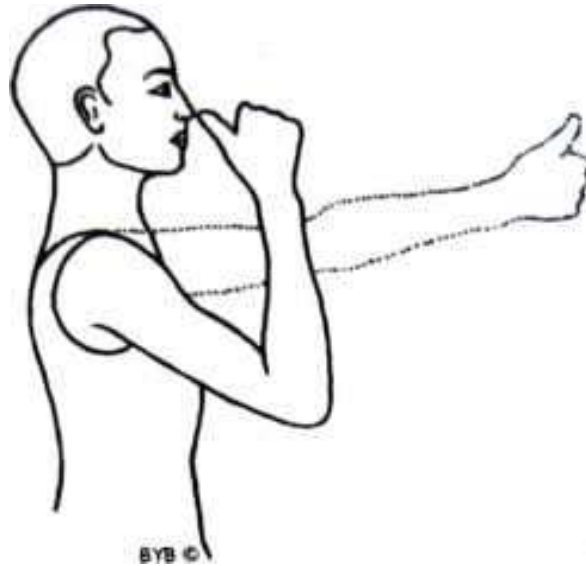
Palming may be performed several times.

**Breathing:** Inhale while raising the eyes.

Exhale while lowering the eyes.

**Benefits:** Up and down viewing balances the upper and lower eyeball muscles.

# PRELIMINARY NASIKAGRA DRISHTI



## **Exercise 7: Preliminary Nasikagra Drishti (preliminary nosetip gazing)**

Sit with the legs straight in front or in a cross-legged pose. Hold the right arm straight directly in front of the nose. Make a fist with the right hand, keeping the thumb pointing upward.

Focus both eyes on the tip of the thumb.

Bend the arm and slowly bring the thumb to the nose tip, keeping the eyes focused on the tip of the thumb. Remain for a few seconds with the thumb held at the nose tip and the eyes focused there.

Slowly straighten the arm, continuing to gaze at the thumb tip.

This is one round.

Practice 5 rounds.

**Breathing:** Breathe in as the thumb is drawn towards the nose. Retain inside while holding the thumb at the nose tip. Breathe out as the arm is straightened.

**Benefits:** This exercise improves the accommodating and focusing power of the eye muscles.

### **Exercise 8: Near and distant viewing**

Stand or sit at an open window, preferably with a clear view of the horizon, with the arms by the sides.

Focus the eyes on the nose tip, nasikagra drishti, for 5 seconds.

Then, focus on a distant object on the horizon for 5 seconds.

Repeat this process 10 to 20 times.

Close the eyes and relax.

Palming may be performed at this time.

**Breathing:** Inhale during near viewing.

Exhale during distant viewing.

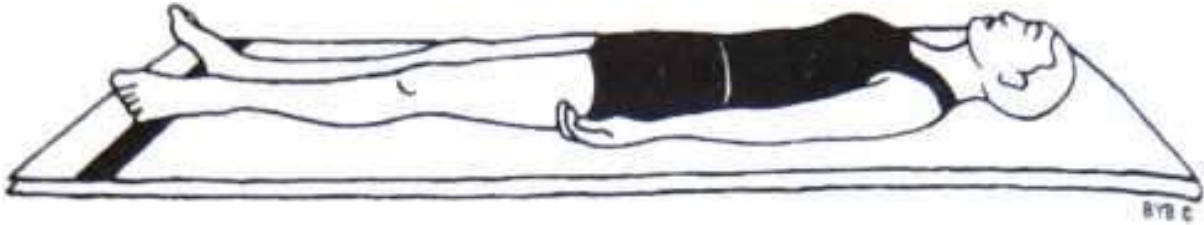
**Benefits:** Same as for Exercise 7 but the range of movements is further increased.

**Practice note:** Lie in shavasana for a few minutes after completing all 8 exercises.

## **Relaxation Asanas**

The importance of this series of relaxation poses cannot be over-emphasized. They should be performed before and after the asana session and at any time when the body becomes tired. The asanas in this group appear very easy at first, yet to do them properly is quite difficult for the tension in all the muscles of the body must be consciously released. The muscles often seem to be completely relaxed but, in fact, tightness still remains. Even during sleep, relaxation is elusive. The asanas in this chapter give the body the rest it so badly needs. Constant postural abnormalities put excess strain on the muscles of the back which hardly receive proper relaxation in the conventional supine position. Therefore certain relaxation practices which are done in the prone position are very relaxing to the spine and related structures. They are especially recommended for any back/spinal problem. These postures can be adopted during any time of the day for any comfortable duration. They can be combined with relaxing daily activities as well.

# SHAVASANA



## **Shavasana (corpse pose)**

Lie flat on the back with the arms about 15 cm away from the body, palms facing upward. A thin pillow or folded cloth may be placed behind the head to prevent discomfort. Let the fingers curl up slightly.

Move the feet slightly apart to a comfortable position and close the eyes.

The head and spine should be in a straight line.

Make sure the head does not fall to one side or the other. Relax the whole body and stop all physical movement. Become aware of the natural breath and allow it to become rhythmic and relaxed.

Begin to count the breaths from number 27 backwards to zero. Mentally repeat, “I am breathing in 27, I am breathing out 27, I am breathing in 26, I am breathing out 26”, and so on, back to zero.

If the mind wanders and the next number is forgotten, bring it back to the counting and start again at 27. If the mind can be kept on the breath for a few minutes the body will relax.

**Duration:** According to time available. In general, the longer the better although a minute or two is sufficient between asana practices.

**Awareness:** Physical - first on relaxing the whole body. Then on the breath and counting.

Spiritual - on ajna chakra.

**Benefits:** This asana relaxes the whole psycho-physiological system. It should ideally be practiced before sleep; before

during and after asana practice, particularly after dynamic exercises such as surya namaskara; and when the practitioner feels physically and mentally tired. It develops body awareness. When the body is completely relaxed, awareness of the mind increases, developing pratyahara.

**Practice note:** Try not to move the body at all during the practice as even the slightest movement will create muscular contraction.

A personal mantra may be repeated with every inhalation and exhalation.

**Variation:** While lying in shavasana, become aware of the right hand and relax it.

Slowly become aware of the right wrist, elbow, armpit, right side of the waist, right buttock, right thigh, right knee, calf, heel, sole of the foot, and relax them one by one.

Repeat this process with the left side of the body and all the parts of the head and trunk.

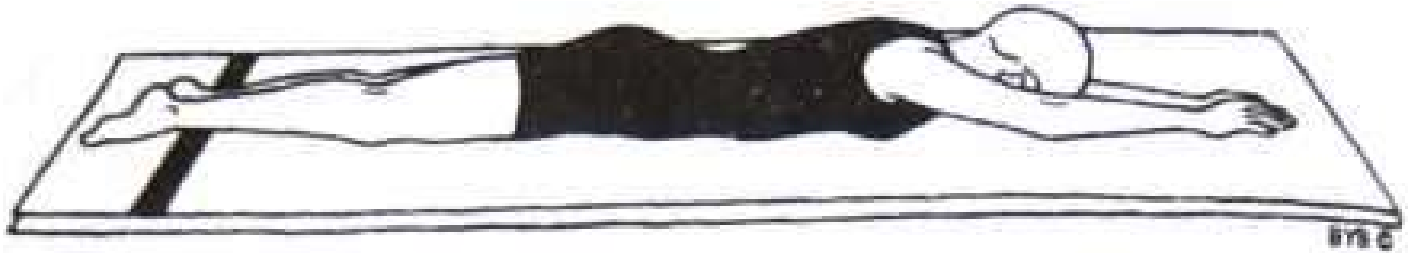
Make sure that each part of the body is relaxed, feel each part merging into the floor.

Repeat this process a few times and all the tensions will be removed.

**Practice note:** For maximum benefit, this technique should be performed after a hard day's work or just before sleep.

**Note:** *This asana is also known as mritasana, the dead man's pose.*

# ADVASANA



## **Advasana (reversed corpse pose)**

Lie on the stomach.

Stretch both arms above the head with the palms facing downward. The forehead should be resting on the floor. Relax the whole body in the same way as described for shavasana.

If there is difficulty breathing or a sense of suffocation is experienced, a pillow may be placed under the chest. Breathing: Natural and rhythmic. The number of breaths may be counted as in shavasana while gently pushing the abdomen against the floor.

**Duration:** For relaxation in the treatment of ailments, it should be performed for as long as possible. Before or during an asana session, a few minutes is sufficient.

**Awareness:** Physical - on the breath, the number of breaths and relaxing the whole body.

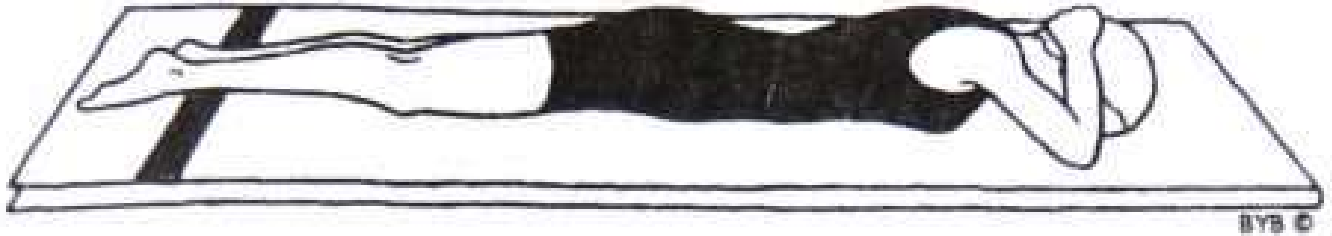
Spiritual - on ajna or manipura chakra.

**Benefits:** Recommended for those with slipped disc, stiff neck and stooping figure. People with these conditions will also find this asana an excellent sleeping position.

**Practice note:** Mantra may also be synchronized with the breath as in shavasana.



# JYESTIKASANA



## **Jyestikasana (superior posture)**

Lie flat on the stomach with the legs straight and the forehead resting on the floor.

Interlock the fingers and place the palms on the back of the head or neck.

Allow the elbows to rest on the floor.

Relax the whole body and become aware of the breathing process as described for shavasana.

**Breathing:** Natural and rhythmical.

**Awareness:** Physical - on the breath and relaxing the whole body.

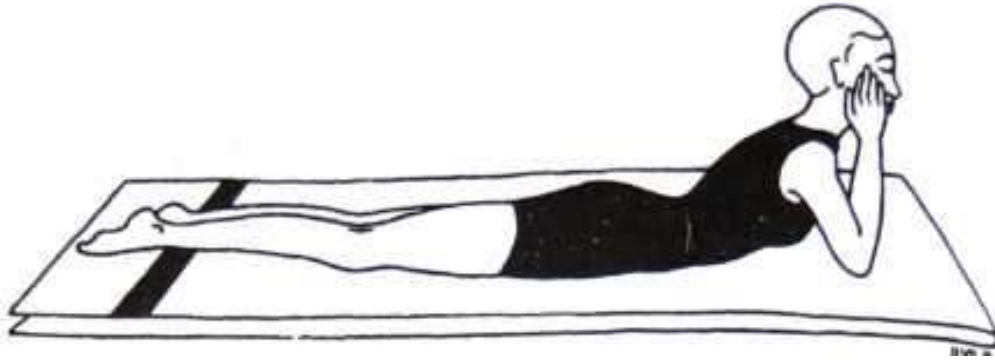
Feel the soothing warmth of the palms melting away the tensions in the neck and related areas.

Spiritual - on ajna or manipura chakra.

**Benefits:** This asana is helpful for all spinal complaints especially cervical spondylitis and stiff neck or upper back.

**Variation:** This asana may also be performed with the fingers of both hands interlocked and placed under the forehead, palms facing up.

# MAKARASANA



## **Makarasana (crocodile pose)**

Lie flat on the stomach.

Raise the head and shoulders and rest the chin in the palms of the hands with the elbows on the floor.

Keep the elbows together for a more pronounced arch to the spine. Separate the elbows slightly to relieve excess pressure on the neck. In makarasana the effect is felt at two points: the neck and the lower back. If the elbows are too far in front, tension will be felt in the neck; if they are drawn too close to the chest, tension will be felt more in the lower back. Adjust the position of the elbows so that these two points are equally balanced. The ideal position is when the whole spine is equally relaxed.

Relax the whole body and close the eyes.

**Breathing:** Natural and rhythmic.

**Duration:** For as long as possible.

**Awareness:** Physical - on the breathing process or **counting** the breath with concentration on the lower back, **and** relaxing the whole body.

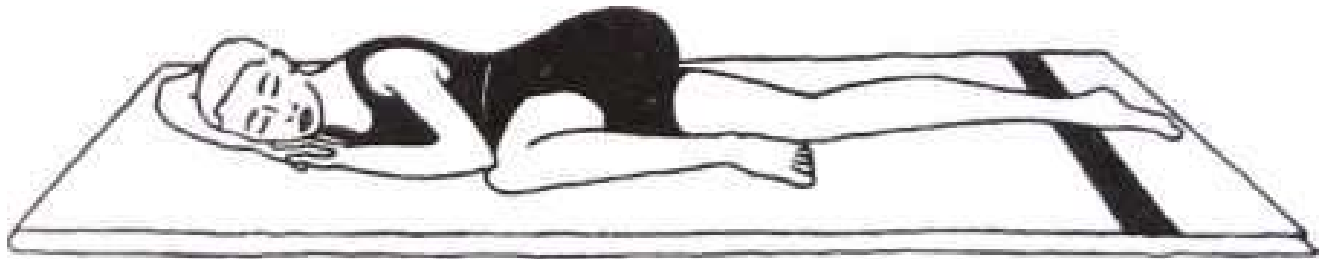
People with back or spinal complaints may practice breathing in, moving the awareness up along the spine from the tail bone to the neck and breathing out, bringing the awareness back down from the neck to the tail bone. Imagine that the breath is moving up and down the spine like mercury in a glass tube. This will quickly activate the healing energies in this area. For lower back pain due to tension, concentrate on this area and feel it expanding.

and relaxing with every inhalation and exhalation. Spiritual-on manipura chakra or on the nose tip if practicing nasikagra drishti.

**Contra-indications:** Those with back conditions should not practice this asana if any pain is experienced.

**Benefits:** This asana is very effective for people suffering from slipped disc, sciatica, lower back pain or any other spinal disorder. They should remain in this asana for extended periods of time as it encourages the vertebral column to resume its normal shape and releases compression of the spinal nerves. Asthmatics and people who have any other lung ailments should practice this simple asana regularly with breath awareness as it allows more air to enter the lungs.

## MATSYA KRIDASANA



### **Matsya Kridasana (flapping fish pose)**

Lie on the stomach with the fingers interlocked under the head. Bend the left leg sideways and bring the left knee close to the ribs.

The right leg should remain straight.

Swivel the arms to the left and rest the left elbow on the left knee. If this is not comfortable, rest it on the floor. Rest the right side of the head on the crook of the right arm, or a little further down the arm for more comfort. Relax in the final pose and, after some time, change sides. This position resembles a flapping fish.

**Breathing:** Normal and relaxed in the static pose.

**Duration:** Practise this asana for as long as possible on both sides. It may also be used for sleeping and resting.

**Awareness:** Physical - on the breath and relaxing the whole body.

Spiritual - on manipura chakra.

**Benefits:** This asana stimulates digestive peristalsis by stretching the intestines and helps remove constipation. It relieves sciatic pain by relaxing the nerves in the legs. People with backache, for whom the practice of forward bending asanas as is not recommended, may practice matsya kridasana as a counterpose after backward bending asanas. In the later months of pregnancy, lying on the back may cause pressure over major veins and block the circulation. In such circumstances, this posture is ideal for relaxing, sleeping or practicing yoga nidra. The bent knee and the head may be supported on a pillow for further comfort. This asana also redistributes excess weight around the waistline.

# Meditation Asanas

The main purpose of the meditation asanas is to allow the practitioner to sit for extended periods of time without moving the body and without discomfort. Only when the body has been steady and still for some time will meditation be experienced. Deep meditation requires the spinal column to be straight and very few asanas can satisfy this condition. Furthermore, in high stages of meditation the practitioner loses control over the muscles of the body. The meditation asana, therefore, needs to hold the body in a steady position without conscious effort. Why not lie in shavasana, then, for meditation since it satisfies all the requirements? Because in shavasana there is a tendency to drift into sleep. It is essential to remain awake and alert while going through the various stages which lead to successful meditation.

Swami Sivananda of Rishikesh said the following about asanas and meditation: “You must be able to sit in one of the meditation asanas for a full three hours at a stretch without the body shaking. Then only will you gain true *asana siddhi*, mastery over the asana, and be able to practice the higher stages of pranayama and dhyana. Without securing a steady asana you cannot progress well in meditation. The more steady you are in your asana, the more you will be able to concentrate with a one-pointed mind. If you can be steady in a posture even for one hour, you will be able to acquire a one-pointed mind and feel the *atmic anandam*, infinite peace and soulful bliss inside you.”

Initially, most people will find it difficult to sit in one asana for a long time. However, through the regular practice of the

pre-meditation poses listed here, the legs and hips will become flexible enough to comfortably maintain a steady posture.

**Pre-meditation asanas:** The following selected practices from the pawanmuktasana series are most useful for prepare the body for the meditation asanas:

- a) Ardha titali asana (half butterfly)
- b) Shroni chakra (hip rotation)
- c) Poorna titali (full butterfly)
- d) Vayu nishkasana (wind releasing pose)
- e) Kawa chalasana (crow walking)
- f) Udarakarshan asana (abdominal stretch pose)
- g) Shaithalyasana (animal relaxation pose), refer to chapter on forward bending asanas.

**Stillness:** When sitting in meditation postures, program the mind with suggestions like, “I am as steady as a rock” or “I am becoming motionless like a statue”. This way the asana will quickly become steady and, after a while, will be comfortable for extended periods of time. This is the practice of *kaya sthairyam*, complete body stillness.

**Alternative postures:** Apart from the postures mentioned in this chapter, there are four other asanas which are useful for meditation. These are described in the chapter on the vajrasana group of asanas. They are:

- a) Vajrasana (thunderbolt or pelvic pose)
- b) Ananda madirasana (intoxicating bliss pose)
- c) Padadhirasana (breath balancing pose)
- d) Bhadrasana (gracious pose).

Other asanas, such as gorakhshasana or moola bandhasana, may also be used for meditation but they are advanced practices and not comfortable for prolonged periods of time. These are described in the advanced asanas chapter.

**Precautions:** If there is severe discomfort or pain in the legs after sitting for some time in a meditation asana, slowly unlock the legs and massage them. When the blood circulation has returned to normal and there is no pain, resume the asana. However, be aware that the knee is a very delicate and much abused joint of the body and be careful not to strain it, especially while moving into or out of these meditation asanas.

Do not on any account use undue force or strain to sit in a meditation asana.

**Right or left leg:** In all the asanas discussed in this chapter, either the left or the right leg may be placed uppermost. It is a matter of personal preference and depends on whichever is the more comfortable. Ideally, the leg position should be alternated so that the balance on both sides of the body is maintained.

**Practice note:** A useful suggestion to make the following postures more comfortable is to place a small cushion under the buttocks.

**Note:** Padmasana may seem out of place in the beginners' group. It has been included, however, because a series of asanas in the intermediate group is performed using it as the base position.

# SUKHASANA



## **Sukhasana (easy pose)**

Sit with the legs straight in front of the body.

Bend the right leg and place the foot under the left thigh. Bend the left leg and place the foot under the right thigh. Place the hands on the knees in chin or gyana mudra. Keep the head, neck and back upright and straight, but without strain. Close the eyes. Relax the whole body. The arms should be relaxed and not held straight.

**Benefits:** Sukhasana is the easiest and most comfortable of the meditation postures. It can be utilized without ill effect by persons who are unable to sit in the more difficult meditation postures. It facilitates mental and physical balance without causing strain or pain.

**Practice note:** Sukhasana is a relaxing posture which may be used after extended periods of sitting in siddhasana or padmasana.

Although sukhasana is said to be the simplest meditation posture, it is difficult to sustain for long periods of time unless the knees are close to the ground or on the ground. Otherwise most of the body weight is supported by the



buttocks and backache develops. The other meditation asanas create a larger and, therefore, steadier area of support.

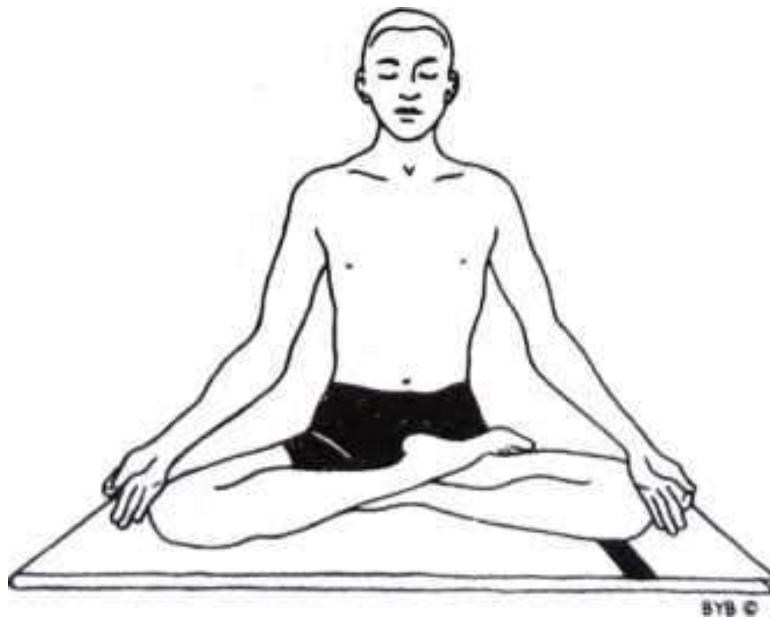
**Variation:** For those who are extremely stiff, sukhasana may be performed sitting cross-legged with a belt or cloth tied around the knees and lower back.

Hold the spine upright.

Concentrate on the physical balance and equalizing the weight on the right and left side of the body. A light, spacey feeling may be experienced.

While maintaining the posture, place the hands on the knees in chin or gyana mudra (see section on mudras).

## ARDHA PADMASANA



### **Ardha Padmasana (half-lotus pose)**

Sit with the legs straight, in front of the body.

Bend one leg and place the sole of the foot on the inside of the opposite thigh.

Bend the other leg and place the foot on top of the opposite thigh.

Without straining, try to place the upper heel as near as possible to the abdomen. Adjust the position so that it is comfortable.

Place the hands on the knees in either chin or gyana mudra.

Keep the back, neck and head upright and straight. Close the eyes and relax the whole body.

**Contra-indications:** Those who suffer from sciatica or sacral ailments should not perform this asana.

**Benefits:** The same as for padmasana but at a reduced level.

## PADMASANA



### **Padmasana (lotus pose)**

Sit with the legs straight in front of the body.

Slowly and carefully bend one leg and place the foot on top of the opposite thigh.

The sole should face upward and the heel should be close to the pubic bone.

When this feels comfortable, bend the other leg and place the foot on top of the opposite thigh.

Both knees should, ideally, touch the ground in the final position. The head and spine should be held upright and the shoulders relaxed. Place the hands on the knees in chin or gyana mudra. Relax the arms with the elbows slightly bent and check that the shoulders are not raised or hunched.

Close the eyes and relax the whole body.

Observe the total posture of the body. Make the necessary adjustments by moving forward or backward until balance and alignment are experienced. Perfect alignment indicates the correct posture of padmasana.

**Contra-indications:** Those who suffer from sciatica, sacral infections or weak or injured knees should not perform this asana. This asana should not be attempted until flexibility of the knees has been developed through practice of the pre-meditation asanas.

**Benefits:** Padmasana allows the body to be held completely steady for long periods of time. It holds the trunk and head like a pillar with the legs as the firm foundation. As the body is steadied the mind becomes calm. This steadiness and calmness is the first step towards real meditation. Padmasana directs the flow of prana from mooladhara chakra in the perineum, to sahasrara chakra in the head, heightening the experience of meditation.

This posture applies pressure to the lower spine which has a relaxing effect on the nervous system. The breath becomes slow, muscular tension is decreased and blood pressure is reduced. The coccygeal and sacral nerves are toned as the normally large blood flow to the legs is redirected to the abdominal region. This activity also stimulates the digestive process.

# SIDDHASANA



## **Siddhasana (accomplished pose for men)**

Sit with the legs straight in front of the body.

Bend the right leg and place the sole of the foot flat against the inner left thigh with the heel pressing the perineum (the area midway between the genitals and the anus), sitting on top of the right heel.

This is an important aspect of siddhasana.

Adjust the body until it is comfortable and the pressure of the heel is firmly applied.

Bend the left leg and place the left ankle directly over the right ankle so that the ankle bones are touching and the heels are one above the other.

Press the pubis with the left heel directly above the genitals. The genitals will, therefore, lie between the two heels.

If this last position is too difficult, simply place the left heel as near as possible to the pubis.

Push the toes and the outer edge of the left foot into the space between the right calf and thigh muscles. If necessary, this space may be enlarged slightly by using the hands or temporarily adjusting the position of the right leg.

Grasp the right toes and pull them up into the space between the left calf and thigh.

Again adjust the body so that it is comfortable.

The legs should now be locked, with the knees touching the ground and the left heel directly above the right heel. Make the spine erect and feel as though the body is fixed on the floor. Place the hands on the knees in gyana, chin or chinmaya mudra.

Close the eyes and relax the whole body.

**Contra-indications:** Siddhasana should not be practiced by those with sciatica or sacral infections.

**Benefits:** Siddhasana directs the energy from the lower psychic centres upward through the spine, stimulating the brain and calming the entire nervous system. The position of the lower foot at the perineum presses mooladhara chakra, stimulating moola bandha, and the pressure applied to the pubic bone presses the trigger point for swadhisthana, automatically activating vajroli/sahajoli mudra. These two psychomuscular locks redirect sexual nervous impulses back up the spinal cord to the brain, establishing control over the reproductive hormones which is necessary in order to maintain brahmacharya for spiritual purposes. Prolonged periods in siddhasana result in noticeable tingling sensations in the mooladhara region which may last for ten to fifteen minutes. This is caused by a reduction in the blood supply to the area and by a rebalancing of the pranic flow in the lower chakras.

This posture redirects blood circulation to the lower spine and abdomen, toning the lumbar region of the spine, the pelvis and the abdominal organs, and balancing the reproductive system and the blood pressure.

**Practice note:** Siddhasana may be performed with either leg uppermost. Many people experience discomfort due to the pressure applied where the ankles cross each other. If necessary, place a folded cloth or piece of sponge between the legs at this point. At first the pressure at the perineum may be uncomfortable to maintain but with practice this will be eased.

*Note: The Sanskrit word **siddha** means 'power' and 'perfection'. The word **siddhi** is derived from siddha and refers to a psychic power or faculty developed through yogic practices. Siddhis include clairvoyance and telepathy as well as many other lesser known powers such as the ability to disappear at will. Siddhasana, or siddha yoni asana for women, is believed to be the asana that helps develop these powers.*

## **SIDDHA YONI ASANA**



### **Siddha Yoni Asana (accomplished pose for women)**

Sit with, the legs straight in front of the body.

Bend the right leg and place the sole of the foot flat against the inner left thigh.

Place this heel firmly against or inside the labia majora of the vagina.

Adjust the body position so that it is comfortable while simultaneously feeling the pressure of the right heel. Bend the left leg and place the left heel directly on top of the right heel so it presses the clitoris, and wedge the left toes down into the space between the calf and thigh so

they touch, or almost touch, the floor.

Grasp the toes of the right foot and pull them up into the space between the left calf and thigh.

Again, adjust the position so that it is comfortable. Ensure that the knees are firmly on the ground.

Make the spine fully erect and straight as though it were planted solidly in the earth.

Place the hands on the knees in chin, gyana or chinmaya mudra.

Close the eyes and relax the whole body.

**Contra-indications:** As for siddhasana.

**Benefits:** As for siddhasana.

*Note: The Sanskrit word yoni means 'womb' or 'source'.*

## SWASTIKASANA

### Swastikasana (auspicious pose)

Sit with the legs straight in front of the body.

Bend the left knee and place the sole of the left foot against the inside of the right thigh, so there is no contact between the heel and the perineum.

Bend the right knee and place the right foot in the space between the left thigh and calf muscle, so there is no contact between the heel and the pubis.

Grasp the toes of the left foot and pull them up into the space between the right calf and thigh.

Adjust the position so that it is comfortable. The knees should be firmly on the floor.

Straighten the spine.

Place the hands on the knees in chin, gyana or chinmaya mudra.

**Variation:** Sit with the legs straight in front of the body.

Bend the left leg, place the sole against the inside of the right thigh.

Similarly, bend the right leg and place the heel of the right foot on the floor in front of the left foot with the sole resting against the left shin. The heels will now be one m front of the other.

The hands may be placed on the knees in gyana, chin or chinmaya mudra, or they may be placed on the lap. Close the eyes and relax the whole body.

**Contra-indications:** Swastikasana should not be performed by people with sciatica or sacral infections.

**Benefits:** Swastikasana is a healthy position to sit in especially for those suffering from varicose veins, tired and aching muscles or fluid retention in the legs.

**Practice note:** This is the easiest classical meditation asana and is a simplified version of siddhasana.

*Note: Here the symbol of the swastika represents the different corners of the earth and universe, the spokes, and their meeting point and common centre of consciousness. This asana may be regarded as the one most favorable for realizing the unity of existence.*



# DHYANA VEERASANA



## **Dhyana Veerasana (hero's meditation pose)**

Sit with both legs straight in front of the body.

Bend the left leg underneath the right leg so that the left heel is touching the right buttock.

Bring the right leg over the top of the bent left leg so that the right heel touches the left buttock.

Adjust the right knee so that it is above the left knee. Place the hands either on the right knee, one on top of the other, or on top of each foot, whichever is comfortable. Hold the head, neck and back straight.

Close the eyes and relax the whole body.

Be aware of the breath at the nose tip.

**Benefits:** This asana is quite easy and comfortable to sustain for long periods of time as a comparatively large area of the body is in contact with the floor. It is a useful alternative to other meditation asanas. The legs and hips are not rotated outwards as in the other meditation postures, rather the knees are brought to the centre. This affects the pelvic structure and stretches the outer rather than the inner muscles of the thigh. This position also massages and tones the pelvic and reproductive organs.

# SIMHASANA



## **Simhasana (lion pose)**

Sit in vajrasana with the knees about 45 cm apart. The toes of both feet should remain in contact with each other.

Lean forward and place the palms of the hands on the floor between the knees, with the fingers pointing towards the body.

Straighten the arms fully and arch the back, giving the maximum stretch to the front of the neck.

Rest the body on the straight arms.

Tilt the head back so that there is a comfortable amount of tension in the neck.

Close the eyes and focus the inner gaze at the eyebrow centre, performing shambhavi mudra.

The eyes may also be kept open, in which case gaze at a point on the ceiling.

The mouth should be closed.

Relax the whole body and mind.

**Benefits:** In this posture there is a very definite extension the spinal cord and the body is absolutely fixed. There is total physical stability; no one part bears the whole weight.

of the body. By focusing the inner gaze at the eyebrow centre, which represents the top of the spinal cord, the central nervous system is switched on, influencing the core structures around the hypothalamic- limbic system. Alpha waves are generated in the optic system at the back of the head by closing the eyes. By crossing them in a meditative attitude, shambhavi mudra, these waves spread from the back of the head to the frontal lobes, producing a profound meditative or relaxed state very quickly. Following the principles of reflexology, it may be inferred that the strong pressure on the palms helps relieve stress and tension, improve blood supply, tone up the nerves and balance the vital energy necessary for mastering meditation techniques.

**Note:** *Generally, simhasana is associated with the roaring lion posture but the Upanishads give that posture as a variation of simhasana (see simhagarjana, the roaring lion, in the chapter Vajrasana Group of Asanas).*

*In this meditation asana the lion is sitting quietly, waiting for something to happen. This is the mental attitude the mind has to adopt in order to enter deep meditative states.*

## Vajrasana Group of Asanas

The *vajra*, thunderbolt, is said to be the weapon of Indra, king of the *devas* or gods, just as the mind is the king of all the senses. Vajra is also the major nadi directly connected with the genito-urinary system which regulates the sexual energy in the body. Control of vajra nadi leads to sublimation and control of sexual energy. The vajrasana series is, therefore, very beneficial for the reproductive as well as digestive organs and is also reasonably easy to perform.

# VAJRASANA



## **Vajrasana (thunderbolt pose)**

Kneel on the floor.

Bring the big toes together and separate the heels. Lower the buttocks onto the inside surface of the feet with the heels touching the sides of the hips.

Place the hands on the knees, palms down.

The back and head should be straight but not tense. Avoid excessive backward arching of the spine.

Close the eyes, relax the arms and the whole body. Breathe normally and fix the attention on the flow of air passing in and out of the nostrils.

**Duration:** Practice vajrasana as much as possible, especially directly after meals, for at least 5 minutes to enhance the digestive function. In cases of acute digestive disorder, sit in vajrasana and practice abdominal breathing for 100 breaths before and after food.

**Awareness:** Physical - on the normal breathing process. This will bring tranquility to the mind if practiced with the eyes closed.

Spiritual - on manipura chakra.

**Benefits:** Vajrasana alters the flow of blood and nervous impulses in the pelvic region and strengthens the pelvic

muscles. It is a preventative measure against hernia and also helps to relieve piles. It increases the efficiency of the entire digestive system, relieving stomach ailments such as hyperacidity and peptic ulcer. It reduces the blood flow to the genitals and massages the nerve fibers which feed them, making it useful in the treatment of dilated testicles and hydrocele in men. It assists women in labor and helps alleviate menstrual disorders.

Vajrasana is a very important meditation posture because the body becomes upright and straight with no effort. It is the best meditation asana for people suffering from sciatica and sacral infections. It stimulates the vajra nadi, activates prana in sushumna and redirects sexual energy to the brain for spiritual purposes.

**Practice note:** If there is pain in the thighs, the knees may be separated slightly while maintaining the posture. Beginners may find that their ankles ache after a short time in vajrasana. To remedy this, release the posture, sit with the legs stretched forward and shake the feet vigorously one after the other until the stiffness disappears. Then resume the posture. A folded blanket or small cushion may be placed between the buttocks and the heels for added comfort.

**Note:** *Vajrasana is used by Muslims and Zen Buddhists as a position for prayer and meditation. People who cannot perform padmasana or siddhasana, or find them uncomfortable, may sit in vajrasana for meditation practice.*

**Variation I:** Check the flow of breath through the nostrils. If the air flow through the left nostril is predominant, then place the left big toe on top of the right big toe; if the right flow is predominant, place the right big toe on top.

Sit in vajrasana as described.

This will help to balance the flow of the breath in the left and right nostrils, which are related to ida and pingala nadis, and thereby tranquillize the mind.

**Variation 2:** Separate the feet (not the knees) so that the big toes are about 25cm apart.

Sit in vajrasana with the buttocks flat on the floor.

This stimulates mooladhara chakra.

**Variation 3:** Place a rolled Up blanket on the floor between the legs.

Separate the feet (not the knees) about 25cm.

Sit on the blanket in vajrasana.

This variation is easier and is suitable for beginners as it takes the pressure off the feet and ankles. It also stimulates mooladhara chakra.

## ANANDA MADIRASANA



### **Ananda Madirasana (intoxicating bliss pose)**

Sit in vajrasana. Place the palms on top of the heels so that the fingers are pointing towards each other. If this is uncomfortable, place the palms just above the heels. Keep the head and spine erect, close the eyes and relax the whole body.

Fix the attention at bhrumadhya, the eyebrow centre.

**Breathing:** Slow and deep. Imagine that the breath is moving in and out of the eyebrow centre. Inhale from the eyebrow centre to ajna chakra and exhale from ajna to the eyebrow center.

**Awareness:** Physical - in the early stages of the practice, awareness should be on the breathing process. When sufficient relaxation has been achieved, awareness may be transferred to the eyebrow centre.

Spiritual - on ajna chakra.

**Benefits:** This asana is used primarily to awaken ajna chakra. It also calms the mind, relaxes the nervous system and gives all the benefits of vajrasana.

**Note:** *The thumbs may press any points on the soles according to specific effects required in the body. For exact details, seek the advice of someone with knowledge of either acupuncture or reflexology. Ananda madirasana may also be performed as an alternative to classical meditation postures.*

## **PADADHIRASANA**



### **Padadhirasana (breath balancing pose)**

Sit in vajrasana.

Cross the arms in front of the chest, placing the hands under the opposite armpits with the thumbs pointing upward.



The point between the thumb and first finger should be firmly pressed.

Close die eyes and become aware of the breathing process.

**Breathing:** Slow, deep and rhythmical. Practice until the flow of breath in both nostrils becomes equalized.

**Duration:** To prepare for pranayama, practice for 5 to 10 minutes.

For spiritual purposes, practice for extended periods of time.

**Awareness:** Physical - on the breathing process in the nose.

Spiritual - on ajna chakra.

**Practice note:** Padadhirasana may be used as a preparation for pranayama. It is especially useful when one or both nostrils are blocked.

If only one nostril is blocked, or partially blocked, place the hand of that side underneath the opposite armpit. Maintain the pressure for a minute or two, although changes may sometimes occur within a few seconds.

**Variation I:** For a stronger effect, make fists of the hands and place them under the armpits.

**Variation 2: Yoga Danda (balancing stick)**

The yoga danda is a special T-shaped stick traditionally used by yogis as an aid to meditation. The horizontal beam rests firmly under and supports the armpit with the bottom of the vertical stick on the ground. When the breath flow is equalized, the danda may be placed in front of the body. Both elbows may be rested on the horizontal beam with the arms folded or in any other position. The yoga danda may be used for long periods of time without the arms becoming tired.

**Benefits:** The pressure under both the armpits helps to open the nostrils to facilitate the practice of pranayama. Since the breath flow in the right and left nostrils influences the activities of the sympathetic and parasympathetic nervous systems respectively, opening of the two nostrils induces a state of autonomic balance.

# BHADRASANA



## **Bhadrasana (gracious pose)**

Sit in vajrasana.

Separate the knees as far as possible, while keeping the toes in contact with the floor.

Separate the feet just enough to allow the buttocks and perineum to rest flat on the floor between the feet.

Try to separate the knees further but *do not strain*.

Place the hands on the knees, palms downward.

When the body is comfortable, practice nasikagra drishti, concentration on the nose tip. As the eyes become tired, close them for a short time and then resume nose tip gazing.

**Breathing:** Slow and rhythmic with awareness of the breath at the nose tip.

**Duration:** For extended periods of time if performed for spiritual aims.

A few minutes daily is sufficient to loosen up the legs.

If any strain is experienced, stop the asana.

**Awareness:** Physical - on the natural breath or the nose tip.

Spiritual - on mooladhara chakra.

**Benefits:** This is predominantly a pose for spiritual aspirants as it has a stimulating influence on mooladhara chakra. It

is an excellent meditation pose. The benefits are basically the same as for vajrasana.

**Practice note:** If necessary, a folded blanket may be placed under the buttocks. Whether a blanket is used or not, it is important that the buttocks rest firmly on the ground in order to stimulate mooladhara chakra.

## SIMHAGARJANASANA



### **Simhagarjansasana (roaring lion pose)**

Sit in vajrasana with the knees about 45 cm apart. If possible, face the sun.

Place the palms of the hands on the floor between the knees, with the fingers pointing towards the body.

Lean forward, resting the body on the straight arms. Arch the back and gently tilt the head back so that there is a comfortable amount of tension in the neck.

Open the eyes and gaze at the eyebrow centre, adopting shambhavi mudra (refer to section on mudra).

Relax the whole body.

Keep the mouth closed.

Inhale slowly and deeply through the nose.

At the end of inhalation open the mouth and extend the tongue out as far as possible towards the chin.

While slowly exhaling, produce a clear, steady 'aaah' sound from the throat, keeping the mouth wide open.

At the end of exhalation, close the mouth and breathe in. This is one round.

**Breathing:** Inhale slowly through the nose and then slowly exhale through the mouth with the 'aaah' sound.

**Duration:** To maintain general health, practice 5 rounds daily. For specific ailments, practice 10 to 20 rounds.

The eyes, tongue and mouth may be relaxed for a few moments between each round. This asana may be performed at any time.

**Awareness:** Physical-while inhaling, on the breath. While exhaling, on the sound produced and the effect on the throat area.

Spiritual - on vishuddhi or ajna chakra.

**Benefits:** This is an excellent asana for alleviating diseases of the throat, nose, ears, eyes and mouth. Tension is removed from the chest and diaphragm. Simhagaijanasana is useful for people who stutter or who are nervous and introverted. It develops a strong and beautiful voice. Other benefits are as for shambhavi mudra.

**Variation I:** After performing shambhavi mudra, perform kechari mudra. Keep the mouth closed. Fold the tongue backward so that the tip and underside presses against the soft palate.

Inhale slowly and deeply through the nose.

At the end of inhalation, release the tongue, open the mouth and extend the tongue as far as possible.

**Variation 2:** Move the tongue slowly from side to side, while making a long 'aaah' sound.

# VEERASANA



Veerasana (hero's pose)

Sit in vajrasana.

Raise the right knee and place the right foot flat on the floor beside the inside of the left knee.

Put the right elbow on the right knee and rest the chin on the palm of the right hand.

Close the eyes and relax.

Keep the body completely motionless and the spine and head straight.

Repeat with the left foot placed beside the right knee. **Breathing:** Slow, deep breathing, imagining that the breath is flowing in and out of bhrumadhya, the eyebrow centre. **Duration:** Practise for a minimum of two minutes. Repeat on the other side with the left elbow on the left knee. **Awareness:** Physical - on keeping the head and spine straight and on the breath.

Spiritual - on ajna chakra.

**Benefits:** This asana balances the mind, increases the power of concentration, allows more awareness of the unconscious realms and induces physical and mental relaxation quickly. The thinking process becomes very clear and precise. It is useful for those who think too much or who have disturbed

or uncontrollable thoughts. It is very good for the kidneys, liver, reproductive and abdominal organs.

*Note: This posture is also known as the thinker's or philosopher's pose.*

**Variation I:** This asana may also be practiced by sitting on the heel so that it stimulates mooladhara chakra.

**Variation 2:** Sit on the heels in vajrasana.

Place the right foot on top of the left thigh as in the half lotus posture.

The foot should come up on the thigh as near to the lower abdomen as possible and the right knee should rest on the floor.

Place the palms together in-front of the chest at the heart centre, in the prayer position.

Relax the whole body.

Slowly rise onto the knees, using the left leg as a lever and the right knee as a support.

The movement should be controlled without any jerking. Straighten the spine.

When balanced, raise the hands above the head, keeping the palms together and the fingers pointing upward. Hold the final position for as long as is comfortable. Bring the hands back to the heart centre and gently and evenly lower the body down to the floor.

Repeat with the left foot on top of the right thigh. Practice up to 3 times on each side.

**Breathing:** Inhale while raising the body from the floor. Breathe normally in the final position.

Exhale while lowering the body.

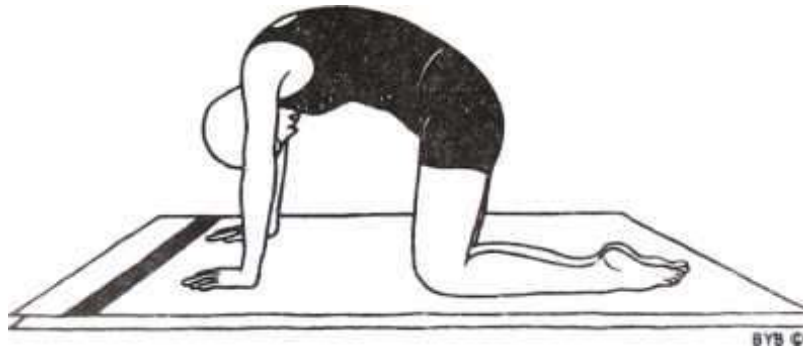
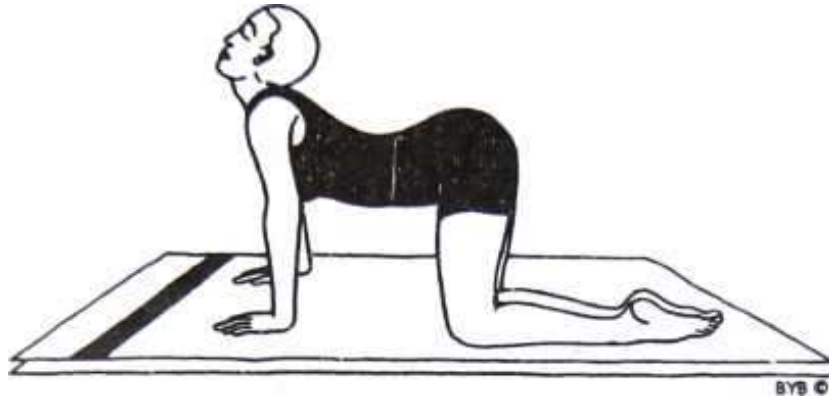
**Awareness:** Physical - on maintaining balance and steadiness in the upright position.

Spiritual - on swadhisthana chakra.

**Contra-indications:** This asana should not be performed by people with weakness in the knees or inflammatory conditions such as arthritis, osteoarthritis, etc.

**Benefits:** This is a preliminary balancing pose which aids in stabilizing the nervous system.

# MARJARI-ASANA



## **Marjari-asana (cat stretch pose)**

Sit in vajrasana.

Raise the buttocks and stand on the knees.

Lean forward and place the hands flat on the floor beneath the shoulders with the fingers facing forward.

The hands should be in line with the knees; the arms and thighs should be perpendicular to the floor.

The knees may be together or slightly separated.

This is the starting position.

Inhale while raising the head and depressing the spine so that the back becomes concave.

Expand the abdomen fully and fill the lungs with the maximum amount of air. Hold the breath for 3 seconds. Exhale, while lowering the head and stretching the spine upward.

At the end of exhalation contract the abdomen and pull in the buttocks. The head will now be between the arms, facing the thighs. Hold the breath for 3 seconds, accentuating the arch of the spine and the abdominal contraction.

This is one round.

**Breathing:** Try to perform the movement breathing as slowly as possible. Aim at taking at least 5 seconds for both inhalation and exhalation. Ujjayi breathing may be used.

**Duration:** Perform 5 to 10 full rounds for general purposes.

**Awareness:** Physical - on the breath synchronized with the movement and flexion of the spine from top to bottom.

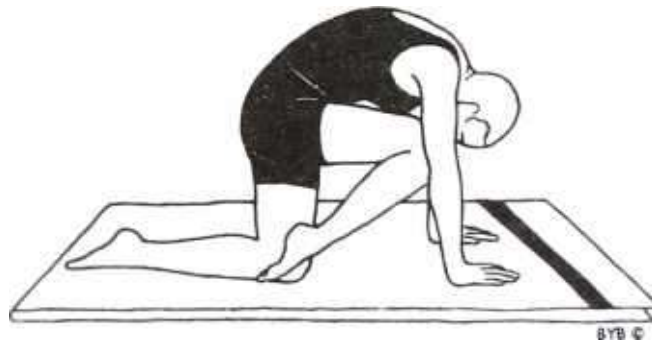
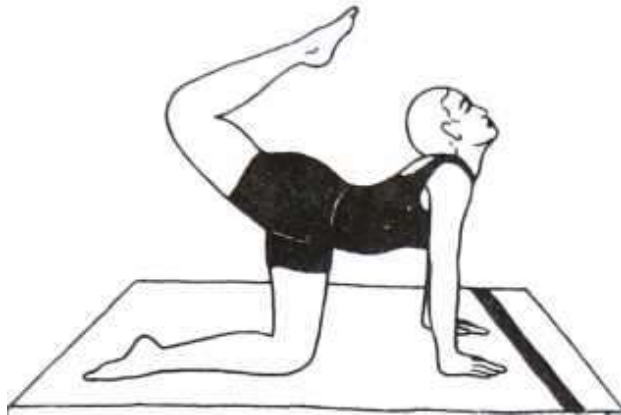
Spiritual - on swadhisthana chakra.

**Benefits:** This asana improves the flexibility of the neck, shoulders and spine. It gently tones the female reproductive system. It may be safely practiced up to the sixth month of pregnancy; forceful contraction of the abdomen, however, should be avoided after 3 months. Women suffering from menstrual disorders and leucorrhea will obtain relief by doing marjari-asana and it may be practiced during menstruation for relief of cramps.

**Practice note:** Do not bend the arms at the elbows. Keep the arms and thighs vertical throughout.



# VYAGHRASANA



## **Vyaghrasana (tiger pose)**

Assume vajrasana.

Move into marjari-asana and look forward.

The hands should be placed directly below the shoulders. Relax the whole body.

Straighten the right leg, stretching it up and back.

Bend the right knee and point the toes towards the head. Look up and try to touch the toes to the back of the head. Hold the breath for a few seconds in this position. Straighten the right leg, bend the knee and swing the leg under the hips.

Simultaneously, arch the back up and bend the head down. The right foot should not touch the floor.

Press the knee against the chest and touch the nose to the knee. The spine should be convex.

Fix the eyes on the knee for a few seconds while retaining the breath outside.

Move the foot straight back and again stretch the leg. Bend the knee and continue with the slow swinging movements.

Repeat with the other leg.

**Breathing:** Inhale while stretching the leg backward.

Retain while bending the knee.

Exhale while swinging the knee to the chest.

**Duration:** Perform this asana 5 times with each leg.

**Awareness:** Physical - on the movement synchronized with the breath.

Spiritual - on swadhisthana chakra.

**Benefits:** This asana exercises and loosens the back by bending it alternately in both directions and tones the spinal nerves. It relaxes the sciatic nerves, relieving sciatica, and loosens up the legs. It tones the female reproductive organs and is especially beneficial for women after childbirth and those who have given birth to many children. It stretches the abdominal muscles, promotes digestion and stimulates blood circulation. Reduces weight from the hips and thighs.

**Note:** *This asana is so called, because it emulates the stretching movement made by a tiger as it wakes up from deep sleep.*

# SHASHANKASANA



## **Shashankasana (pose of the moon or hare pose)**

Sit in vajrasana, placing the palms on the thighs just above the knees. Close the eyes and relax, keeping the spine and head straight.

While inhaling, raise the arms above the head, keeping them straight and shoulder width apart.

Exhale while bending the trunk forward from the hips, keeping the arms and head straight and in line with the trunk.

At the end of the movement, the hands and forehead should rest on the floor in front of the knees.

If possible, the arms and forehead should touch the floor at the same time.

Bend the arms slightly so that they are fully relaxed and let the elbows rest on the floor.

Retain the breath for up to 5 seconds in the final position. Then, simultaneously inhale and slowly raise the arms and trunk to the vertical position. Keep the arms and head in line with the trunk.

Breathe out while lowering the arms to the knees.

This is one round.

Practice 3 to 5 rounds.

**Duration:** Beginners should slowly increase the length of time in the final position until they are able to hold it comfortably for at least 3 minutes. Those who wish to calm anger and frayed nerves should further increase the time to 10 minutes, breathing normally.

**Awareness:** Physical - on the breath synchronized with the physical movement. In the final position, on the pressure of the abdomen against the thighs.

Spiritual-on manipura or swadhisthana chakra in the final position.

**Contra-indications:** Not to be performed by people with very high blood pressure, slipped disc or those who suffer from vertigo.

**Benefits:** This asana stretches the back muscles and separates the individual vertebrae from each other, releasing pressure on the discs. Often nerve connections emanating from the spinal cord are squeezed by these discs, giving rise to various forms of backache. This posture helps to relieve this problem and encourages the discs to resume their correct position. It also regulates the functioning of the adrenal glands. It tones the pelvic muscles and the sciatic nerves and is beneficial for women who have an underdeveloped pelvis. It helps to alleviate disorders of both the male and female reproductive organs. Regular practice relieves constipation. When practised with ujjayi pranayama in the final position, it helps to eliminate anger and is very cooling for the brain.

**Note:** *The Sanskrit word shashank means 'moon.' It is derived from two words: shash meaning 'hare' and ank meaning 'lap'. People in India have seen the dark patches on the full moon as resembling the shape of a hare with the moon in its lap. Furthermore, the moon symbolizes peace and calm; it emits soothing and tranquilizing vibrations. Shashankasana has a similar calming and tooling effect. More simply, it is the position frequently adopted by hares and rabbits.*

**Variation I:** Sit in vajrasana and close the eyes.

Hold the right wrist with the left hand behind the back. Relax the whole body and close the eyes.

Inhale and then, while exhaling, slowly bend the trunk forward from the hips so that the forehead rests on the floor. Remain in the final position for a comfortable length of time while breathing normally or deeply or in ujjayi. Return to the starting position while inhaling.

**Variation 2:** Sit in vajrasana.

Place the fists in front of the lower abdomen.

Inhale and then, while exhaling, slowly bend forward until the forehead touches the floor.

The fists will exert pressure on the lower abdominal organs. Retain the breath in the final position for as long as is comfortable.

Inhale while raising the trunk and head.

Practice 2 to 3 rounds.

**Awareness:** Physical - on the pressure of the fists in the abdomen in the final position.

**Benefits:** This variation massages and improves the efficiency of the intestines and digestive organs, relieving ailments such as constipation and excessive wind in addition to the benefits derived from the basic form of the practice.

**Variation 3:** Sit in vajrasana.

Interlock the fingers of both hands behind the back. Breathe in deeply. Then, breathing out, move the head and trunk forward and rest the head on the floor. Simultaneously, raise the arms up and bring them as far forward as possible.

Hold the breath out and slowly move the arms from side to side 3 times.  
Do not strain.

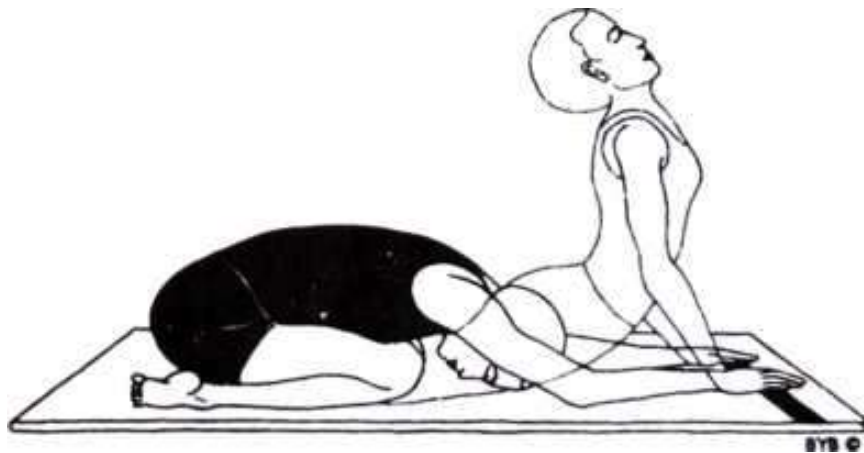
Breathe in, raising the head and trunk and lowering the arms.

This is one round.

Practice 2 to 3 rounds.

**Benefits:** This variation releases tension in the upper back and neck muscles, bringing great relief to those who experience stiffness in this area. It also gives the benefits of the basic practice.

## SHASHANK BHUJANGASANA



### **Shashank Bhujangasana (striking cobra pose)**

Assume marjari-asana, placing the palms flat on the floor beneath the shoulders about half a meter apart.

Move into shashankasana with the arms outstretched in front of the shoulders.

Then, without moving the position of the hands, slowly move the chest forward, sliding it just above the floor until it is in line with the hands.

Move the chest further forward and then upward, as the arms straighten, and lower the pelvis to the floor.

Ideally, the nose and chest should just brush the surface of

the floor as the body moves forward like the movement of a snake. Do not strain to achieve this.

Try to bring the hips as near to the floor as possible.

In the final position, the arms should be straight, the back arched and the head raised as in bhujangasana. The navel does not touch the floor.

Hold this position for a few seconds, retaining the breath. Slowly raise the buttocks and move backwards, keeping the arms straight, returning to shashankasana.

Do not try to reverse the previous movement but keep the arms straight. This is one round.

Relax the whole body for a short time before starting another round.

Practise 5 to 7 rounds.

**Breathing:** Inhale on the forward movement.

Hold the breath for a few seconds in the final position. Exhale while returning to shashankasana.

**Awareness:** Physical - on synchronizing the movement with the breath.

Spiritual - on swadhisthana chakra.

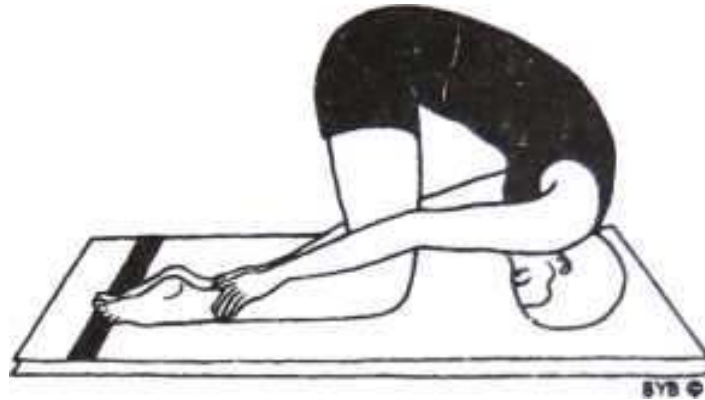
**Sequence:** This asana may be practiced directly after shashankasana and followed by tadasana.

**Benefits:** Shashank bhujangasana gives similar benefits to bhujangasana and shashankasana. However, the benefits of the latter postures come from maintaining the final position, whereas shashank bhujangasana acts mainly by alternately flexing the spine backward and forward.

This asana gently tones the female reproductive organs, alleviates menstrual disorders and is an excellent postnatal asana, strengthening and tightening the abdominal and pelvic region. It tones and improves the functioning of the liver, kidneys and other visceral organs. It is particularly useful for relieving back pain and general stiffness of the spine as it helps to stimulate and balance all the spinal nerves.

**Practice note:** The hand position should not change throughout the entire practice.

# PRANAMASANA



## **Pranamasana (bowing pose)**

Sit in vajrasana. Grasp the lower calves just above the ankles, keeping the thumbs uppermost.

Slowly bend forward and place the crown of the head on the floor in front of the knees. (Place a small folded blanket under the head).

Raise the buttocks as high as possible, allowing the chin to press against the chest, until the thighs are as vertical as comfortable.

Remain in the final position for 5 to 20 seconds.

Lower the buttocks and come back into shashankasana for a short time before returning to vajrasana.

Practice this asana 5 times.

**Breathing:** Inhale in vajrasana and while raising the buttocks. Exhale while lowering the head to the floor. ,

Hold the breath in the final position or breathe normally if remaining in the position for more than a few seconds.

**Awareness:** Physical - on the synchronization of breathing with the physical movement, the increased blood flow to the brain or on the crown of the head in the final position.

Spiritual - on sahasrara chakra.

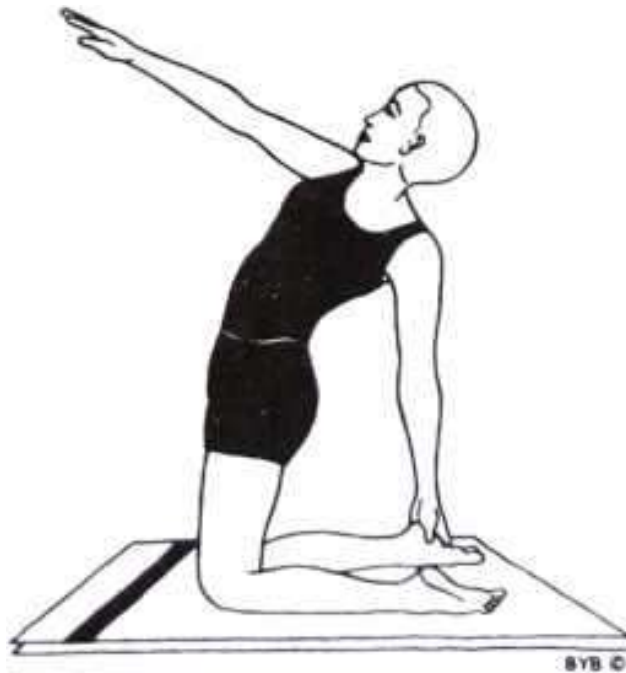
**Contra-indications:** Not to be performed by people with vertigo, weak neck or high blood pressure.

**Benefits:** This asana increases the blood supply to the head. As a preparatory practice for sirshasana, the headstand



pose, it allows the brain to gradually adapt to the extra blood flow and pressure in the head when the body is inverted. It gives many of the benefits of sirshasana but to a lesser degree. Pranamasana is especially beneficial for the management of asthma. It promotes drainage of the lungs and chest and helps to open the air passages. It also decompresses the lower cervical and upper thoracic vertebrae and nerve roots which are often the seat of psycho-emotional tension in an asthma attack. It should be performed at the immediate onset of an asthma attack to obtain full benefits.

## **ARDHA USHTRASANA**



### **Ardha Ushtrasana (half camel pose)**

Sit in vajrasana with the knees apart and the ankles at the side of the buttocks.

Stand up on the knees with the arms at the sides.

Keep the feet flat behind the body.

While inhaling, stretch the arms sideways and raise them to shoulder level.

Then, while exhaling, twist to the right, reach back with the right hand and try to hold the left heel or ankle. Simultaneously, stretch the left arm in front of the head so that the hand is at eyebrow level.

The head should be slightly back with the eyes gazing at the raised hand.

Push the abdomen forward in the final position and try to keep the thighs vertical.

Hold this position while holding the breath for a few seconds and retaining the gaze on the left hand.

Inhale and return to the starting position.

Repeat on the other side to complete one round, holding the right heel with the left hand.

Practice 3 to 5 rounds.

Do not strain in any way.

**Awareness:** Physical - on the stretch in the back and neck, or on the normal breath if holding longer.

Spiritual - on anahata or vishuddhi chakra.

**Benefits:** As given for ushtrasana but at a reduced level.

**Variation 1:** The final position may be held for 1 to 2 minutes whilst breathing normally, as long as there is no strain experienced.

**Variation 2:** This is the same as the basic asana except the breathing changes. Inhale and come into the final position, hold the internal breath retention for a few seconds and then exhale while returning to the upright position. This is repeated in the same manner on the other side. This variation accentuates the effect on the abdomen whereas the basic asana accentuates the effect on the spine.

**Variation 3:** A simpler variation for beginners is to place the right hand on the right heel and the left hand on the left heel. This posture also becomes easier if the heels are raised.

**Variation 4:** After twisting, the outstretched arm may be raised above the head to a vertical position. The head should be held back with the eyes gazing at the raised hand.

# USHTRASANA



## Ushtrasana (camel pose)

Sit in vajrasana.

Stand on the knees with the arms at the sides.

The knees and feet should be together but may be separated if this is more comfortable.

Lean backward, slowly reaching for the right heel with the right hand and then the left heel with the left hand.

Do not strain.

Push the abdomen forward, trying to keep the thighs vertical, and bend the head and spine backward as far as possible.

Try to relax the whole body, especially the back muscles, into the stretch.

The weight of the body should be evenly supported by the legs and arms.

The arms should anchor the shoulders to maintain the arch of the back.

Remain in the final position for as long as is comfortable. Return to the starting position by slowly releasing the hands from the heels one at a time.

**Breathing:** Normal in the final position. Do not try to breathe deeply because the chest is already stretched.

**Duration:** Practice up to 3 times as a dynamic asana.

Hold the final position up to 3 minutes as a static pose.

**Awareness:** Physical - on the abdomen, throat, spine or natural breathing.

Spiritual - on swadhisthana or vishuddhi chakra.

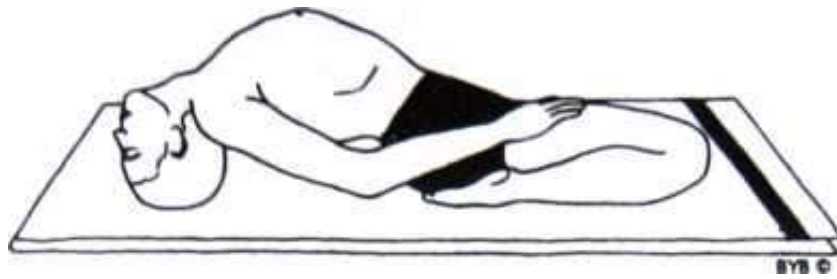
**Sequence:** It is important that this asana is followed by any forward bending asana, such as paschimottanasana, to release any tension in the back. The most convenient counterpose is shashankasana since it may be performed immediately from vajrasana without unnecessary body movement.

**Contra-indications:** People with severe back ailments such as lumbago should not attempt this asana without expert guidance. Those suffering from enlarged thyroid should also take care.

**Benefits:** This asana is beneficial for the digestive and reproductive systems. It stretches the stomach and intestines, alleviating constipation. The backward bend loosens up the vertebrae and stimulates the spinal nerves, relieving backache, lumbago, rounded back and drooping shoulders. The front of the neck is fully stretched, toning the organs in this region and regulating the thyroid gland.

**Practice note:** To accentuate the asana, the right heel may be grasped with the left hand and the left heel with the right hand. To begin with this asana may be practiced with the balls of the feet on the floor.

# SUPTAVAJRASANA



## **Supta Vajrasana (sleeping thunderbolt pose)**

Sit in vajrasana. Slowly bend back, taking the support of first the right elbow and arm and then the left.

Bring the top of the head to the ground, arching the back. Place the hands on the thighs.

Try to keep the knees in contact with the floor. If necessary, separate the knees. Care should be taken not to strain the muscles and ligaments of the thighs and knees by forcing the knees to touch the ground in the final position.

Close the eyes and relax the body.

Breathe deeply and slowly in the final position.

Return to the starting position in the reverse order, breathing in and taking the support of the elbows and arms. Never leave the final position by straightening the legs first; this may dislocate the knee joints.

Return to vajrasana first and then straighten the legs.

**Breathing:** Deep and slow.

**Duration:** For physical benefits, up to one minute is sufficient. For spiritual benefits, practice for longer periods. Beginners should start with only a few seconds in the final position, increasing the duration slowly.

**Awareness:** Physical - on the lower back, abdomen or breath.

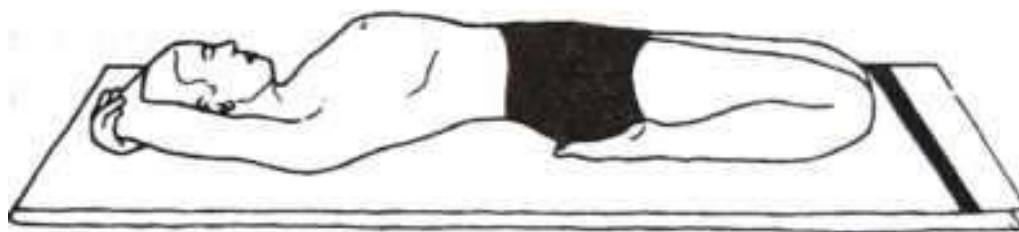
Spiritual - on swadhisthana, anahata or vishuddhi chakra.

**Sequence:** Follow supta vajrasana with a forward bending asana.

**Contra-indications:** This posture should not be practiced by people suffering from sciatica, slipped disc, sacral ailments or knee complaints.

**Benefits:** This asana massages the abdominal organs alleviating digestive ailments and constipation. It tones the spinal nerves, makes the back flexible and realigns rounded shoulders. The nerves in the neck and the thyroid gland are particularly influenced. The chest is stretched and expanded to full capacity, filling the lungs and bringing more oxygen into the system. It is beneficial for those suffering from asthma, bronchitis and other lung ailments. It loosens up the legs in preparation for sitting in meditation asanas. It enhances creativity and intelligence and redirects sexual energy to the brain for spiritual purposes.

**Note\*** *The Sanskrit word supta means 'sleeping' and vajra refers to the nerve and energy pathway which connects the sexual organs to the brain.*



**Variation:** This method is the same as described for the basic form, except that the back of the head, instead of the top, is placed on the floor in the final position.

Join the hands together and place them under the back of the head, or fold the arms comfortably above the head. Try to keep the knees on the ground.

Close the eyes and relax the whole body.

**Breathing:** Deep and slow in the final position.

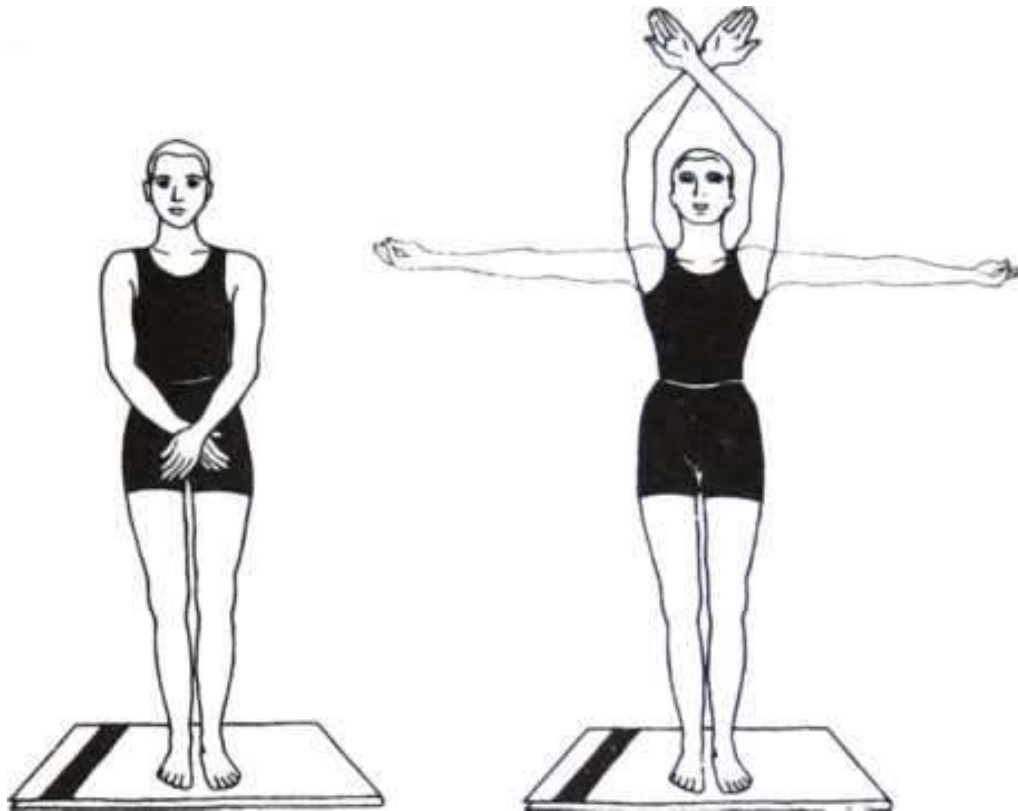
**Benefits:** This is an important variation which intensifies the stretch of the abdominal region.

**Practice note:** The basic form and the variation may be performed one after the other, spending half the time in each pose.

## **Standing Asanas**

This series of asanas has a stretching and strengthening effect in the back, shoulders and leg muscles. They are particularly useful for those who spend a lot of time sitting down or who have stiffness or pain in the back. They improve posture, balance and muscular coordination. They also strengthen the muscles used to keep the back straight during meditation and increase oxygenation and lung capacity. Those who suffer from sciatica or slipped disc may practice hasta utthanasana, akarna dhanurasana and tadasana, but should not practice any of the other standing asanas except under the guidance of an experienced yoga teacher.

# HASTA UTTHANASANA



## **Hasta Utthanasana (hand raising pose)**

Stand erect with the feet together and the arms by the sides. Relax the whole body and balance the body weight equally on both feet.

Cross the hands in front of the body.

Inhale deeply and slowly raise the arms above the head, keeping the hands crossed. Synchronize the movement with the breath.

At the same time, bend the head slightly backward and look up at the hands.

Exhale and spread the arms out to the sides so that they form a straight line at shoulder level.

Inhale and reverse the movement, re-crossing the arms above the head.

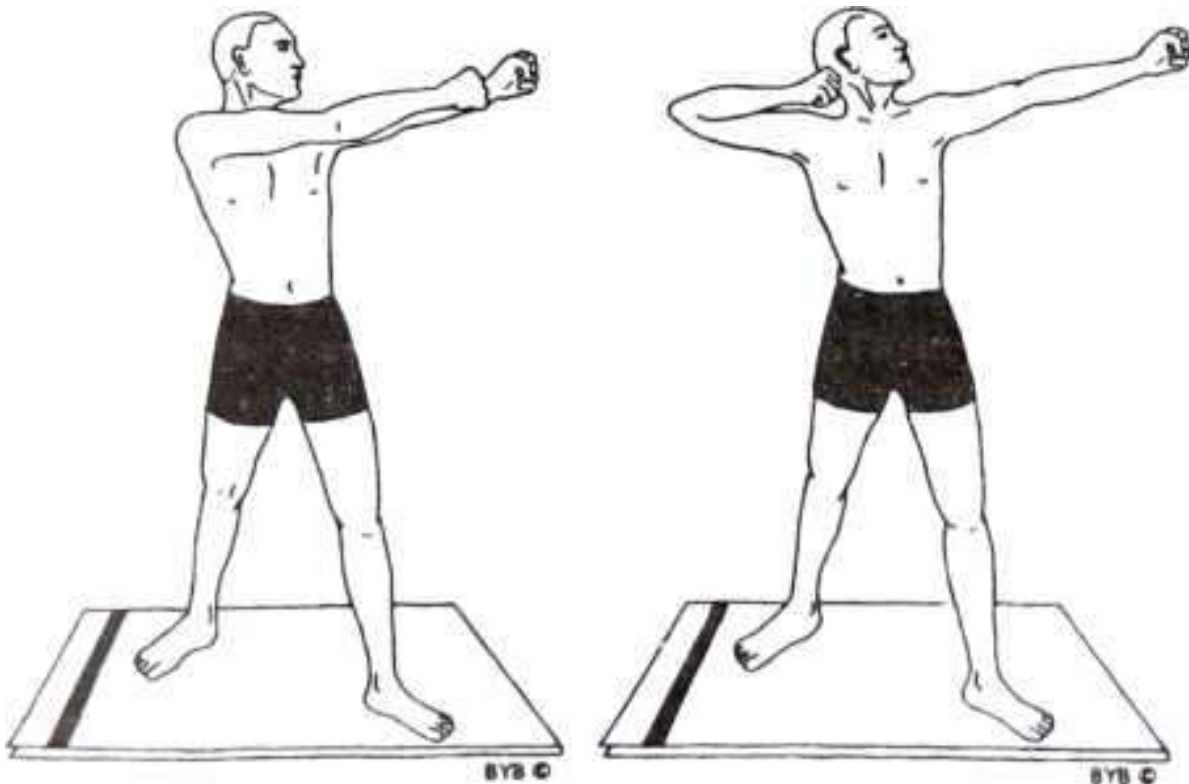
Exhale and lower the arms straight down the front of the body so that they are once again in the starting position- Repeat the process 5 to 10 times.



**Awareness:** On the breath synchronized with the movement, the stretch in the arms and shoulders and the expansion of the lungs.

**Benefits:** This asana rectifies round shoulders and removes stiffness from the shoulders and upper back. The deep, synchronized breath improves breathing capacity. This asana also influences the heart and improves blood circulation. The whole body, especially the brain, receives an extra supply of oxygen.

## AKARNA DHANURASANA



### **Akarna Dhanurasana (bow and arrow pose)**

Stand erect with the feet shoulder width apart and the arms at the sides.

Take a short step forward with the right leg.

Clench the right fist and raise the arm in front of the body so that it is over the right foot and slightly above eye level.

Clench the left fist and bring it slightly behind the right fist.

Gaze over the right fist as though holding a bow and arrow, and fix the eyes on an imaginary target.

Inhale and slowly pull the left fist back to the left ear, tensing both arms as if drawing the bow. The head should move back slightly with this motion so the neck muscles become taut. Keep the left elbow up at shoulder level. Exhale and release the imaginary arrow. Relax the neck and bring the left fist forward to the right fist.

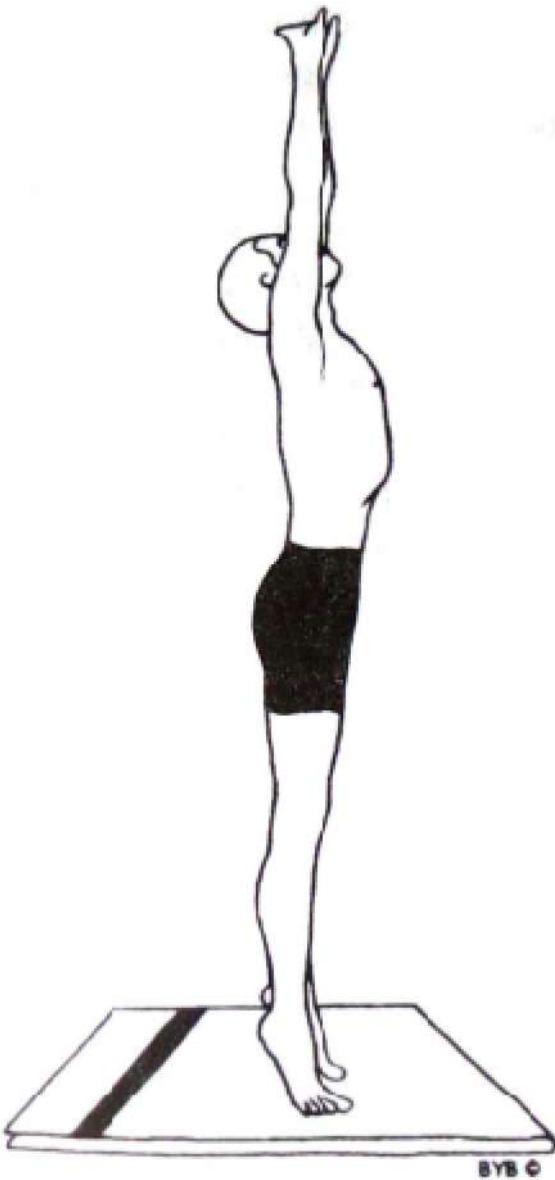
Practice 5 times on each side.

**Breathing:** Inhale while pulling back the bowstring; exhale while releasing the bowstring and bringing the hand forward.

**Awareness:** On the breath synchronized with the movement, the tensing of the arms and the imaginary target.

**Benefits:** This asana exercises the shoulders and also uses the short and deep muscles of the neck and shoulder blades. These muscles are not often exercised and can hold a significant amount of postural and subconscious tension which is responsible for stiffness and pain. The alternate tensing and relaxing smoothes out the energy flow and relaxes the muscles, aiding treatment of cervical spondylitis, writer's cramp and shoulder or arm stiffness.

# TADASANA



## Tadasana (palm tree pose)

Stand with the feet together or about 10 cm apart, and the arms by the sides. Steady the body and distribute the weight equally on both feet. Raise the arms over the head. Interlock the fingers and turn the palms upward. Place the hands on top of the head. Fix the eyes at a point on the wall slightly above the level of the head. The eyes should remain fixed on this point throughout the practice. Inhale and stretch the arms, shoulders and chest upward. Raise the heels coming up onto the toes.

Stretch the whole body from top to bottom, without losing balance or moving the feet.

Hold the breath and the position for a few seconds.

At first it may be difficult to maintain balance but with practice it becomes easier.

Lower the heels while breathing out and bring the hands to the top of the head.

This is one round.

Relax for a few seconds before performing the next round.

Practice 5 to 10 rounds.

**Breathing:** The breath should be synchronized with the raising and lowering of the arms.

**Awareness:** Physical - on the breathing, maintaining balance and the stretch of the whole body from top to bottom.

Spiritual - initially on mooladhara chakra to provide stability; once balance is achieved, change to ajna.

**Sequence:** Tadasana can be followed by any inverted asana.

**Benefits:** This asana develops physical and mental balance. The entire spine is stretched and loosened, helping to clear up congestion of the spinal nerves at the points where they emerge from the spinal column. Tadasana stretches the rectus abdomini muscles and the intestines and is useful during the first six months of pregnancy to keep the abdominal muscles and nerves toned.

**Variation I:** Tadasana may also be performed while gazing up at the interlocked fingers. It will be slightly more difficult to maintain balance in the final position.

**Variation 2:** Stand in tadasana with both arms overhead. While balancing on the toes, lift one leg and extend it either forward or backward.

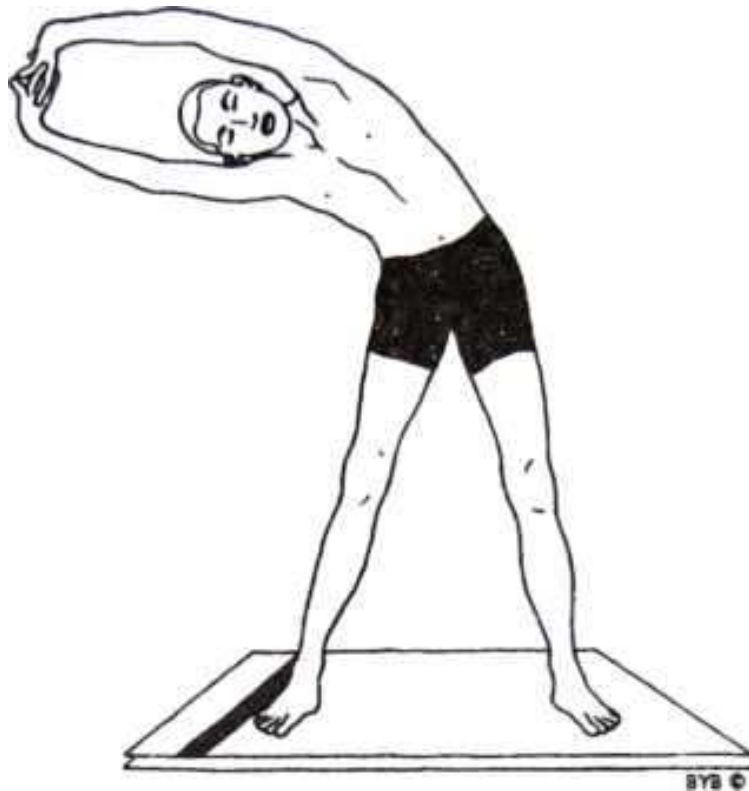
Repeat with the other leg.

Practice 10 times.

**Practice note:** Those practitioners who have mastered tadasana with the eyes open may try it with the eyes closed.

**Note:** *This is one of the asanas for shankhaprakshalana.*

# TIRYAKA TADASANA



## **Tiryaka Tadasana (swaying palm tree pose)**

Stand with the feet about 2 feet apart.

Fix the gaze on a point directly in front.

Interlock the fingers and turn the palms outward.

Inhale and raise the arms over the head.

While exhaling, bend to the left side from the waist.

Do not bend forward or backward or twist the trunk. Hold the position for a few seconds while retaining the breath outside.

Inhale and slowly come to the upright position.

Repeat on the right side.

From the upright position, exhale while bringing the arms down to the sides.

This completes one round.

Practice 5 to 10 rounds.

**Awareness:** Physical - on the breath synchronized with the movement, keeping balance, the stretch along the side of

the body, and keeping the body and head facing forward without twisting..

Spiritual - on mooladhara or manipura chakra.

**Benefits:** As for tadasana, but it especially massages, loosens and exercises the sides of the waist. It balances the right and left groups of postural muscles.

**Variation:** Balance on the toes in this practice. The fingers may be interlocked with the palms facing downward or turned upward.

**Note:** *This is one of the asanas for shankhaprakshalana.*

## KATI CHAKRASANA



### **Kati Chakrasana (waist rotating pose)**

Stand with the feet about half a meter apart and the arms by the sides. Take a deep breath in while raising the arms to shoulder level. Breathe out and twist the body to the left.

Bring the right hand to the left shoulder and wrap the left arm around the back. Bring the left hand around the right side of the waist. Look over the left shoulder as far as possible.

Keep the back of the neck straight and imagine the top of the spine is the fixed point around which the head turns. Hold the breath for two seconds, accentuate the twist and try to gently stretch the abdomen.

Inhale and return to the starting position.

Repeat on the other side to complete one round.

Keep the feet firmly on the ground while twisting.

Relax the arms and back as much as possible throughout the practice.

Do not strain. The movement should be relaxed and spontaneous.

Perform the rotation smoothly, without jerking or stiffness. Practice 5 to 10 rounds.

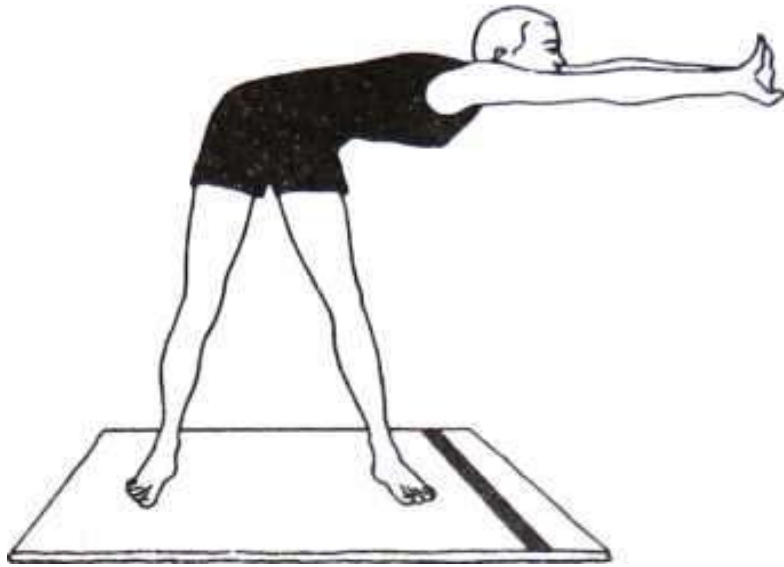
**Awareness:** On the breathing synchronized with the movement, and on the stretch of the abdomen and spinal muscles.

**Benefits:** This asana tones the waist, back and hips. It is useful for correcting back stiffness and postural problems. The relaxation and swinging movement induces a feeling of lightness and may be used to relieve physical and mental tension at any time during the day.

**Practice note:** This asana may be performed in a more dynamic way by swinging rhythmically with the arms without synchronizing the movements with the breath.

**Note:** *This is one of the asanas for shankhaprakshalana.*

# TIRYAKA KATI CHAKRASANA



## **Tiryaka Kati Chakrasana (swaying waist rotating pose)**

Stand erect with the feet about shoulder width apart. Interlock the fingers in front of the navel.

Inhale and raise the arms over the head and rotate the wrists, turning the palms out.

Exhale and bend forward from the hips to form a right angle between the legs and trunk.

Watch the back of the hands and keep the back straight. Holding the breath, slowly swing the arms and trunk to the right as far as possible, then to the left and then back to the center.

Return to the upright position and lower the arms. Practice 5 times.

**Breathing:** Inhale while raising the arms.

Exhale while bending forward.

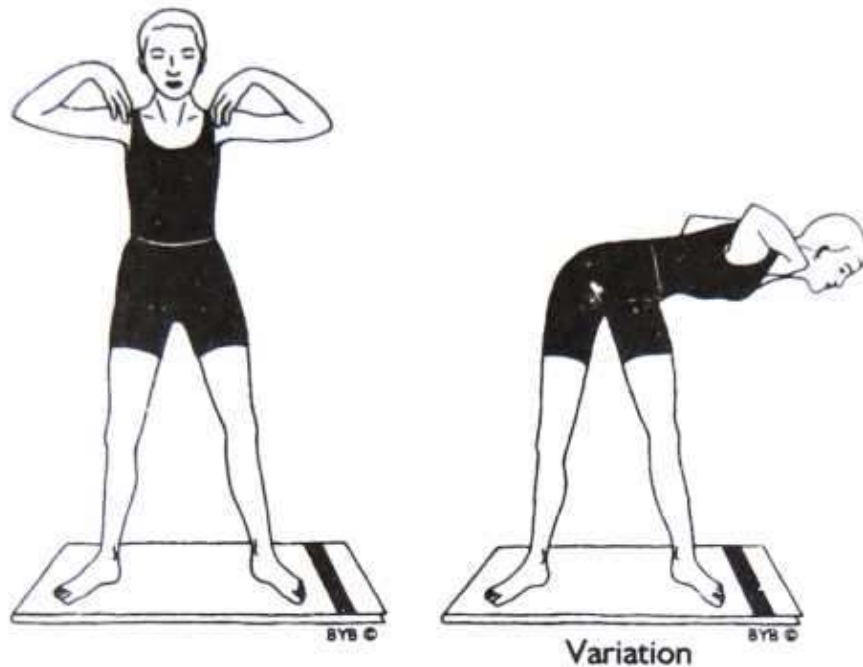
Hold the breath while swinging from side to side.

Inhale while raising the trunk and exhale while lowering the arms.

**Benefits:** As for kati chakrasana. This asana also improves balance and coordination.



# MERU PRISHTHASANA



## **Meru Prishthasana (spine and back pose)**

Stand erect with the feet shoulder width apart and the toes turned slightly out to the side. Place the fingers of both hands on the shoulders with the elbows pointing sideways. This is the starting position.

Twist the upper torso to the right as far as possible and then return to the centre.

Repeat on the left side.

Practice 3 to 5 times on each side.

**Breathing:** Inhale while raising the fingers to the shoulders and when returning to the centre.

Exhale while twisting to the sides and lowering the arms.

**Variation:** After twisting to the side, bend from the hips to form a right angle, keeping the legs straight. The head, neck and spine should be in one straight line. The elbows should be level with the shoulders. Stay in the position for up to 5 seconds.

Return to the upright position and twist to the front. Repeat on the left side.

**Breathing:** Inhale when raising the arms and while raising the body to the upright position.

Retain the breath inside while twisting.

Exhale when bending forwards and lowering the arms.

**Contra-indications:** People with stiff backs or backache should avoid this asana.

**Benefits:** This asana stretches the spine, tones the back muscles and redistributes excess weight from the waistline.

## UTTHANASANA



### **Utthanasana (squat and rise pose)**

Stand erect with the feet about one meter apart.

Turn the toes out to the sides where they remain throughout the practice.

Interlock the fingers of both hands and let them hang loosely in front of the body.

**Stage I:** Slowly bend the knees and lower the buttocks about 20 cm. The knees should bend outward over the toes and the spine should be straight.

Straighten the knees and return to the upright position.

**Stage 2:** Bend the knees and descend about half a meter.

Again return to the upright position.

**Stage 3:** Bend the knees and lower the buttocks until the hands are about 30 cm above the floor and then rise again.

**Stage 4:** Finally, lower the buttocks until the hands rest on or as near as possible to the floor.

Keep the arms and shoulders loose and avoid bending forward.

Stay in the final position for a few seconds. Then return to the upright position and relax the body.

**Breathing:** Exhale while lowering the body.

Inhale while raising the body.

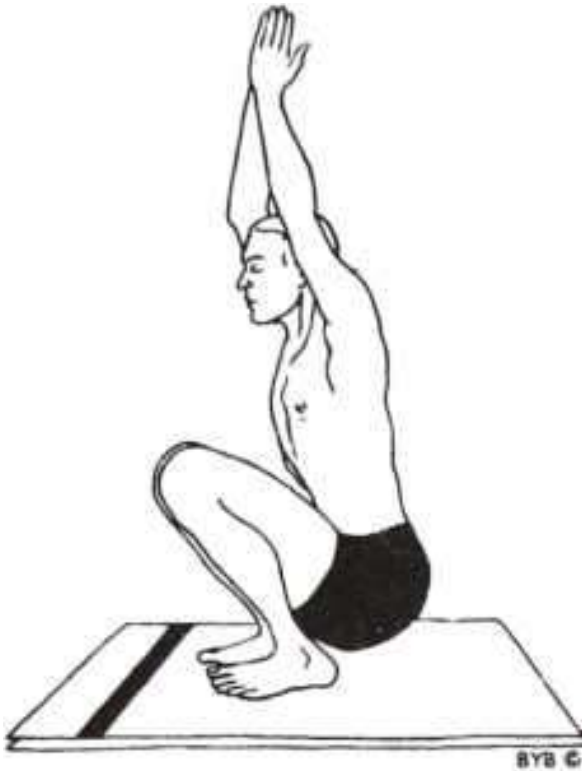
**Contra-indications:** Not to be practiced by women suffering from prolapse of the uterus.

After the first three months of pregnancy practice only the first 3 stages.

**Benefits:** This asana strengthens the muscles of the middle of the back, the pelvis and the uterus, and also the thighs, knees and ankles.

It boosts the circulation of prana in the body.

# DRUTA UTKATASANA



## **Druta Utkatasana (dynamic energy pose)**

Stand erect with both the feet together and facing forward.

Place the palms together in front of the chest.

While inhaling, raise and straighten the arms above the head. While breathing out, slowly lower the body, bending the knees.

Keep the feet and knees together throughout the practice.

**Stage I:** Lower the body down about 30 cm.

Straighten the legs and return to the upright position.

**Stage 2:** Repeat the practice, lowering the body about half a meter before returning to the upright position.

**Stage 3:** Finally, lower the body until the buttocks rest on the floor. Inhale, raising to the upright position.

**Breathing:** Exhale while lowering the body.

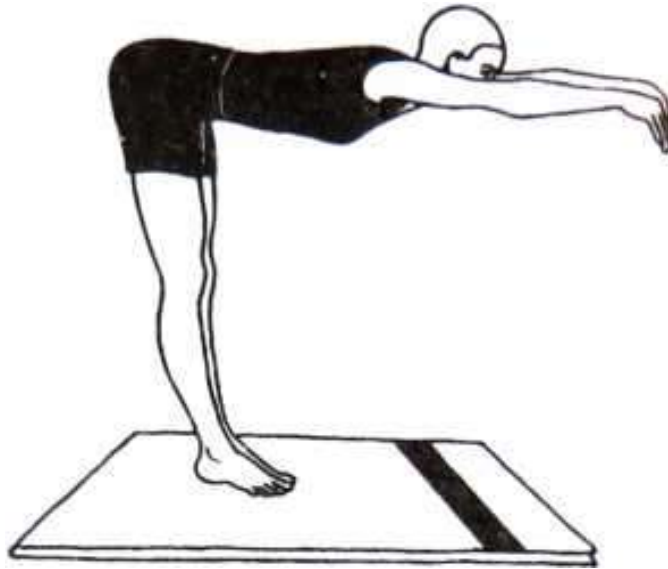
Inhale while raising the body.

**Contra-indications:** As for utthanasana.

**Benefits:** The muscles of the back and legs are strengthened. Regular practice of this asana will prevent the occurrence of sciatica and slipped disc and will alleviate backache. Persons doing a lot of sitting may practice it daily.

**Practice note:** This asana stretches the ankles, knees and thighs. At first, therefore, it may be necessary to come onto the toes when squatting until the Achilles tendons have become more flexible.

# SAMAKONASANA



## **Samakonasana (right angle pose)**

Stand with the feet together and the arms by the sides. Raise the arms straight up above the head. Bend the wrists so that the fingers are pointing forward.

Allow the hands to hang limp.

Arch the back slightly, pushing the buttocks out a little. Slowly bend forward at the hips, keeping the legs straight, until the back is horizontal and forms a right angle with the legs. Keep the head, neck and spine in a straight line. Look forward.

Hold the final position for up to 5 seconds.

Slowly return to the upright position, with the arms, head and back in a straight line. Lower the arms.

Practice 3 to 5 rounds.

**Breathing:** Inhale while raising the arms above the head. Exhale while bending forward.

Hold the breath in the final position.

Inhale while raising the trunk.

Exhale while lowering the arms.

**Awareness:** Physical - on the movement, keeping the spine straight and maintaining balance.

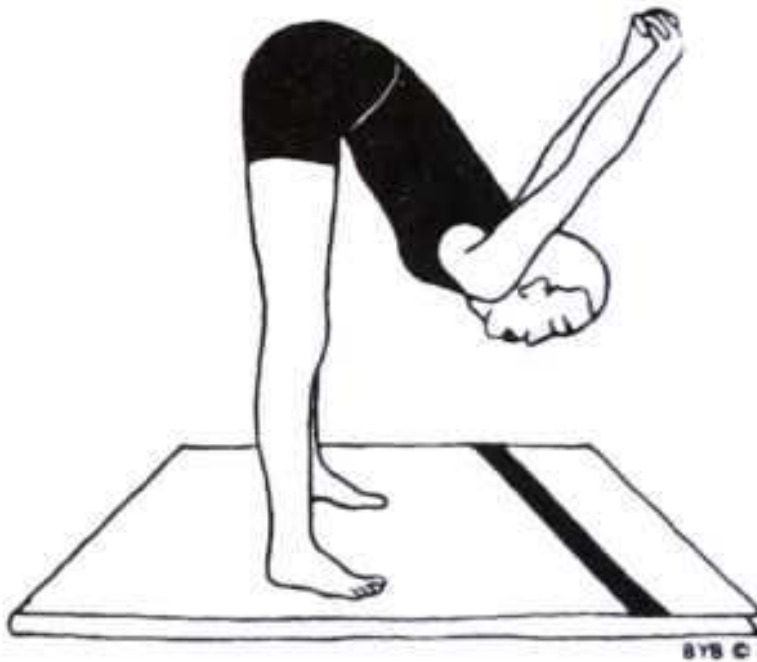
Spiritual - on anahata chakra.

**Contra-indications:** This asana should not be practiced by those suffering from acute sciatica. To avoid strain, people with backache should take care to bend from the hips and not from the waist when practicing samakonasana.

**Benefits:** This asana works specifically on the upper back directly behind the chest. It rectifies spinal curvature, tension and poor posture.

**Practice note:** Beginners may find it difficult to get the final position of the spine correct. Initially, it is helpful if the hands are placed on top of a chair or a like piece of furniture for support.

## DWIKONASANA



### **Dwikonasana (double angle pose)**

Stand erect with the feet one foot apart.

Extend the arms behind the back and interlock the fingers. This is the starting position.

Bend forward from the hips while simultaneously raising the arms behind the back as high as possible without strain.

The arms act as a lever and accentuate the stretch given to the shoulders and chest.

Look forward as far as possible, so that the face is parallel with the floor.

Remain in the final position for a short time and return to the upright position.

Relax the arms.

Repeat up to 5 times.

**Breathing:** Inhale while standing erect and when returning to the upright position.

Exhale while bending forward.

**Awareness:** Physical - on the stretch of the arms, shoulders and upper back.

Spiritual - on anahata chakra.

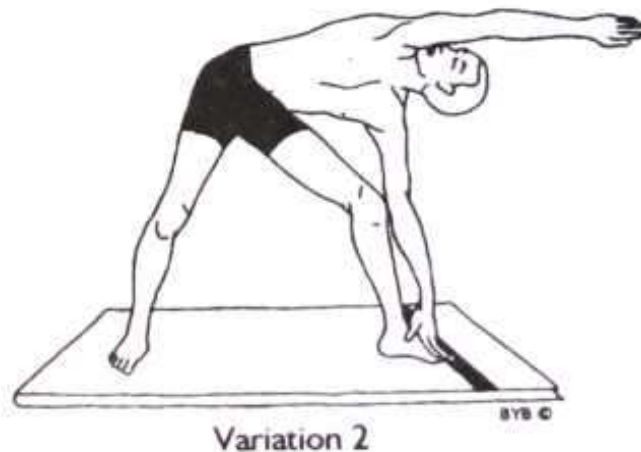
**Contra-indications:** In acute or painful conditions of the shoulder joints this asana should be avoided.

**Benefits:** This asana strengthens the intraspinal muscles, between the upper spine and the shoulder blades, and develops the chest and neck. It is especially good for young, growing bodies.

**Practice note:** For a variation of this practice, interlock the fingers and turn the palms of the hands outwards.

*Note: The Sanskrit word dwi means 'two' and kona means 'angle'.  
Therefore, this is the 'double angle' pose.*

# TRIKONASANA



## **Trikonasana (triangle pose)**

**Variation I:** Stand erect with the feet about a meter apart- Turn the right foot to the right side.

Stretch the arms sideways and raise them to shoulder level so that they are in one straight line.

Bend to the right, taking care not to bring the body forward- Simultaneously bend the right knee slightly.

Place the right hand on the right foot, keeping the two



arms in line with each other. Turn the left palm forward. Look up at the left hand in the final position.

Return to the upright position with the arms in a straight line.

Repeat on the opposite side, bending the left knee slightly. This completes one round.

Practice 5 rounds.

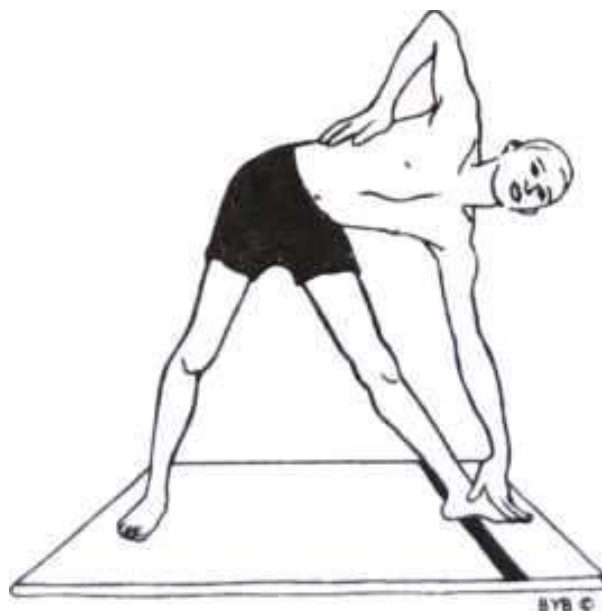
**Variation 2:** Repeat the basic form, but instead of keeping the upper arm vertical in the final position, lower it over the ear until it is parallel to the floor with the palm facing down. Try not to bend forward but to keep the body in one vertical plane. Look up at the left hand.

Slowly return to the starting position.

Repeat on the left side.

**Breathing:** Inhale while raising the arms. Exhale while bending. Hold the breath for a few seconds in the final position. Inhale while raising the body to the vertical position.

**Practice note:** When this asana can be performed easily, repeat the practice keeping both legs straight.



**Variation 3:** Stand with the feet one meter apart and the toes facing forward. Gaze directly in front.

Place the palms of the hands on each side of the waist with the fingers pointing downward.

Breathing out, slowly bend to the right from the hips while sliding the right hand down along the outside of the right thigh as far as is comfortable.

Do not strain and do not bend forward in an effort to achieve the final position in which the right hand reaches the foot. Flexibility will come with practice.

Stay in the final position for a few seconds, holding the breath.

Raise the trunk to the upright position while breathing in, and return the right hand to the waist.

Repeat on the left side to complete one round.

Practice 3 to 5 rounds.



**Variation 4:** Stand erect with the feet about a meter apart. While breathing in, raise the arms sideways to shoulder level. This is the starting position.

While breathing out, bend forward. Twist the trunk to the left, bringing the right hand to the left foot. The left arm should be outstretched vertically so that both arms form a straight line. Look up at the left hand.

Hold the breath in the final position for 3 seconds, feeling the twist and stretch of the back.

Return to the centre forward position.

Raise the body to the starting, position while breathing in, keeping the arms outstretched to the sides.

Breathe out while bending forward. Twist to the right side and bring the left hand to the right foot. Look up and gaze at the outstretched right hand. Hold the position, retaining the breath for 3 seconds. Breathe in and return to the starting position. Do not lower the arms.

This is one round. Practice 5 rounds.

**Dynamic practice:** Perform the posture rapidly with an increased number of rounds.

**Advanced practice:** Repeat the procedure as described, but place the right palm flat on the floor on the outside of the left foot. On twisting to the right, the left palm should be placed on the floor outside the right foot. This variation gives a far greater stretch to the leg and back muscles.

**Awareness:** Physical - on coordination of movement, balance and the stretch on the side of the trunk in the final position.

Spiritual - on manipura chakra.

**Contra-indications:** This asana should not be performed by those suffering from back conditions.

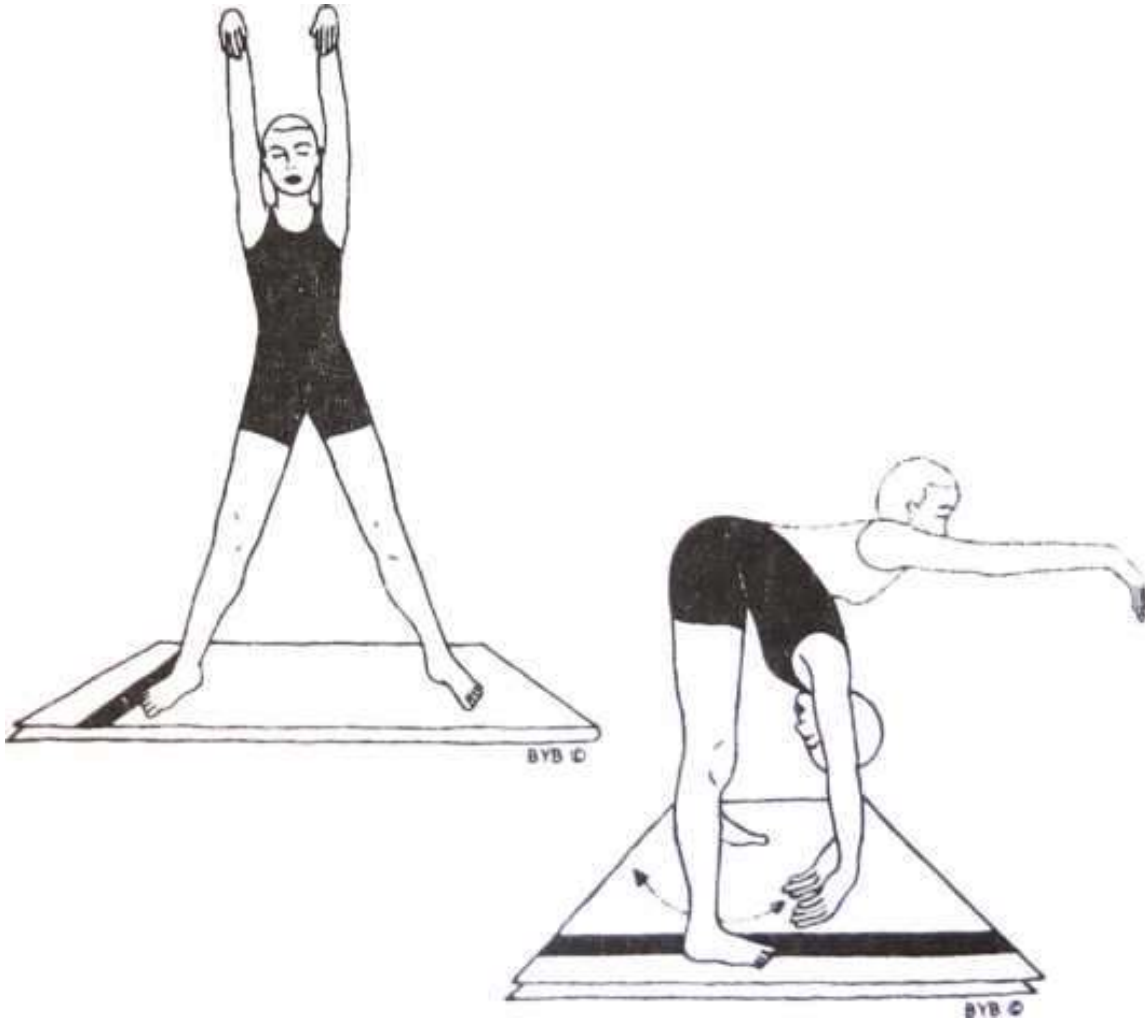
**Benefits:** This series may be performed daily for a few weeks to tone the entire body. It affects the muscles on the sides of the trunk, the waist and the back of the legs. It stimulates the nervous system and alleviates nervous depression. It improves digestion, stimulating the appetite, activating intestinal peristalsis and alleviating constipation. It also strengthens the pelvic area and tones the reproductive organs. Regular practice will help reduce waistline fat.

**Practice note:** In all variations except 4, it is important not to bend forward otherwise the benefits of the sideways stretch to the trunk will be lost. To avoid bending forward, pay particular attention to the position of the hips when bending to the side. For example, when bending to the

right side ensure that the left hip stays back and does not move forward.

Increasing the distance between the feet gives a more powerful stretch to the rarely used inner thigh muscles and the top of the thighs.

## UTTHITA LOLASANA



### **Utthita Lolasana (swinging while standing pose)**

Stand erect with the feet a meter apart.

Raise the arms over the head keeping the elbows straight Bend the wrists forward so that the hands hang limp. Bend forward and swing the trunk down from the hips, allowing the arms and head to swing through the legs.

Be tension-free like a rag doll. On the upward swing, raise the trunk so that it is parallel to the floor.

On the downward swing bring the hands as far back as possible behind the feet.

After 5 complete swings return to the upright position with the arms raised, then lower the arms to the sides. Repeat up to 5 times.

**Breathing:** Inhale fully through the nose while raising the arms and while returning to the upright position.

Exhale forcefully through the mouth on each downward swing to make sure all the stagnant air has been expelled from the lower lungs. While swinging up, slight inhalation will be a minor reflex action only, but the main object is to empty the lungs totally on the down swing. For added effect, the sound 'ha' may be made with each forced exhalation. This sound should come from the abdomen and not the throat, so the movement of the diaphragm should be emphasized.

**Awareness:** On the movement of the diaphragm and breath, keeping the body loose and on the rhythmic swinging movement.

**Contra-indications:** Not to be practiced by people who suffer from vertigo, high blood pressure or back conditions.

**Benefits:** This asana helps remove tiredness by stimulating the circulation and toning the spinal nerves. It stretches the hamstrings and back muscles, loosens the hips and massages the visceral organs. It speeds up lymphatic flow in the major ducts and improves drainage, especially from the abdomen and the base of the lungs. This is an excellent pre-pranayama practice as it opens up all the alveoli and rebalances the ventilation-perfusion matching in the lungs. It has the added benefits of inverted asanas, especially on the brain.

# DOLASANA



## **Dolasana (pendulum pose)**

Stand with the feet about a meter apart.

Raise the arms and interlock the fingers behind the neck with the elbows pointing sideways.

Take a deep breath in. Turn slightly to the right, exhale and bend forward, keeping the feet firmly on the ground. Bring the head as close as possible to the right knee.

The legs should remain straight throughout the practice. Hold the breath and swing the head and upper torso from the right knee to the left knee and then from the left knee to the right knee.

Repeat 3 times, still holding the breath.

Breathing in, return to the centre and the upright position. This is one round.

**Awareness:** Physical - on the back, straightness of the knees and the balance.

Spiritual - on swadhisthana chakra.

**Contra-indications:** Not to be performed by people suffering from vertigo, high blood pressure or hiatus hernia.

**Benefits:** This asana strengthens the hamstrings and back muscles, makes the back supple and tones the spinal nerves. It improves the blood circulation to the head and face.

# Surya Namaskara

## SALUTATIONS TO THE SUN

The Sanskrit name *surya* here refers to the sun and *namaskara* means ‘salutations’. Surya namaskara has been handed down from the enlightened sages of the Vedic Age. The sun symbolizes spiritual consciousness and, in ancient times, was worshipped on a daily basis. In yoga the sun is represented by pingala or surya nadi, the pranic channel which carries the vital, life-giving force.

This dynamic group of asanas is not regarded as being a traditional part of hatha yoga practices as it was added to the original asana group at a later time. However, it is an effective way of loosening up, stretching, massaging and toning all the joints, muscles and internal organs of the body. Its versatility and application make it one of the most useful methods of inducing a healthy, vigorous and active life while, at the same time, preparing for spiritual awakening and the resulting expansion of awareness.

Surya namaskara is a complete *Sadhana*, spiritual practice, in itself for it includes asana, pranayama, mantra and meditation techniques. It is an excellent group of asanas with which to start morning practice. Surya namaskara has a direct vitalizing effect on the solar energy of the body which flows through pingala nadi. Regular practice of surya namaskara regulates pingala nadi, whether it is under-active or over-active. Regulation of pingala nadi leads to a balanced energy system at both mental and physical levels.

Surya namaskara is composed of three elements: form, energy and rhythm. The twelve asanas are the physical matrix around which the form of the practice is woven. These asanas

generate prana, the subtle energy which activates the psychic body. Their performance, in a steady, rhythmic sequence, reflects the rhythms of the universe; the twenty-four hours of the day, the twelve zodiac phases of the year and the biorhythms of the body. The application of this form and rhythm to the body/mind complex generates the transforming force which produces a fuller and more dynamic life.

**Time of practice:** The ideal time to practice surya namaskara is at sunrise, the most peaceful time of day. Whenever possible, practice in the open air, facing the rising sun. Sunset is also a good time to practice as it stimulates the digestive fire. Surya namaskara, however, may be practiced at any time provided the stomach is empty.

**Preparation:** Before commencing the practice, stand with the feet together or slightly apart, and the arms hanging loosely by the side of the body. Close the eyes gently and become aware of the whole physical body as one homogeneous unit. In this position the body may sway from side to side or backward and forward. Try to minimize this oscillation and balance the body weight equally on both feet.

Bring the awareness inside the body and mentally begin to relax it. Starting from the top of the head, take the awareness systematically through all the parts, releasing any tension. Intensify, once more, the awareness of the whole physical body and feel in harmony with it.

Take the awareness to the soles of the feet in contact with the floor. Feel that the whole body is being pulled downwards by gravity and that any tensions are being pulled down, through the body and into the ground. At the same time, experience the vital force surging up from the earth and flooding the whole being.

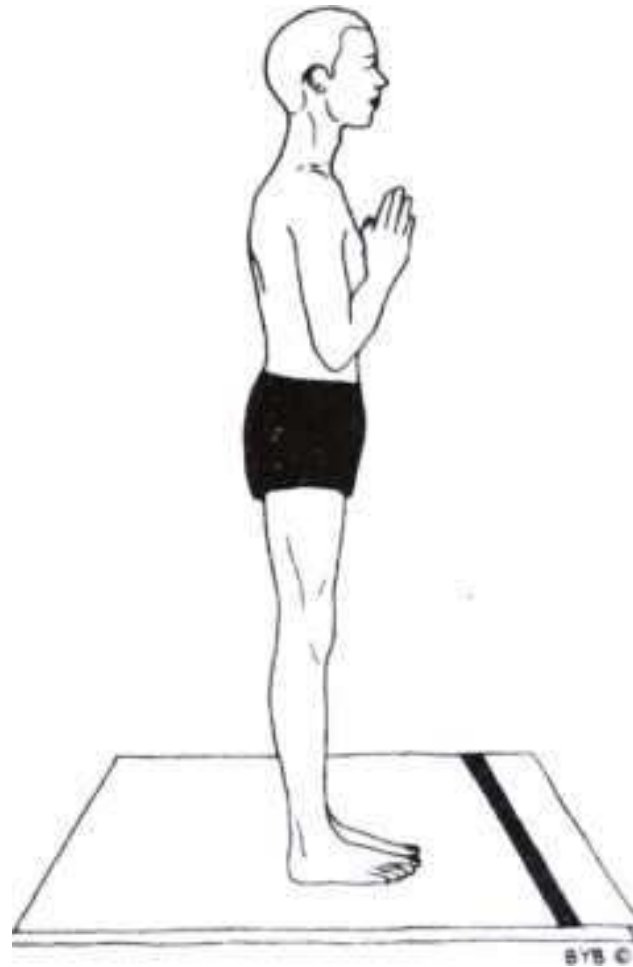
Finally, take the awareness to the eyebrow centre and visualize a brilliant, red rising sun infusing the whole body and mind with its vitalizing and healing rays. Imagine you are facing the early morning sunrise, about to practice surya namaskara with smooth synchronized movements, flowing into one another like a dance.



# Surya Namaskara



# PRANAMASANA



## **Position I: Pranamasana (prayer pose)**

Keep the eyes closed.

Remain standing upright with the feet together.

Slowly bend the elbows and place the palms together in front of the chest in namaskara mudra, mentally offering homage to the sun, the source of all life.

Relax the whole body.

**Breathing:** Breathe normally.

**Awareness-** Physical - on the chest area.

Spiritual - on anahata chakra.

**Mantra:** *Om Mitraya Namaha*, salutations to the friend of all.

**Benefits:** This pose establishes a state of concentration and calmness in preparation for the practice to be performed.

# HASTA UTTHANASANA



## **Position 2: Hasta Utthanasana (raised arms pose)**

Raise and stretch both arms above the head.

Keep the arms separated, shoulder width apart.

Bend the head, arms and upper trunk backward.

**Breathing:** Inhale while raising the arms.

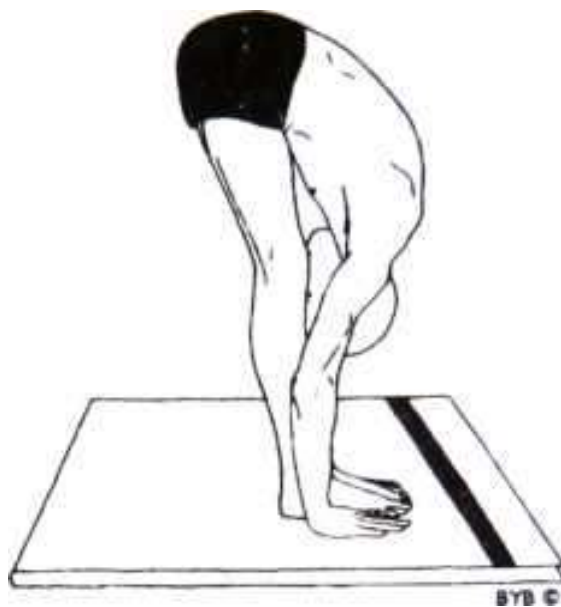
**Awareness:** Physical - on the stretch of the abdomen and expansion of the lungs.

Spiritual - on vishuddhi chakra.

**Mantra:** *Om Ravaye Namaha*, salutations to the shining one.

**Benefits:** This pose stretches all the abdominal organs and improves digestion. It exercises the arm and shoulder muscles, tones the spinal nerves, opens the lungs and removes excess weight.

# PADAHASTASANA



## **Position 3: Padahasthasam (hand to foot pose)**

Bend forward until the fingers or palms of the hands touch the floor on either side of the feet.

Try to touch the knees with the forehead.

Do not strain.

Keep the knees straight.

**Breathing:** Exhale while bending forward.

Try to contract the abdomen in the final position to expel the maximum amount of air from the lungs.

**Awareness:** Physical - on the pelvic region.

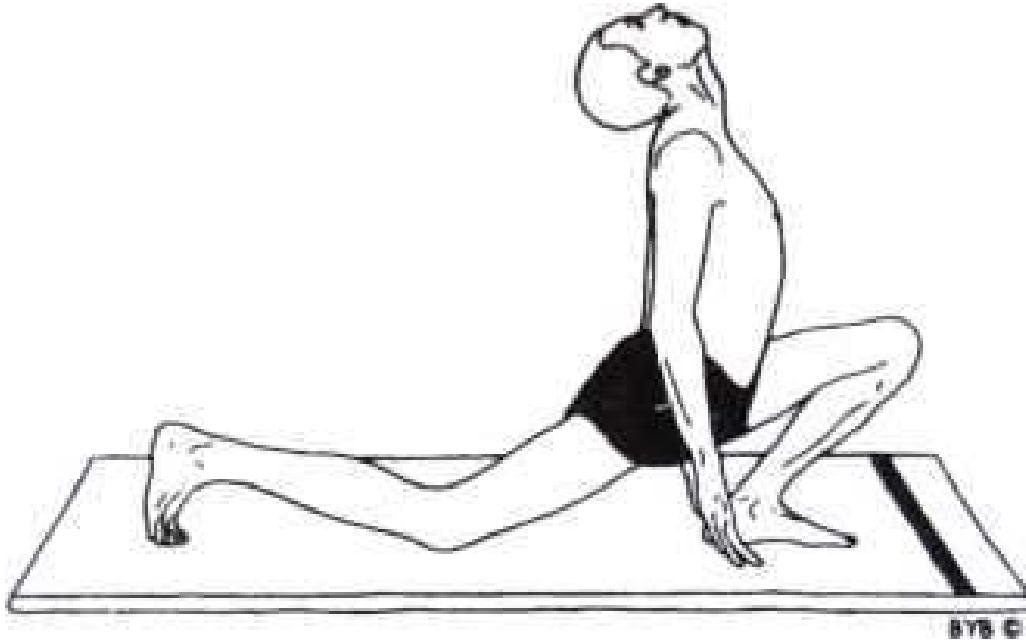
Spiritual - on swadhisthana chakra.

**Mantra:** Om *Suryaya Narnaha*, salutations to he who induces activity.

**Contra-indications:** People with back conditions should not bend forward fully. Bend from the hips, keeping the spine straight, until the back forms a ninety degree angle with the legs, or bend only as far as comfortable.

**Benefits:** This pose is useful in eliminating or preventing stomach or abdominal ailments. It reduces excess weight in the abdominal region, improves digestion and helps to remove constipation. It improves blood circulation, makes the spine supple and tones the spinal nerves.

# ASHWA SANCHALANASANA



## **Position 4: Ashwa Sanchalanasana (equestrian pose)**

Place the palms of the hands flat on the floor beside the feet.

Stretch the right leg back as far as possible.

At the same time, bend the left knee, keeping the left foot on the floor in the same position. Keep the arms straight. In the final position, the weight of the body should be supported on both hands, the left foot, right knee and toes of the right foot. The head should be tilted backward, the back arched and the inner gaze directed upward to the eyebrow centre.

**Breathing:** Inhale while stretching the right leg back.

**Awareness:** Physical - on the stretch from the thigh to the chest or on the eyebrow centre.

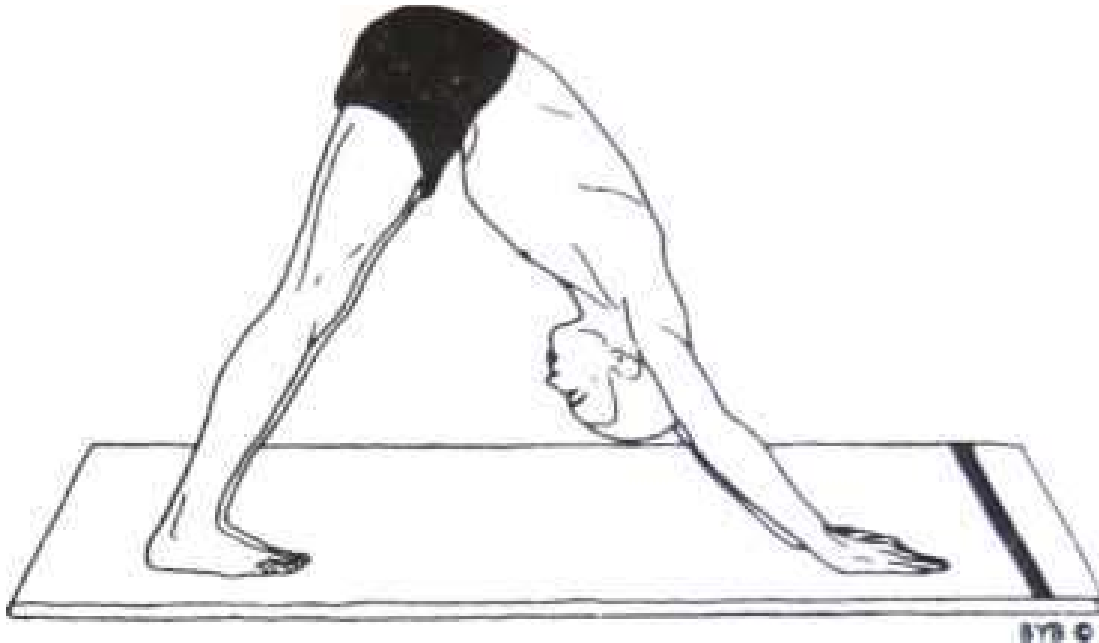
Spiritual - on ajna chakra.

**Mantra:** *Om Bhanave Namaha*, salutations to he who illumines.

**Benefits:** This pose massages the abdominal organs and improves their functioning, strengthens the leg muscles and induces balance in the nervous system.

**Practice note:** In the final pose the palms of the hands should be flat on the floor initially. Later on, more advanced practitioners may come up onto the fingertips.

# PARVATASANA



## **Position 5: Parvatasana (mountain pose)**

Take the left foot back beside the right foot. Simultaneously, raise the buttocks and lower the head between the arms, so that the back and legs form two sides of a triangle.

The legs and arms should be straight in the final position. Try to keep the heels on the floor in the final pose and bring the head towards the knees.

Do not strain.

**Breathing:** Exhale while taking the left leg back.

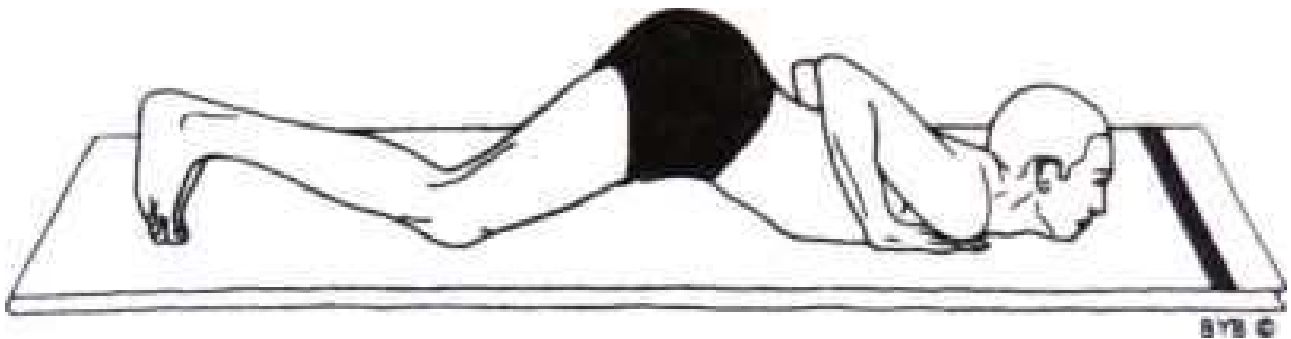
**Awareness:** Physical - on relaxing the hips or on the throat region.

Spiritual - on vishuddhi chakra.

**Mantra:** *Om Khagaya Namaha*, salutations to he who moves quickly in the sky.

**Benefits:** This pose strengthens the nerves and muscles in the arms and legs. The spinal nerves are toned and circulation is stimulated especially in the upper spine, between the shoulder blades.

# ASHTANGA NAMASKARA



## **Position 6: Ashtanga Namaskara (salute with eight parts or points)**

Lower the knees, chest and chin to the floor.

In the final position only the toes, knees, chest, hands and chin touch the floor. The knees, chest and chin should touch the floor simultaneously. If this is not possible, first lower the knees, then the chest, and finally the chin.

The buttocks, hips and abdomen should be raised.

**Breathing:** The breath is held outside in this pose. There is no respiration.

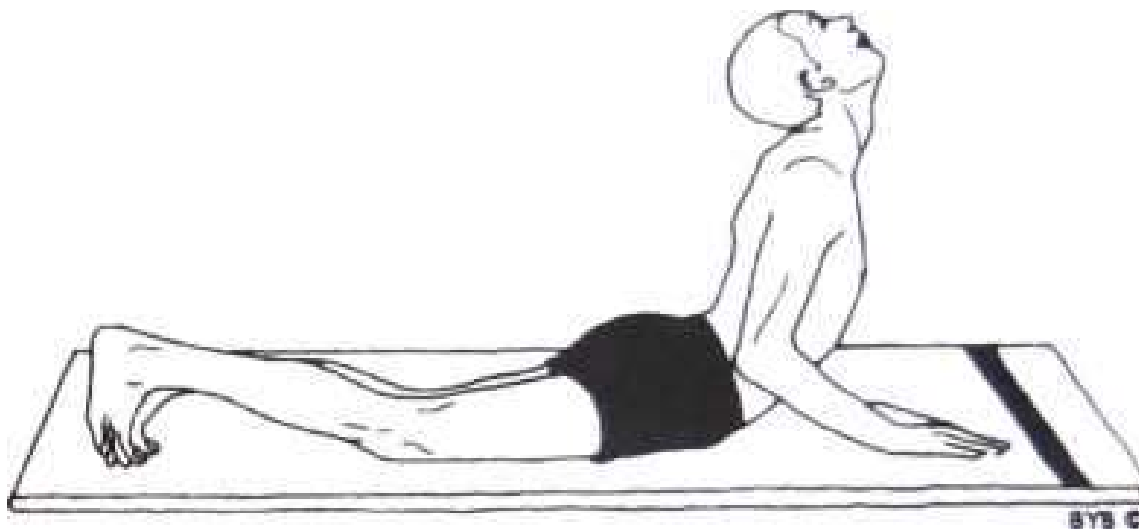
**Awareness:** Physical - on the abdominal region.

Spiritual - on manipura chakra.

**Mantra:** *Om Pushne Namaha*, salutations to the giver of strength.

**Benefits:** This pose strengthens the leg and arm muscles, develops the chest and exercises the region of the spine between the shoulder blades.

# BHUJANGASANA



## **Position 7: Bhujangasana (cobra pose)**

Lower the buttocks and hips to the floor, straightening the elbows, arch the back and push the chest forward into the cobra pose.

Bend the head back and direct the gaze upward to the eyebrow centre. The thighs and hips remain on the floor and the arms support the trunk.

Unless the spine is very flexible the arms will remain slightly bent.

**Breathing:** Inhale while raising the torso and arching the back.

**Awareness:** Physical - on relaxation of the spine.

Spiritual - on swadhisthana chakra.

**Mantra:** *Om Hiranya Garbhaya Namaha*, salutations to the golden, cosmic self.

**Benefits:** This pose keeps the spine supple, improving circulation in the back region and toning the spinal nerves. It tones the reproductive organs, stimulates digestion and relieves constipation. It also tones the liver and massages the kidneys and adrenal glands.



### **Position 8: Parvatasana (mountain pose)**

This stage is a repeat of position 5.

From bhujangasana assume parvatasana.

The hands and feet do not move from position 7.

Raise the buttocks and lower the heels to the floor.

**Breathing:** Exhale while raising the buttocks.

**Awareness:** Physical - on relaxing the hips or on the throat region.

Spiritual - on vishuddhi chakra.

**Mantra:** *Om Marichaye Namaha*, salutations to the Lord of the Dawn.

### **Position 9: Ashwa Sanchalanasana (equestrian pose)**

This stage is the same as position 4.

Keep the palms flat on the floor.

Bend the left leg and bring the left foot forward between the hands.

Simultaneously, lower the right knee so that it touches the floor and push the pelvis forward.

Tilt the head backward, arch the back and gaze at the eyebrow centre.

**Breathing:** Inhale while assuming the pose.

**Awareness:** Physical - on the stretch from the thigh to the chest, or on the eyebrow centre.

Spiritual - on ajna chakra.

**Mantra:** *Om Adityaya Namaha*, salutations to the son of Aditi, the cosmic Mother.

### **Position 10: Padahastasana (hand to foot pose)**

This position is a repeat of position 3.

Bring the right foot forward next to the left foot. Straighten both knees.

Bring the forehead as close to the knees as possible without straining.

**Breathing:** Exhale while performing the movement.

**Awareness:** Physical - on the pelvic region.

Spiritual - on swadhisthana chakra.

**Mantra:** *Om Savitre Namaha*, salutations to Lord of Creation.

### **Position 11: Hasta Utthanasana (raised arms pose)**

This stage is a repeat of position 2.

Raise the torso and stretch the arms above the head.

Keep the arms separated, shoulder width apart.

Bend the head, arms and upper trunk backward.

**Breathing:** Inhale while straightening the body.

**Awareness:** Physical - on the stretch of the abdomen and expansion of the lungs.

Spiritual - on vishuddhi chakra.

**Mantra:** *Om Arkaya Namaha*, salutations to he who is fit to be praised.

### **Position 12: Pranamasana (prayer pose)**

This is the final position and is the same as position 1. Bring the palms together in front of the chest.

**Breathing:** Exhale while assuming the final position.

**Awareness:** Physical - on the region of the heart.

Spiritual - on anahata chakra.

**Mantra:** *Om Bhaskaraya Namaha*, salutations to he who leads to enlightenment.

**Positions 13-24:** The twelve positions of surya namaskara are practiced twice to complete one round. Positions 1 to 12 constitute half a round. In the second half, the positions are repeated with two small changes:

- In position 16, instead of stretching the right foot backward, stretch the left foot back.

- In position 21, bend the right leg and bring the right foot between the hands.

**Conclusion:** On the completion of each half round, lower the arms to the side, relax the body and concentrate on the breath until it returns to normal. After completing surya namaskara, practice shavasana for a few minutes. This will allow the heartbeat and respiration to return to normal and all the muscles to relax.

**Practice note:** In reference to position 4: when practicing namaskara for general or therapeutic purposes, begin by placing the right leg back to activate pingala nadi as

described above; if practicing for mental concentration or for a more meditational effect, begin with the left leg which will activate ida nadi.

**Beeja mantras:** As an alternative to the twelve names of the sun, there is a series of *beeja mantras* or seed syllables. Beeja mantras do not have any literal meaning but set up powerful vibrations of energy within the mind and body. The beeja mantras are six in number and are repeated consecutively in the following order, four times during a complete round of surya namaskara:

- |                    |                    |
|--------------------|--------------------|
| 1. <i>Om Hraam</i> | 4. <i>Om Hraim</i> |
| 2. <i>Om Hreem</i> | 5. <i>Om Hraum</i> |
| 3. <i>Om Hroom</i> | 6. <i>Om Hrah</i>  |

When surya namaskara is practiced too fast to repeat the sun mantras, the beeja mantras may be used.

**Duration:** For spiritual benefits, practice 3 to 12 rounds slowly. For physical benefits, practice 3 to 12 rounds more quickly. Beginners should start with 2 or 3 rounds and add one more round every few weeks to avoid fatigue. Advanced students may practice a larger number of rounds, however, strain should be avoided at all times. In special cases, a daily practice of 108 rounds may be undertaken for purification, but only under expert guidance.

**Sequence:** Surya namaskara is ideally practiced before other asanas.

**Contra-indications:** The practice of surya namaskara should be immediately discontinued if a fever, acute inflammation, boils or rashes occur. These may develop due to excess toxins in the body. When the toxins have been eliminated, the practice may be resumed. Surya namaskara should not be practiced by people suffering from high blood pressure, coronary artery diseases, or by those who have had a stroke, as it may over stimulate or damage a weak heart or blood vessel system. It should also be avoided in cases of hernia or intestinal tuberculosis.

People with back conditions should consult a medical expert before commencing this practice. Although some

back conditions may be alleviated by this practice conditions such as slipped disc and sciatica will be better I managed through an alternative asana program. During the onset of menstruation, this practice should be avoided. If there are no adverse effects, the practice may be resumed after the initial flow or towards the end of the period. During pregnancy it may be practiced with care I until the beginning of the twelfth week. Following child- birth, it may be commenced approximately forty days after delivery for re-toning the uterine muscles.

**General benefits:** The practice of surya namaskara as a whole gives a great number of benefits.

It stimulates and balances all the systems of the body, including the endocrine, circulatory, respiratory and digestive systems. Its influence on the pineal gland and the hypothalamus helps to prevent pineal degeneration and calcification. This balances the transition period between childhood and adolescence in growing children. Synchronizing the breath with the physical movements of surya namaskara ensures that the practitioner, at least for a few minutes daily, breathes as deeply and rhythmically as possible. This removes carbon dioxide from the lungs and replaces it with fresh oxygen, increasing mental clarity by bringing fresh, oxygenated blood to the brain.

To conclude, surya namaskara is the ideal practice to increase awareness and bestow good health and wellbeing .

**Note:** *For more information on this practice see the Bihar School of Yoga publication Surya Namaskara: A Technique of Solar Revitalization.*

# Chandra Namaskara

## SALUTATIONS TO THE MOON

The word *chandra* means ‘moon’. Just as the moon, having no light of its own, reflects the light of the sun, so the practice of chandra namaskara reflects that of surya namaskara. The sequence of asanas is the same as surya namaskara except that ardha chandrasana is performed after ashwa sanchalanasana. This posture develops balance and concentration which adds another dimension to the practice.

Whereas the twelve positions of surya namaskara relate to the twelve zodiac or solar phases of the year, the fourteen positions of chandra namaskara relate to the fourteen lunar phases. In the lunar calendar the fourteen days before the full moon are known as *sukla paksha*, the bright fortnight, and the fourteen days after the full moon are known as *krishna paksha*, the dark fortnight. The name of each day introduces each asana and is used as a basis for learning the days of the lunar cycle. (For more details see the Bihar School of Yoga publication, *Swara Yoga: The Tantric Science of Brain Breathing*).

The lunar energy flows within ida nadi. It has cool, relaxing and creative qualities. Ida is the negative, introverted, feminine or mental force which is responsible for consciousness. Similarly, the lunar mantras ascribed to this practice are those which glorify Devi, the female or lunar aspect of divinity.

It is advisable to learn surya namaskara before attempting chandra namaskara as the postures are the same for both, except for one extra pose. In chandra namaskara the added Pose, ardha chandrasana, is inserted in the sequence at positions 5 and 11, in the first half of the round, and positions 19 and 25 in the second.

**Time of practice:** Chandra namaskara is best practiced at night, especially when the moon is visible, or at dawn at the time of the full moon. Be aware of the different experiences given by the changing aspects of the moon. When practicing at night ensure the stomach is empty.

**Preparation:** Before beginning chandra namaskara, a few moments should be allowed to prepare the body and mind.

Stand in the upright position with the feet together, the eyes closed and the arms at the sides. The weight of the body should be evenly distributed on both feet. Adjust the position if necessary. Try to observe any spontaneous movement of the body as it relaxes.

Gradually become more aware of the natural flow of the breath with each inhalation and exhalation. Then include awareness of the movement in the body with the rhythm of the breath. Retain this awareness for a few moments.

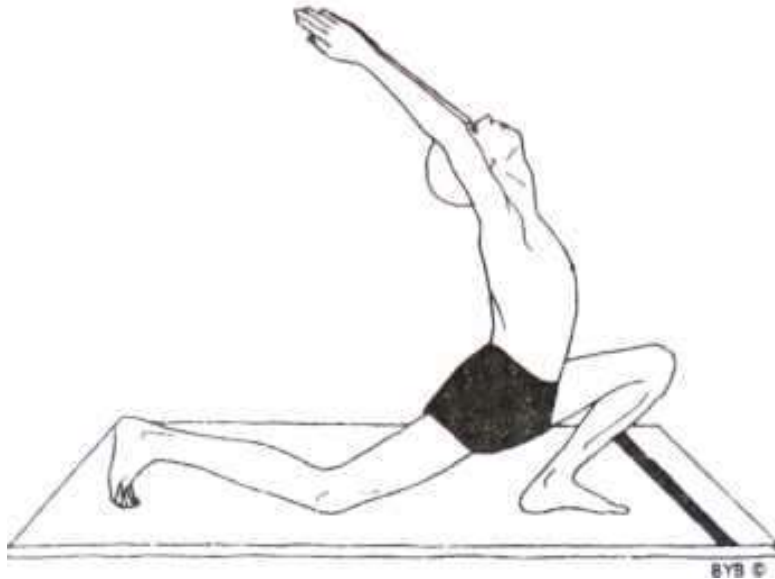
Slowly withdraw the awareness from the breath and become aware of *bhrumadhya*, the space between the eyebrows. Within this space, visualize the full moon in a clear night sky, shining brightly upon the waves of the ocean. The full reflection of the moon penetrates the deep waters and the cool shade of moonlight catches the tops of the waves as they dance. See the image clearly and develop awareness of any feelings or sensations that are created in the mind and body.

Slowly let the visualization fade and again become aware of the whole body in the standing position.

**Practice:** The physical practice of the asana sequence is similar to surya namaskara. However, there is one extra asana, ardha chandrasana or the half moon pose, which emphasizes the link with the lunar energies set up by the preparatory visualizations. Also, in chandra namaskara the force of each asana is changed subtly by the repetition of mantras related to the lunar energies.

In the chandra namaskara sequence of fourteen postures move from position 4, ashwa sanchalana, into ardha chandrasana position 5, as described opposite. This posture is repeated at position 11.

# ARDHA CHANDRASANA



## **Position 5: Ardha Chandrasana (half moon pose)**

Maintaining balance, raise the hands and bring the palms together in front of the chest, forming namaskara mudra. Stretch both arms over the head, keeping the palms together. Arch the back and look up, raising the chin as high as possible.

There should be a gentle curve from the tips of the fingers to the tips of the toes, resembling a crescent moon.

Hold the pose for a short time.

Lower the hands to the chest in namaskara mudra, then, separating them, place the hands on each side of the left foot as in position 4.

**Breathing:** Inhale deeply while raising the arms, arching the back and bending the head back.

Retain the breath inside while lowering the arms or start exhalation while lowering the arms.

**Awareness:** Physical - on the smooth controlled movement and balance.

Spiritual - on swadhisthana chakra.

**Benefits:** Tills practice develops a sense of balance and gives a good stretch through the front of the body.

# CHANDRA NAMASKARA

**1st day:** Prathama

**Position 1: Pranamasana (prayer pose)**

**Mantra:** *Om Kamesvaryai Namaha*, salutations to she who fulfills desires.

**2nd day:** Dwitiya

**Position 2: Hasta Utthanasana (raised arms pose)**

**Mantra:** *Om Bhagamalinyai Namaha*, salutations to she who wears the garland of prosperity.

**3rd day:** Tritiya

**Position 3: Padahasthasana (hand to foot pose)**

**Mantra:** *Om Nityaklinnayai Namaha*, salutations to she who is ever compassionate.

**4th day:** Chaturthi

**Position 4: Ashwa Sanchalanasana (equestrian pose)**

**Mantra:** *Om Bherundayai Namaha*, salutations to she who is ferocious.

**5th day:** Panchami

**Position 5: Ardha Chandrasana (half moon pose)**

**Mantra:** *Om Vahnivasinyai Namaha*, salutations to she who resides in fire.

**6th day:** Shastami

**Position 6: Parvatasana (mountain pose)**

**Mantra:** *Om Vajreshvaryai Namaha*, salutations to she who possesses vajra, the thunderbolt, and is adorned with diamond ornaments.

**7th day:** Saptami

**Position 7: Ashtanga Namaskara (salute with 8 parts)**

**Mantra:** *Om Dutyai Namaha*, salutations to she whose messenger is Shiva.

**8th day:** Ashtami

**Position 8: Bhujangasana (cobra pose)**

**Mantra:** *Om Tvaritayai Namaha*, salutations to she who is swift.



**9th day:** Navami

**Position 9: Parvatasana (mountain pose)**

**Mantra:** *Om Kulasundaryai Namaha*, salutations to she who is virtuous, respectable and charming.

**10th day:** Dashami

**Position 10: Ashwa Sanchalanasana (equestrian pose)**

**Mantra:** *Om Nityayai Namaha*, salutations to she who is eternal.

**11th day:** Ekadashi

**Position 11: Ardha Chandrasana (half moon pose)**

**Mantra:** *Om Nilapatakinyai Namaha*, salutations to she who is adorned with a blue flag.

**12th day:** Dwadashi

**Position 12: Padahastanasana (hand to foot pose)**

**Mantra:** *Om Vijayayai Namaha*, salutations to she who is ever victorious.

**13th day:** Tryaodashi

**Position 13: Hasta Utthanasana (raised arms pose)**

**Mantra:** *Om Sarvamangalayai Namaha*, salutations to she who is the source of all good fortunes.

**14th day:** Chaturdashi

**Position 14: Pranamasana (prayer pose)**

**Mantra:** *Om Jvalamalinyai Namaha*, salutations to she who is fenced with instant flames.

**Positions 15-28:** Positions 1-14 form the first half of the round and positions 15-28 form the second. In the second half, the same positions are repeated with the following changes:

- a) position 18, ashwa sanchalanasana, instead of stretching the right foot in backward, the left leg is stretched back first.
- b) in position 24, the same pose, the left knee is bent and the right foot is brought forward in between the hands.

After completion of one whole round there is a cross over in the leg positions of these stages, creating a balanced effect in the body.

**Conclusion:** After completing the desired number of rounds, stand upright with the eyes closed, the hands by the sides of the body and again visualize the full moon shining over the waves of the ocean until the body becomes steady. Relax in shavasana.

**Duration:** For spiritual benefits, slowly practice 3 to 7 rounds. In position 4, take the left leg back first to activate ida nadi.

For physical benefits, practice 3 to 12 rounds more quickly.

**Awareness:** Physical - on synchronizing the movement with the breath and on the different parts of the body mentioned while holding each position.

Spiritual - on coordinating the movement with the breath and on the appropriate chakra while holding each position.

**Sequence:** Chandra namaskara is ideally practiced before doing other asanas.

**Other details:** As given for surya namaskara.

**Variations:** In the practices of chandra namaskara and surya namaskara, some people find it very difficult to move into the position of ashtanga namaskara and from there into bhujangasana. The following variations give alternatives:

**Variation 1:** Instead of performing ashtanga namaskara, bring the knees to the floor and practice shashankasana.

Then, raising the buttocks slightly, slide the body along the floor and move into bhujangasana.

**Variation 2:** This is a gentle alternative to ashtanga namaskara and bhujangasana suitable for older people and those unable to bend the spine to the extent these postures require.

Instead of ashtanga namaskara, drop the knees to the floor coming into the position of marjari-asana, the cat pose.

Instead of bhujangasana, move the hips forward and down towards the floor, straightening the legs. The arms can be kept straight if necessary to support the body. Move the chest forward and bend the head back as far as comfortable.

# **Asana**

## **Intermediate Group**



## **Padmasana Group of Asanas**

The asanas in this group should only be practiced by people who can sit in padmasana without the slightest difficulty or strain. The body can be slowly trained to do this by practicing the pre-meditation postures given in the chapter on meditation asanas.

The asanas in this chapter clear physical, emotional and mental blocks, help awaken the energy centres of the body and induce tranquility. They increase the ability to sit in padmasana for extended periods of time as required for advanced meditation practices.

# YOGAMUDRASANA



## **Yogamudrasana (psychic union pose)**

Sit in padmasana and close the eyes.

Relax the body for some time, breathing normally. Hold one wrist behind the back with the other hand. Inhale deeply.

While exhaling, bend forward, keeping the spine straight. Bring the forehead to the floor or as close as possible. Relax the whole body in the final position, breathing slowly and deeply. Be aware of the pressure of the heels on the abdomen.

Stay in the final position for as long as is comfortable. Do not strain the back, ankles, knees or thighs by forcing the body into the posture.

Slowly return to the starting position.

Repeat the pose with the legs crossed the other way around.

**Breathing:** Inhale slowly and deeply in the starting position. Exhale while bending forward.

Breathe deeply and slowly in the final position.

Inhale while returning to the starting pose.

**Duration:** Try to remain in the final position for one or two minutes.

If it is difficult to stay in the final position for more than a short time, repeat the asana a few times.

**Awareness:** Physical - on the back, abdomen or breathing process.

Spiritual - on manipura chakra.

**Sequence:** Ideally preceded or followed by a backward bending asana such as matsyasana (with the legs stretched out), ushtrasana or bhujangasana.

**Contra-indications:** People with serious eye, heart or back conditions and those in the early post-operative or post delivery period should not attempt this asana.

**Benefits:** This is an excellent asana for massaging the abdominal organs and removing many ailments connected with this part of the body, including constipation and indigestion. It stretches the spine, gently toning the spinal nerves which emerge from the spaces between the vertebrae, contributing to good general health. Yogamudrasana is used to awaken manipura chakra.

**Variation 1:** (for beginners)

This variation follows the same method as the basic technique except that instead of remaining in the final position, the body is raised and lowered a number of times.

It is particularly useful for those who are stiff and cannot touch the floor with their foreheads. Synchronize the movement with the breath.

**Variation 2:** (for advanced practitioners)

This technique should only be practiced by those who can easily touch their foreheads to the floor. Practice yogamudrasana as described in the basic technique.

Keep the body still and inhale.

While exhaling, try to touch the floor with the chin and push it away from the body.

This practice may be repeated 2 or 3 times, keeping the body still on inhalation and pushing the chin forward on exhalation.

Do not strain. Relax the whole body and remain in the final position, breathing slowly and deeply.

Return to the starting position while inhaling.

**Benefits:** Variation 2 further stretches and elongates the spine.

**Variation 3:** (for maximum massage of the abdomen)

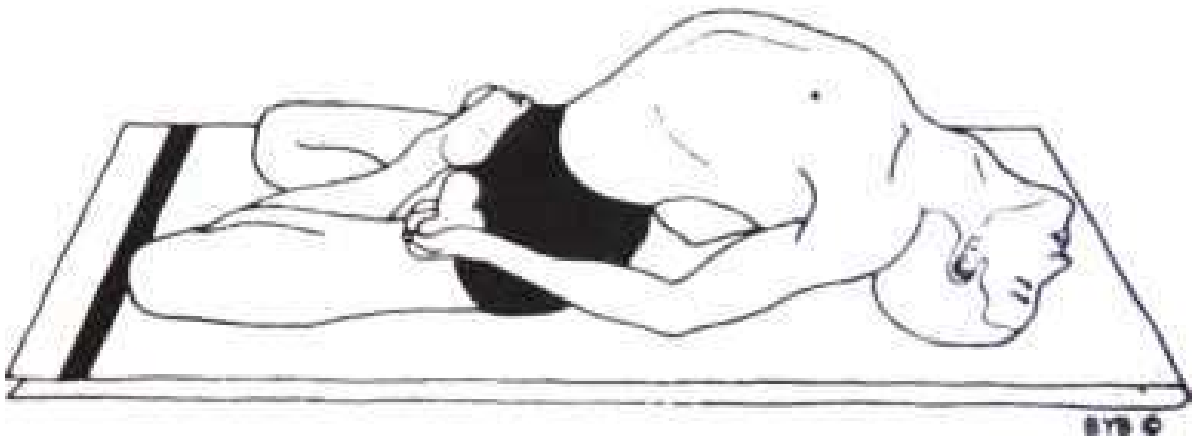
This method is the same as the basic technique except for the position of the hands.

Make fists with the hands and place them in the lap on top of the upturned heels with the wrists facing upward. The fists should be held in contact with the soft part of the abdomen, just below the ribs.

Continue as for the basic practice.

**Benefits:** This variation gives a powerful compression of the abdomen although the back is not stretched as much as it is in the other variations. It is beneficial for wind, constipation and other abdominal ailments.

## MATSYASANA



### **Matsyasana (fish pose)**

Sit in padmasana and relax the whole body.

Carefully bend backward, supporting the body with the arms and elbows. Lift the chest slightly, take the head back and lower the crown of the head to the floor.

Hold the big toes and rest the elbows on the floor.

Adjust the position of the head so that the maximum arch of the back is attained.

Relax the arms and the whole body, allowing the head, buttocks and legs to support the weight of the body. Close the eyes and breathe slowly and deeply.

Return to the starting position, reversing the order of movements.

Repeat the asana, with the legs crossed the other way.

**Duration:** The final position may be held for up to 5 minutes although 1 to 3 minutes is sufficient for general health.

**Breathing:** Breathe deeply and slowly in the final position.

**Awareness:** Physical - on the abdomen, chest or breath.

Spiritual - on manipura or anahata chakra.

**Sequence:** Halasana or sarvangasana are the ideal counterposes as they stretch the neck in the opposite direction, releasing any muscular tension.

**Contra-indications:** People who suffer from heart disease, peptic ulcers, hernia, back conditions or any serious illness should not practice this asana. Pregnant women should also not attempt it.

**Benefits:** This asana stretches the intestines and abdominal organs and is useful for all abdominal ailments. To remove constipation, drink 3 glasses of water and then perform this asana. It also relieves inflamed and bleeding piles. This practice is very good for asthma and bronchitis as it encourages deep respiration. It recirculates stagnant blood in the back, alleviating backache and cervical spondylitis. It regulates the function of the thyroid gland and stimulates the thymus gland, boosting the immune system.

The pelvic region is given a good stretch and the pressure of the feet on the thighs greatly reduces blood circulation in the legs, diverting it to the pelvic organs. This helps prevent and remove disorders of the reproductive system. The practice of sheetkari pranayama in the final position makes the voice sweet and steady, and relieves sore throat and tonsillitis. Youthfulness and vitality are increased.

**Practice note:** It is important that the body is slowly lowered into and raised from the final position by using the arms. The movement should be performed with control and care as it is very easy to injure the spine.

**Note;** *The way of folding the legs in this asana resembles the tail of a fish while the rest of the body represents its body and head. However, there is another reason for the name 'fish pose'; this position is excellent for floating in water. The position of the legs changes the centre of gravity which means the head can be held*



*higher above the water, facilitating respiration. As the body is compact and rigid, it is able to float with less effort.*

**Variation 1:** This variation follows the basic technique except for the position of the hands.

Interlock the fingers of both hands. Place the hands behind the head and rest the back of the head in the open palms.

**Variation 2:** (for beginners)

Sit with the legs stretched forward.

Fold one leg, placing the foot on the opposite thigh as in ardhha padmasana, the half lotus pose.

Keep the other leg straight in front of the body.

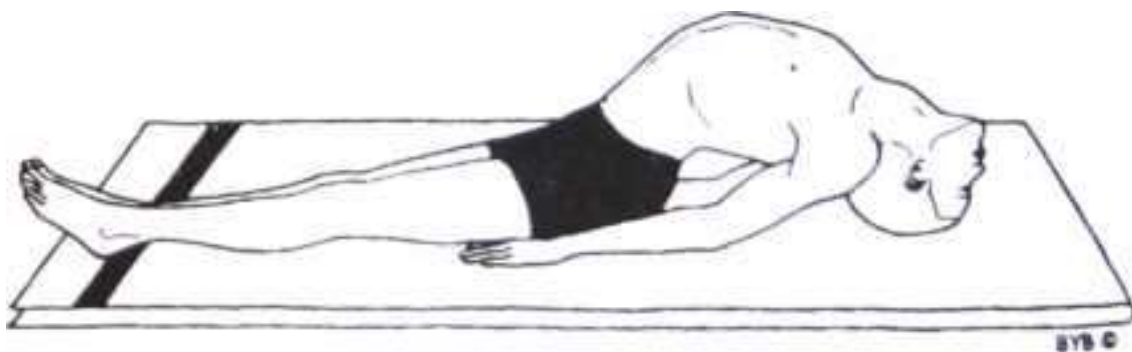
Slowly bend backward, using the elbows for support, and lower the crown of the head to the floor.

Hold the foot of the bent leg with both hands. Accentuate the arch of the back as much as possible. Relax the whole body and close the eyes.

Remain in the final position for a comfortable length of time and then return to the starting position.

Repeat the same pose with the other leg folded.

As an alternative, rest the back of the head on the floor instead of the top of the head.

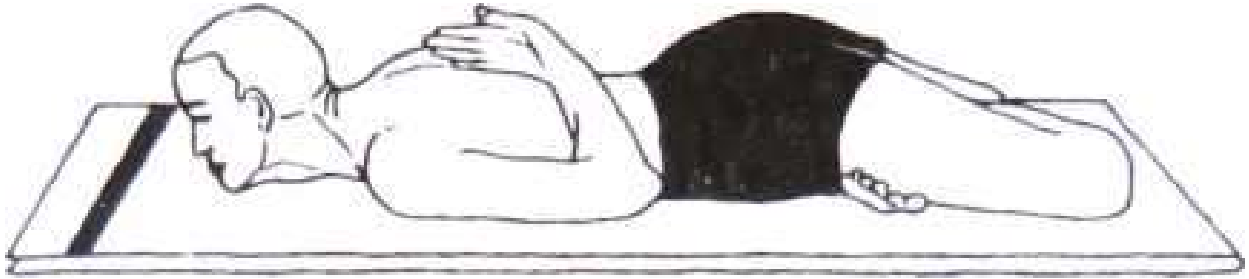


**Variation 3:** (for beginners)

Stretch both legs straight in front of the body.

Lean backward, using the arms for support, and rest the top of the head on the floor. Arch the back and place both palms on the thighs or let them rest on the floor. Return to the starting position after some time in the final position.

# GUPTA PADMASANA



## Gupta Padmasana (hidden lotus pose)

Assume padmasana.

Place the hands on the floor in front of the knees. Leaning on the arms, raise the buttocks and stand on the knees. Slowly lower the front side of the body to the floor in the prone position.

Rest either the chin or one cheek on the floor.

Place the palms together behind the back.

The fingers may point downward, or upward in hamsa mudra (see section on mudras for this practice).

If possible, touch the back of the head with the middle fingers.

Close the eyes and relax the whole body.

Return to the starting position, cross the legs the other way and repeat the asana.

**Breathing:** Normal and unrestrained in the final position.

**Duration:** Hold the position for as long as is comfortable.

**Awareness:** Physical - on relaxation of the whole body and mind, and on the breath.

Spiritual - on anahata chakra.

**Benefits:** This asana corrects postural defects of the spine. It may be used as a relaxation or even a meditation pose as it induces peace, stability and emotional balance.

**Practice note:** For complete relaxation, the hands may rest on the floor beside the body with the palms upward.

**Note:** The Sanskrit word gupta means 'hidden'. In this asana the feet are hidden under the body.

# BADDHA PADMASANA



## **Baddha Padmasana (locked lotus pose)**

Sit in padmasana.

Take the arms behind the back and cross them.

Breathe out, leaning forward slightly, and reach for the right big toe with the right hand and the left big toe with the left hand. If it is difficult to grasp the toes, stretch the shoulders back so that the shoulder blades are brought nearer to each other. Hold the big toe of the foot which is uppermost first.

Breathe in deeply.

Exhale, bend forward and try to touch the forehead to the floor. This is an advanced form of yogamudrasana. Remain in the final position for as long as is comfortable. Return to padmasana, cross the legs the other way around and repeat the practice.

**Breathing.** Deep and slow in the final position.

**Awareness:** Physical - on the abdomen or breathing process.

Spiritual - on anahata chakra.

**Sequence:** An excellent preliminary for meditation practices.

**Variation:** Sit in baddha padmasana.

Take a deep breath in and, exhaling, bend forward into yogamudrasana.

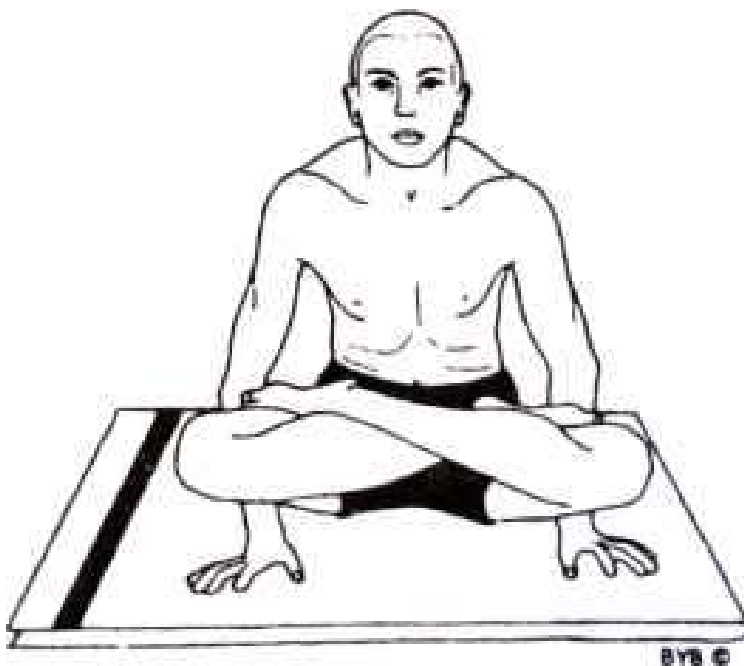
Still holding the breath out, first touch the right and then the left knee with the forehead.

Bring the head back to the centre and, while breathing in, come up to the upright position.

This variation may also be performed in yogamudrasana.

**Benefits:** It alleviates pain in the shoulders, arms and back. It encourages normal growth in children with poorly developed chests. The variation gives increased benefits of yogamudrasana, massaging all the internal organs. Spiritually, it is used in the process of awakening kundalini.

## LOLASANA



### Lolasana (swinging pose)

Sit in padmasana.

Place the palms on the floor beside the thighs.

Breathe in deeply. Raise the whole body from the floor, balancing only on the hands.

Holding the breath, swing the body backward and forward between the arms.

Exhale and lower the buttocks and legs to the ground. Rest in the sitting position.

Repeat the pose with the legs crossed the other way.

**Breathing:** Inhale before lifting the body off the floor.

Retain the breath inside while raising and swinging backward and forward.

Exhale on returning to the floor.

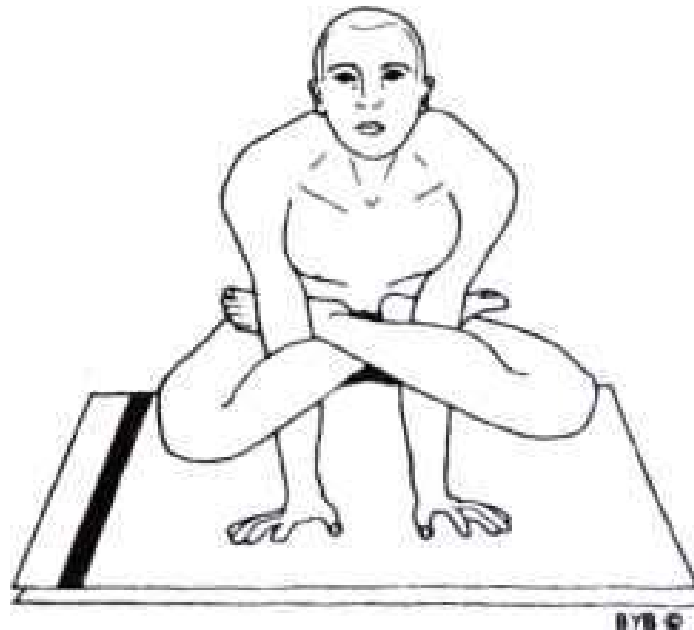
**Duration:** Practice 3 to 5 rounds.

**Awareness:** Physical - on the breath, movement and balance.

Spiritual - on anahata chakra.

**Benefits:** The arms, wrists, shoulders and abdominal muscles are strengthened and the chest is opened. It generates control, coordination and dexterity. It is an excellent preparatory practice for tadan kriya.

## KUKKUTASANA



### **Kukkutasana (cockerel pose)**

Sit in padmasana. Insert the hands between the calves and thighs, near the knees.

Gradually push the arms through the legs up to the elbows. Place the palms of the hands firmly on the floor with the fingers pointing forward.

Keeping the head straight and the eyes fixed on a point in front, raise the body from the floor, balancing only on the hands.

Hold the back straight.

Remain in the final position for as long as is comfortable. Return to the floor and slowly release the arms, hands and legs.

Change the leg position and repeat the pose.

**Breathing:** Exhale while raising the body.

Breathe normally in the final position.

Exhale while lowering.

**Awareness:** Physical - on the breath in the nostrils or on maintaining balance.

Spiritual - on mooladhara chakra.

**Benefits:** This posture strengthens the arm and shoulder muscles and stretches the chest. It loosens up the legs and develops a sense of balance and stability. It is used in the process of kundalini awakening due to the stimulation of mooladhara chakra.

**Practice note:** The arms and wrists must be strong enough to support the body. People with a lot of hair on their legs may find it difficult and painful to insert the arms between the thighs and calves. If oil is applied to the legs or the legs are shaved this will ease the problem. Those with a lot of fat or muscle on the legs will also have difficulty.

# GARBHA PINDASANA



## **Garbha Pindasana (fetus in the womb pose)**

Sit in padmasana. Insert an arm between the thigh and calf of each leg and bend the elbows under the calves. Fold the arms upward and raise the legs. Hold the ears, balancing the whole body on the coccyx.

The eyes may be open or closed.

Maintain the final position for as long as is comfortable. Let go of the ears, lower the legs and slowly release the arms from the legs.

Gross the legs the other way around and repeat the pose. This asana may also be performed lying on the back.

**Breathing:** Exhale while bringing the hands to the ears. Breathe normally in the final position.

In the final position the breath will be shallow because the stomach and lungs are compressed.

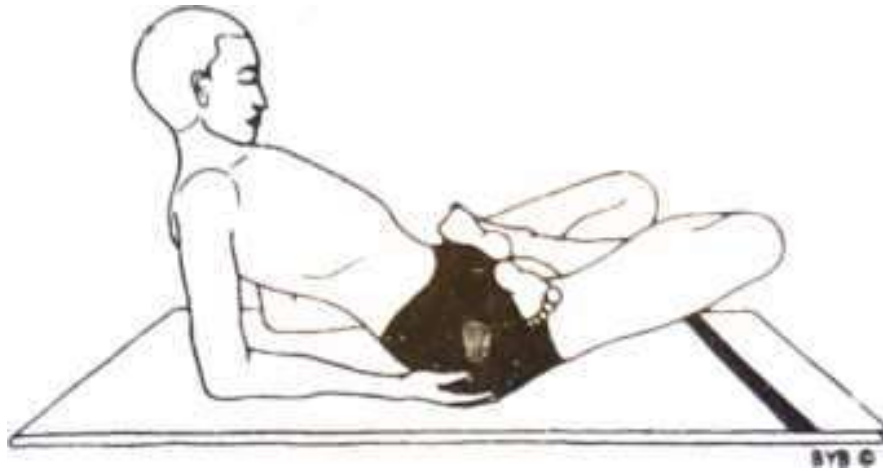
**Awareness:** Physical - on maintaining balance or on the breath.

Spiritual - on manipura chakra.

**Benefits:** Has a regulating effect on the adrenal glands and calms an excited mind. It helps alleviate nervous disorders generally while those who experience uncontrollable anger may practice it throughout the day. It massages and tones the abdominal organs, stimulates the digestive fire and increases the appetite. It also develops the sense of balance.

**Note:** Also called utthankoormasana, the stretching tortoise pose.

# TOLANGULASANA



## **Tolangulasana (weighing scale pose)**

Sit in padmasana.

Slowly and carefully lower the back to the floor, using the hands and elbows to assist the movement.

Place the palms of the hands underneath the buttocks. Raise the trunk and legs so that the whole body is supported only on the buttocks and forearms.

Perform jalandhara bandha. Advanced practitioners may also practise moola bandha (see section on bandhas for these practices).

Remain in the final position for a comfortable period of time without straining. Slowly lower the body to the floor. Repeat up to 5 times.

**Breathing:** Inhale in the raised position and retain the breath while doing jalandhara bandha. Do not retain the breath for longer than is comfortable.

Release jalandhara bandha and exhale while returning to the starting position.

**Awareness:** Physical - on retention of the breath.

Spiritual - on vishuddhi chakra.

**Benefits:** This asana tones the abdominal organs and strengthens the shoulders, back and neck. It opens and develops the chest, induces a state of relaxation and removes excess weight.



# Backward Bending Asanas

Backward bending asanas are postures which turn the body out to face the world. They are stimulating and extroverting. Because they expand the chest and encourage inhalation, they are associated with the attitude of embracing life. They are also dynamic postures which move counter to gravity and, therefore, require strength and energy to perform.

Some people are known to bend over backwards to please others and these people often have the same ability on the physical level. Those who have difficulty in bending backwards, may be frightened to face life and give of themselves with love. These common fears are instinctual or due to unpleasant past experiences. This psychic stiffness dampens spontaneity and adversely affects the external personality. It translates itself via the brain and nervous system into the body and is called 'body armor'. Backward bending asanas break down this body armor. Their effects reach far into the depths of the mental and psychic bodies, helping to remold and reshape the personality.

On a physical level, the backward bending asanas stretch the abdominal muscles and tone and strengthen the muscles controlling the spine, helping prevent slipped disc and other back conditions. The spinal nerves, which emerge from between the adjoining vertebrae, are also toned. This has beneficial repercussions throughout the body since these nerves give energy to all the other nerves, organs and muscles in the body-

The spinal column is a 'stacked pile' of vertebrae and discs. Groups of muscles extend all along it, covering and supporting it from all sides. Maintenance of the spine in a straight

and aligned position, despite all movement, depends totally on the balanced, supportive contraction and tone of the muscles. The muscles themselves are controlled unconsciously through posture.

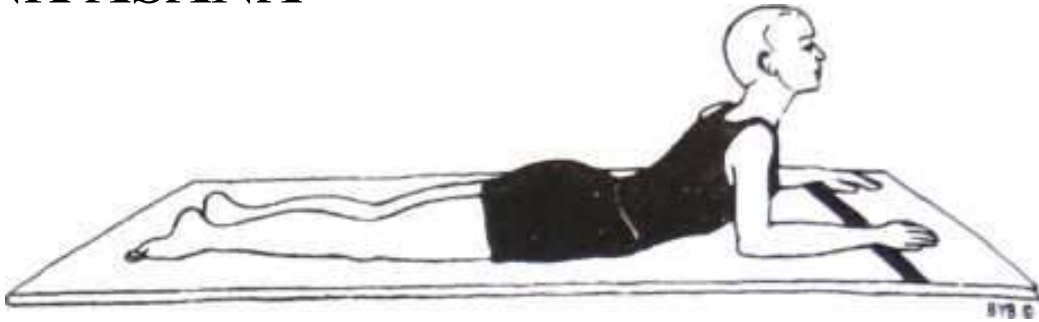
Subconscious tensions and ‘hang-ups’ are often reflected in the tonic activity of the back muscles, resulting in too hard or too lax zones instead of homogeneous consistency. Recent research has shown that 90% of backache has its origin in muscular imbalance. If these imbalances are prolonged then the ‘stack pile’ of the vertebral column is misaligned, the ligaments are strained and symptoms of spondylitis, slipped disc, sciatica and osteoarthritis begin to manifest.

The practice of backward bending asanas can correct postural defects and neuromuscular imbalances of the vertebral column. As with all asanas it is important to perform these practices with proper control and synchronization of the breath so that the whole group of muscles is uniformly contracted.

Impure blood has a tendency to accumulate in the back region where circulation tends to be sluggish due to continuous maintenance of an upright position. These asanas help to circulate, purify and enrich the blood in this region.

Backward bending asanas create a negative pressure in the abdomen and pelvis, helping neuro-circulatory toning of all the related organs. They also massage the abdomen and pelvic organs by stretching the muscles in this area, especially the rectus abdomini.

# SPHINX ASANA



## **Sphinx asana**

Lie flat on the stomach with the forehead resting on the floor, the legs straight, feet together, and the soles of the feet uppermost.

Bend the arms and place the forearms on the floor with the palms downward on each side of the head. The fingertips point forward but are in line with the crown of the head. The forearms and elbows are close to the body. Relax the whole body.

Raise the head, shoulders and chest by bringing the upper arms to the vertical position.

The elbows, forearms and hands will remain on the floor. Relax in the position for a comfortable length of time and then slowly lower the body.

This is one round.

**Breathing:** Inhale while raising the head, shoulders and chest. Exhale while lowering to the floor.

Breathe normally in the final position.

**Duration:** Hold the position for 3 to 4 minutes as a static pose or practice up to 5 rounds as a dynamic pose.

**Awareness:** Physical - on the breath and relaxing the back.

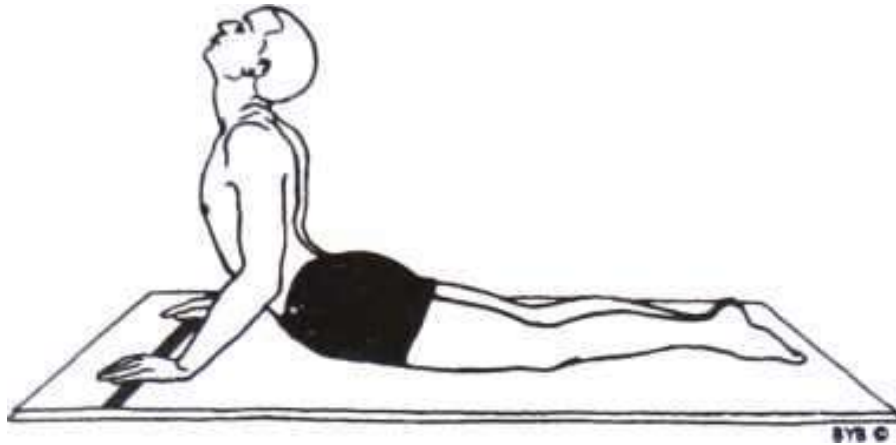
Spiritual - on swadhisthana chakra.

**Sequence:** A good preparatory pose for bhujangasana.

Follow with a forward bending asana.

**Benefits:** The benefits of this asana are the same as for bhujangasana but at a reduced level. It is especially good for stiff backs and those with acute backache or slipped disc may relax in it for as long as they are comfortable.

# BHUJANGASANA



## **Bhujangasana (cobra pose)**

Lie flat on the stomach with the legs straight, feet together and the soles of the feet uppermost.

Place the palms of the hands flat on the floor, below and slightly to the side of the shoulders.

The fingers should be together and pointing forward. The arms should be positioned so that the elbows point backward and are close to the sides of the body.

Rest the forehead on the floor and close the eyes.

Relax the whole body, especially the lower back.

Slowly raise the head, neck and shoulders. Straightening the elbows, raise the trunk as high as possible. Use the back muscles more than the arm muscles.

Be aware of using the back muscles first while starting to raise the trunk. Then use the arm muscles to raise the trunk further and arch the back. Gently tilt the head backward, so that the chin points forward and the back of the neck is compressed.

In the final position, the pubic bone remains in contact with the floor and the navel is raised a maximum of 3 cm. If the navel is raised too high, the bend tends to be in the knees and not in the back.

The arms may or may not be straight; this will depend on the flexibility of the back. Hold the final position.

To return to the starting position, slowly bring the head

forward, release the upper back by bending the arms, lower the navel, chest, shoulders and finally the forehead to the floor. Relax the lower back muscles.

This is one round.

**Breathing:** Inhale while raising the torso.

Breathe normally in the final position or retain the breath if the pose is held for a short time.

Exhale while lowering the torso.

**Duration:** Practice up to 5 rounds, gradually increasing the length of time in the final position.

**Awareness:** Physical - on synchronizing the breath with the movement and the smooth, systematic arching movement of the back.

Spiritual - on swadhisthana chakra.

**Sequence:** This asana gives maximum benefits if preceded or followed by a forward bending asana. It may also be performed in conjunction with shalabhasana and dhanurasana for effective general health of the back and spine.

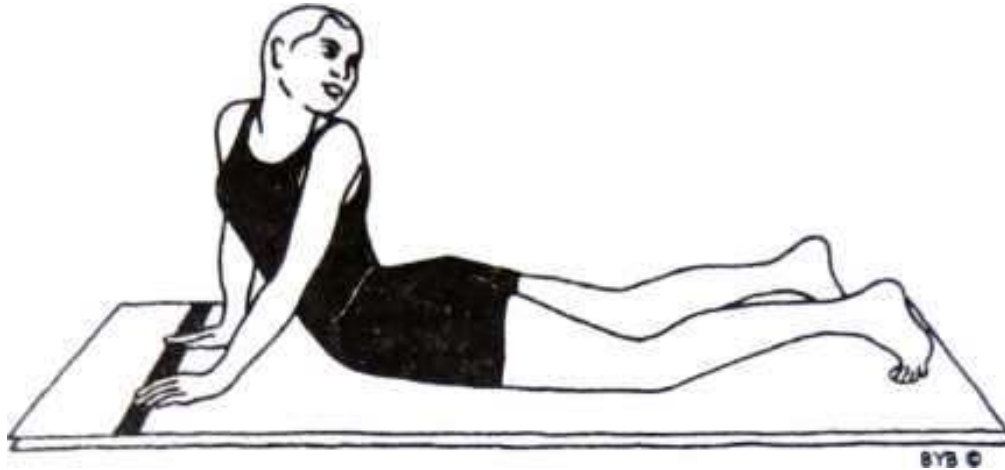
**Contra-indications:** People suffering from peptic ulcer, hernia, intestinal tuberculosis or hyperthyroidism should not practice this asana without expert guidance.

**Benefits:** This asana can relocate slipped disc, remove backache and keep the spine supple and healthy. A stiff spine interferes with all nervous impulses sent from the brain to the body and vice versa. By arching the spine, improving circulation in the back region and toning the nerves, better communication between the brain and body results.

This asana tones the ovaries and uterus, and helps alleviate menstrual and other gynecological disorders. It stimulates the appetite, alleviates constipation and is beneficial for all the abdominal organs, especially the liver and kidneys. The adrenal glands, situated on top of the kidneys, are also massaged and stimulated to work more efficiently. The secretion of cortisone is maintained and the thyroid gland is regulated.

On a pranic level, bhujangasana has a strong effect on all the organs related to swadhisthana, manipura, anahata and vishuddhi chakras.

# TIRYAKA BHUJANGASANA



## **Tiryaka Bhujangasana (twisting cobra pose)**

Assume the final position of bhujangasana with the legs separated about half a meter. The toes should be tucked under and the heels raised, so that the foot rests on the ball of the foot.

The head should be facing forward instead of bending backward as in bhujangasana.

Twist the head and upper portion of the trunk, and look over the left shoulder.

Gaze at the heel of the right foot.

In the final position, the arms remain straight or slightly bent as the shoulders and trunk are twisted.

Try to feel a diagonal stretch of the abdomen.

Relax the back and keep the navel as close to the floor as possible.

Stay in the final position for a few seconds.

Face forward again and repeat the twist on the other side without lowering the trunk.

Return to the centre and lower the body to the floor. This is one round.

**Breathing:** Inhale while raising.

Retain the breath inside while twisting to both sides. Exhale while lowering to the floor.

**Duration:** Practice 3 to 5 rounds.

**Awareness:** Physical - on the stretch of the muscles of the back and intestines.

Spiritual - on swadhisthana chakra.

**Benefits:** As for bhujangasana, with increased influence on the intestines.

*Note: The word tiryaka means 'diagonal' or 'triangular' and is used because the gaze is directed over the shoulder diagonally across the back of the body to the opposite heel. The direction of the gaze also forms two sides of a triangle, while the width between the shoulders forms the base or third side.*

*In this asana, when performed as part of the shankhaprakshalana series, the breath is exhaled when twisting to the side.*

## POORNA BHUJANGASANA



### **Poorna Bhujangasana (full cobra pose)**

Assume bhujangasana. Holding the position, breathe in and out normally a few times.

Bend the knees and raise the feet.

Stretch the head, neck and shoulders back a little further and try to touch the back of the head with the toes or with the soles of the feet.

This is the final position.

Hold the final position for as long as is comfortable.

To return to the starting position, lower the feet. Relax in bhujangasana for a few moments.

Release the pose and relax with the arms by the side of the body and the head turned to one side.

This is one round.

**Breathing:** Inhale while assuming bhujangasana.

Exhale while raising the feet to touch the head with the toes.

Breathe normally in the final position.

Exhale while returning to bhujangasana and while returning to the prone position.

**Duration:** Up to 3 rounds, gradually extending the duration in the pose.

**Awareness:** Physical - on synchronizing the breath with the movement, relaxing the spine and the stretch in the abdominal and chest areas. After completing each round, allow the respiration and heart beat to return to normal.

Spiritual — on swadhsthana chakra.

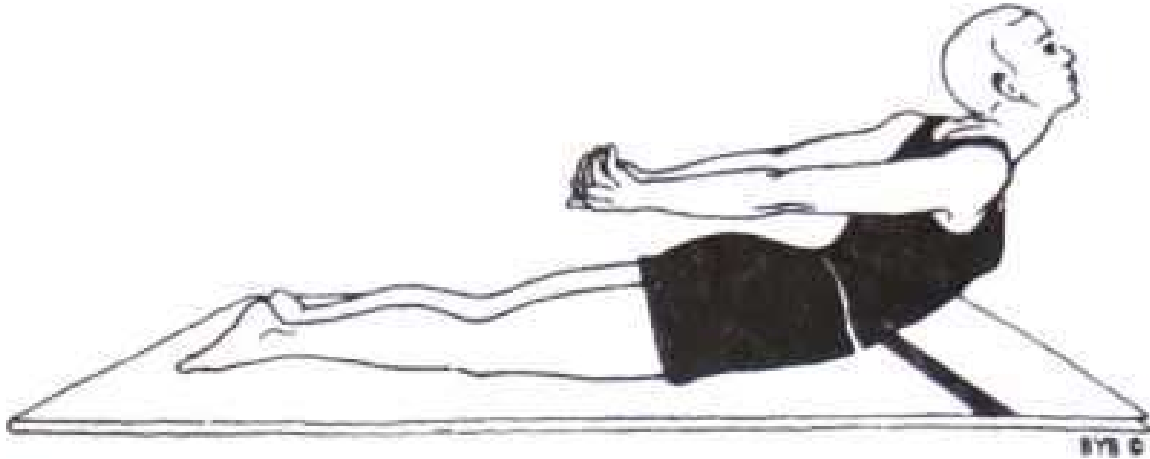
**Sequence:** This asana gives maximum benefits if preceded or followed by a forward bending asana.

**Practice note:** This variation is only suitable for adepts or children over the age of 12 with very supple backs.

**Benefits:** As for bhujangasana with increased levels.



# SARPASANA



## Sarpasana (snake pose)

Lie flat on the stomach with the legs straight and the feet together. Interlock the fingers and place the hands on top of the buttocks. Place the chin on the floor.

This is the starting position.

Using the lower back muscles, raise the chest as far as possible from the floor. Push the hands further back and raise the arms as high as possible. Imagine the arms are being pulled from behind.

Raise the body as high as possible without straining. Squeeze the shoulder blades together and look forward. Hold for as long as is comfortable.

Slowly return to the starting position and relax the whole body. Release the hands and relax the arms by the sides of the body. Turn the head to one side.

This is one round.

**Breathing:** Inhale deeply and slowly in the starting position prior to raising. Retain while raising and in the final position.

Exhale while lowering.

**Duration:** Up to 5 rounds.

**Awareness:** Physical - on the uniform contraction of the spinal muscles and arms.

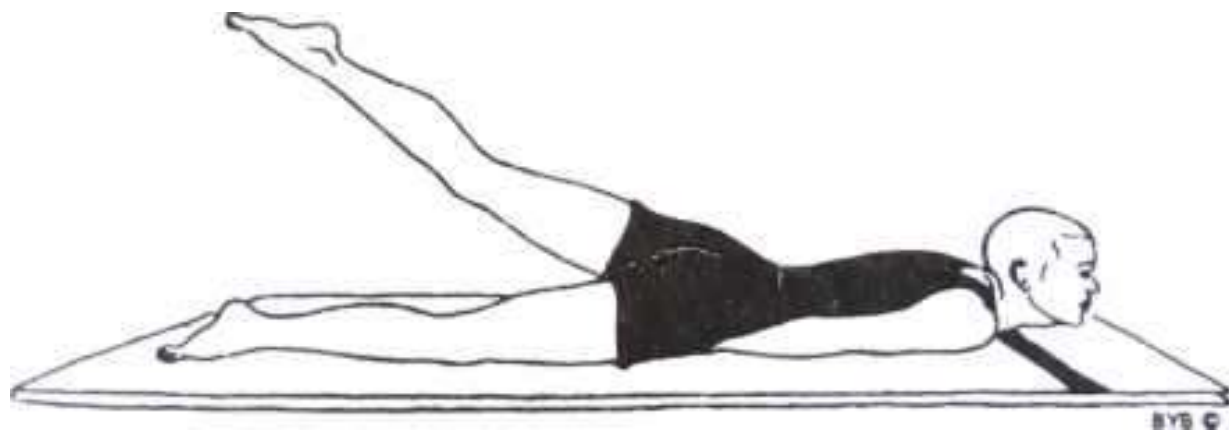
Spiritual - on anahata chakra.

**Sequence:** Also a good preparatory pose for bhujangasana.

**Contra-indications:** People with heart conditions and high blood pressure should take care not to strain while performing this asana.

**Benefits:** Basically the same as for bhujangasana with increased influence on the chest. In the final position the body weight is supported on the abdomen, pushing the diaphragm towards the chest. This, in turn, pressurizes the air within the lungs and helps to open out inactive alveoli, improving both the removal of carbon dioxide and the intake of oxygen. The heart is toned and strengthened by the massage it receives due to the increased pressure within the chest cavity. Sarpasana is very useful for asthmatics. It also helps to release blocked emotions.

## ARDHA SHALABHASANA



### **Ardha Shalabhasana (half locust pose)**

Lie flat on the stomach with the hands under the thighs, palms downwards or hands clenched.

Keep both the legs straight throughout the practice. Place the chin on the floor, slightly stretched forward, to give the best possible stretch to the neck muscles and nerves.

Using the back muscles, raise the left leg as high as possible, keeping the other leg straight, relaxed and in contact with the floor.

Retain the position for as long as is possible without strain.

Do not tilt or twist the pelvis.

Lower the leg to the floor.

Repeat the same movement with the right leg.

This is one round.

**Breathing:** Inhale in the starting position.

Retain the breath inside while raising the leg, and in the final position.

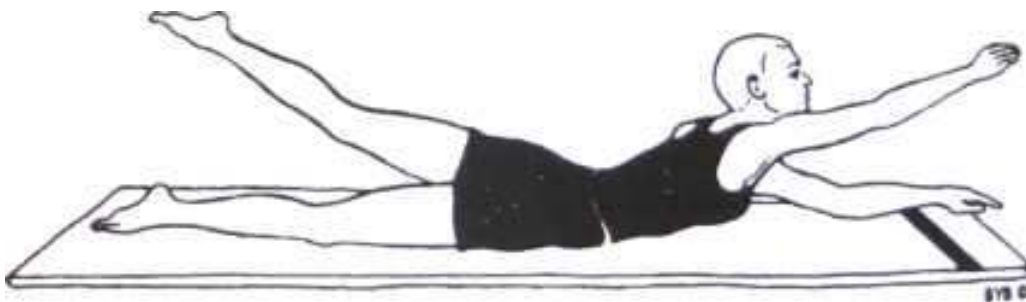
Exhale while lowering the leg to the starting position.

**Duration:** Up to 5 rounds when performed dynamically. Up to 3 rounds when performed statically.

**Awareness:** As for shalabhasana with reduced effects.

**Benefits:** Ardha shalabhasana is recommended in yoga therapy for the management of sciatica and slipped disc if it can be performed without pain. It also alleviates constipation.

**Practice note:** The left leg should be raised first so that pressure is applied on the right side of the abdomen to massage the ascending colon of the large intestine, following the direction of intestinal peristalsis.



**Variation:** Lie on the stomach with the legs and feet together and the forehead touching the floor.

Stretch both arms above the head in advasana. Place the chin on the floor.

Keep the arms and legs straight throughout the practice. Simultaneously, raise the left leg, the head and right arm as high as possible.

The left leg should be stretched backwards and the right arm stretched forward as they are raised.

Retain the position for as long as possible without straining. Lower the leg, head and arm to the starting position. Relax in advasana, allowing the respiration to return to normal.

Repeat the same movement with the right leg and left arm.

This is one round.

**Breathing:** Inhale while raising the leg, arm and head.

Retain while holding the position.

Exhale while lowering the leg, arm and head to the starting position.

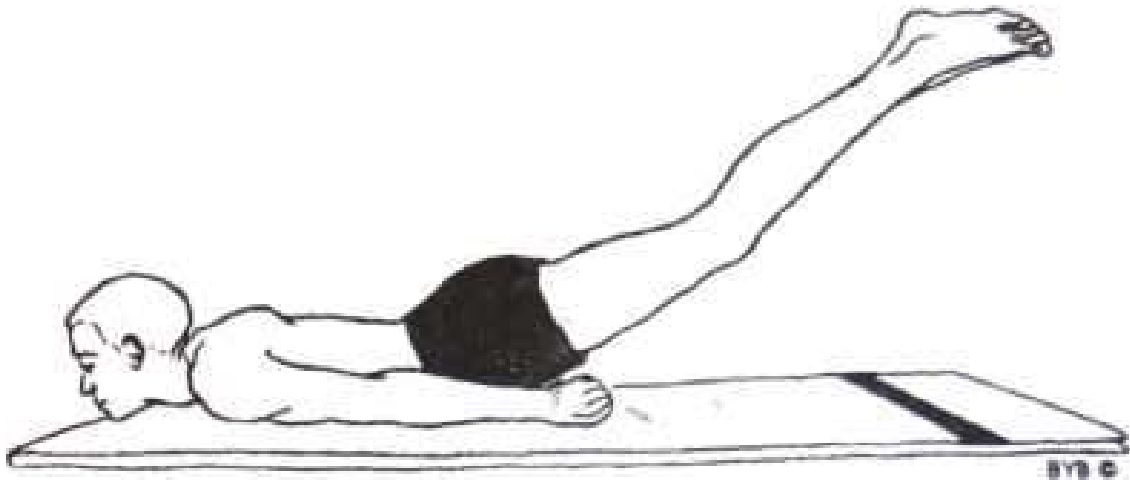
**Duration:** Up to 5 rounds.

**Awareness:** Physical - on synchronizing the breath with the movement and on the diagonal stretch through the body from the tips of the toes of the raised leg to the fingertips of the opposite hand.

Spiritual - on swadhisthana chakra.

**Benefits:** This asana is beneficial for beginners with weak and stiff backs as it helps to tone the back muscles and stimulate the nerves, particularly in the lower back, while simultaneously giving a strong diagonal stretch to the body. It develops concentration through awareness of coordination of movement with breath.

# SHALABHASANA



## **Shalabhasana (locust pose)**

Lie flat on the stomach with the legs and feet together and the soles of the feet uppermost.

The arms may be placed either under the body or by the sides, with the palms downward or the hands clenched. Stretch the chin slightly forward and rest it on the floor throughout the practice.

Close the eyes and relax the body.

This is the starting position.

Slowly raise the legs as high as possible, keeping them straight and together.

The elevation of the legs is produced by applying pressure with the arms against the floor and contracting the lower back muscles.

Hold the final position for as long as is comfortable without strain.

Slowly lower the legs to the floor.

This is one round.

Return to the starting position and relax the body with the head turned to one side.

Allow the respiration and heart beat to return to normal.

**Breathing:** Inhale deeply in the starting position.

Retain the breath inside while raising the legs and holding the position.

Exhale while lowering the legs.

Beginners may find it helpful to inhale while raising the legs.

Advanced practitioners may exhale after returning to the starting position.

**Duration:** Up to 5 rounds when performed dynamically. Up to 3 rounds when performed statically.

**Awareness:** Physical - on synchronizing the breath with the movement or on the lower back, abdomen and heart.

Spiritual - on vishuddhi chakra.

**Sequence:** Most beneficial when performed after bhujangasana and before dhanurasana.

**Contra-indications:** Shalabhasana requires a great deal of physical effort, so it should not be practiced by people with a weak heart, coronary thrombosis or high blood pressure. Those suffering from peptic ulcer, hernia, intestinal tuberculosis and other such conditions are also advised not to practice this asana.

**Benefits:** The parasympathetic nerves are particularly prominent in the regions of the neck and pelvis. Shalabhasana stimulates the whole autonomic nervous system, especially the parasympathetic outflow. It strengthens the lower back and pelvic organs, and tones the sciatic nerves, providing relief for those with conditions such as backache, mild sciatica and slipped disc as long as the condition is not serious. It tones and balances the functioning of the liver and other abdominal organs, alleviates diseases of the stomach and bowels, and stimulates the appetite.

# POORNA SHALABHASANA



## **Poorna Shalabhasana (full locust pose)**

Assume the final position of shalabhasana with the legs raised in the air as high as possible.

Tense the arm muscles.

Keep the arms and shoulders in firm contact with the floor to support the body.

Lift the legs with a jerk to the vertical position and balance on the shoulders, chin and arms.

Once the point of balance is obtained, gradually bend the knees and bring the toes down to touch the head.

This is the final position.

The final position may sometimes be more easily achieved by rhythmically swinging the legs up to progressively higher levels until the point of balance is reached.

Hold the final position for as long as is comfortable.

To return to the starting position, lift the feet from the head and find the point of balance. Then slowly lower the body to the starting position.

**Breathing:** Inhale while in the prone position.

Retain the breath inside while raising the body into the final position.

Breathe normally in the final position.

Retain the breath inside while lowering the body to the prone position.

**Duration:** Practice 1 or 2 rounds, slowly increasing the length of time in the final position.

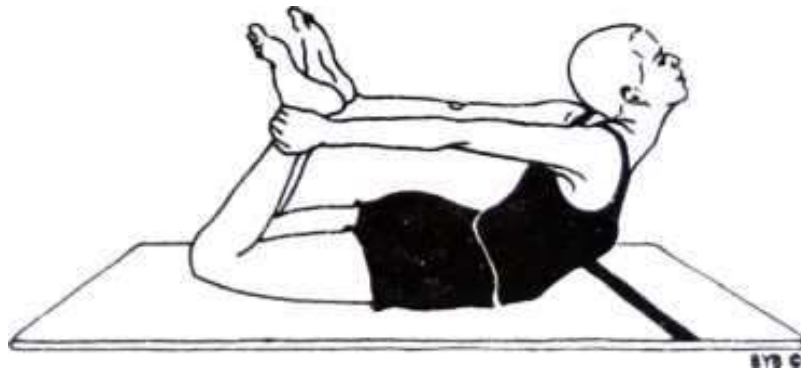
**Awareness:** Physical - on the abdomen, relaxing the back and maintaining balance.

Spiritual - on vishuddhi chakra.

**Contra-indications:** This advanced form of shalabhasana should only be performed by people who are physically fit and who have very supple backs.

**Benefits:** As for shalabhasana but with many of the benefits of inverted asanas as well.

## SARAL DHANURASANA



### Saral Dhanurasana (easy bow pose)

Lie flat on the stomach with the legs and feet together, and the arms and hands beside the body.

Bend the knees and bring the heels close to the buttocks. Grasp the ankles with the hands.

Keep the knees and thighs firmly on the ground and the arms straight throughout the practice.

Place the chin on the floor.

This is the starting position.

Tense the legs and try to push the feet backwards while raising the head and chest as high as possible from the



floor. Use the backward movement of the legs to assist the raising of the body, allowing the back muscles to remain passive.

In the final position the head is tilted back.

Hold the final position for as long as is comfortable. Slowly lower the chest and head to the ground by releasing the legs.

Relax in the prone position until the respiration returns to normal.

This is one round.

**Breathing:** Inhale deeply in the starting position.

Retain the breath inside while raising the body.

Breathe deeply and slowly in the final position.

Exhale while returning to the starting position.

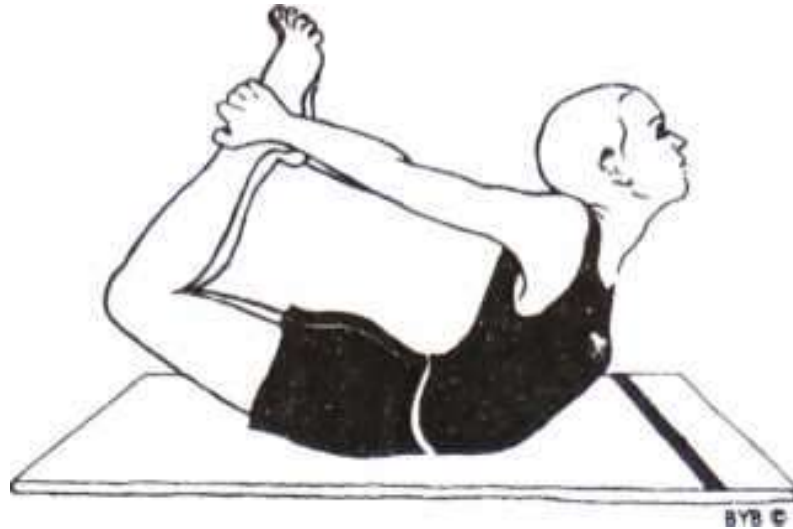
**Awareness:** Physical - on the abdominal or back regions or on deep breathing in the final position.

Spiritual - on vishuddhi or anahata chakra.

**Sequence:** This is a good preparatory asana for beginners and also for those with stiff backs who are unable to perform dhanurasana.

**Benefits:** The same as for dhanurasana but at decreased levels. This posture is recommended as therapy for lower back pain due to slipped disc or cervical spondylitis when it can be performed without discomfort. It tones the heart and lungs, and is beneficial for all respiratory disorders.

# DHANURASANA



## **Dhanurasana (bow pose)**

Lie flat on the stomach with the legs and feet together, and the arms and hands beside the body.

Bend the knees and bring the heels close to the buttocks. Clasp the hands around the ankles.

Place the chin on the floor.

This is the starting position.

Tense the leg muscles and push the feet away from the body. Arch the back, lifting the thighs, chest and head together.

Keep the arms straight.

In the final position the head is tilted back and the abdomen supports the entire body on the floor. The only muscular contraction is in the legs; the back and arms remain relaxed.

Hold the final position for as long as is comfortable and then, slowly relaxing the leg muscles, lower the legs, chest and head to the starting position.

Release the pose and relax in the prone position until the respiration returns to normal.

This is one round.

**Breathing:** Inhale deeply in the starting position.

Retain the breath while raising the body.

Retain the breath inside in the final position or practice

slow, deep breathing so that the body rocks gently in unison with the breath.

Exhale while returning to the prone position.

**Duration:** 3 to 5 rounds.

**Awareness:** Physical - on the abdominal region, the back, or the rhythmic expansion and contraction of the abdomen to the slow, deep breathing.

Spiritual - on vishuddhi, anahata or manipura chakra.

**Sequence:** Dhanurasana is ideally practiced after bhujangasana and shalabhasana and should be followed by a forward bending posture. It should not be practiced until at least three or four hours after a meal.

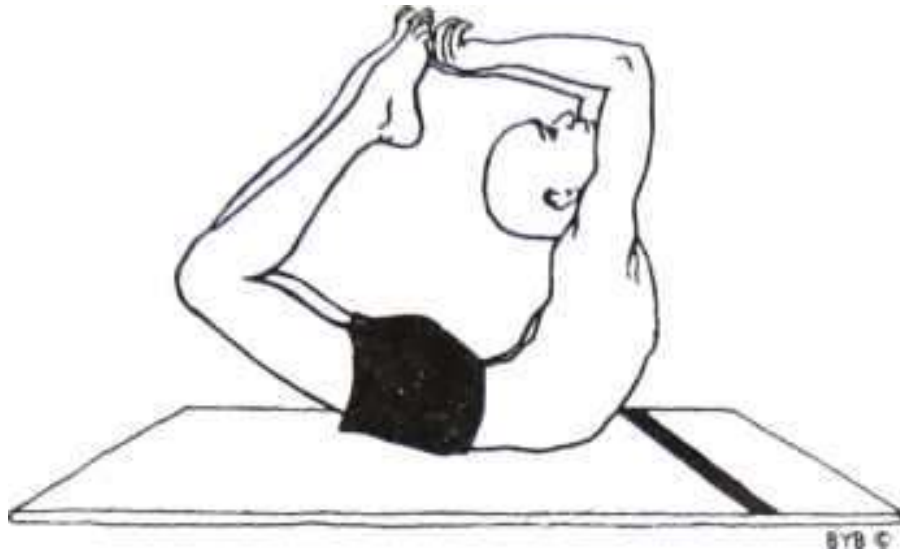
**Contra-indications:** People who suffer from a weak heart, high blood pressure, hernia, colitis, peptic or duodenal ulcers should not attempt this practice. This asana should not be practiced before sleep at night as it stimulates the adrenal glands and the sympathetic nervous system.

**Benefits:** The entire alimentary canal is reconditioned by this asana. The liver, abdominal organs and muscles are massaged. The pancreas and adrenal glands are toned, balancing their secretions. The kidneys are massaged and excess weight is reduced around the abdominal area. This leads to improved functioning of the digestive, eliminative and reproductive organs and helps to remove gastrointestinal disorders, dyspepsia, chronic constipation and sluggishness of the liver.

It is recommended in yoga therapy for the management of diabetes, incontinence, colitis, menstrual disorders and, under special guidance, cervical spondylitis. It improves blood circulation generally. The spinal column is realigned and the ligaments, muscles and nerves are given a good stretch, removing stiffness. It helps correct hunching of the thoracic area of the spine.

Dhanurasana is useful for relieving various chest ailments, including asthma, and for freeing nervous energy in the cervical and thoracic sympathetic nerves, generally improving respiration.

# POORNA DHANURASANA



## **Poorna Dhanurasana (full bow pose)**

Lie on the stomach and bend the knees.

Clasp the feet with the hands; the fingers should be in contact with the top of the foot with the thumb on the sole, or the fingers should clasp the big toe.

This is the starting position.

Raise the head, chest and thighs, pulling the feet as close to the head as possible. The elbows point upward.

In the final position the body resembles a fully stretched bow. Hold the position for as long as is comfortable. Slowly release the legs and return to the prone position. This is one round.

Relax until the respiration returns to normal.

**Breathing:** Inhale deeply in the starting position.

Retain the breath inside while coming into the final position.

In the final position, retain the breath inside or practice slow, deep breathing.

Exhale while returning to the starting position.

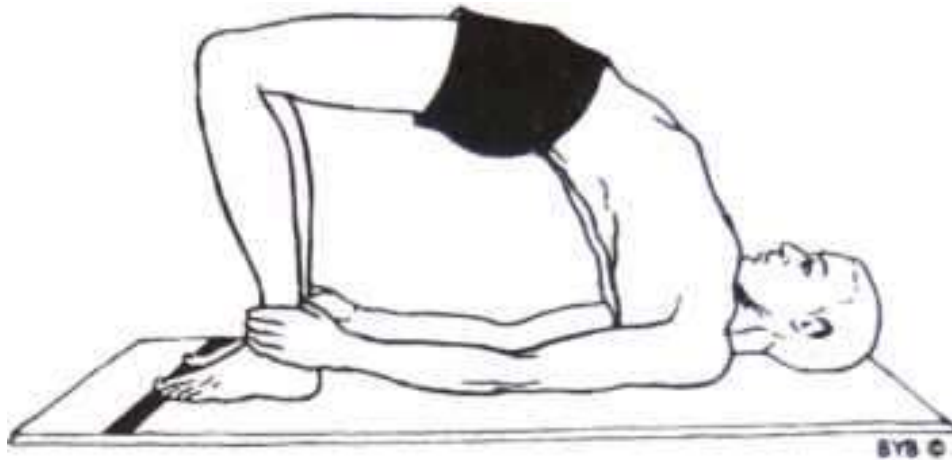
**Awareness:** Physical - on the abdomen or back.

Spiritual - on manipura chakra.

**Contra-indications:** This asana is for advanced practitioners and should only be practiced if the back is very supple.

**Benefits:** As for dhanurasana, but more accentuated.

# KANDHARASANA



## **Kandharasana (shoulder pose)**

Lie flat on the back.

Bend the knees, placing the soles of the feet flat on the floor with the heels touching the buttocks.

The feet and knees may be hip width apart.

Grasp the ankles with the hands.

This is the starting position.

Raise the buttocks and arch the back upward.

Try to raise the chest and navel as high as possible, pushing the chest up towards the chin and head without moving the position of the feet or shoulders.

Keep the feet flat on the floor.

In the final position, the body is supported by the head, neck, shoulders, arms and feet.

Hold the pose for as long as is comfortable and then lower the body to the starting position.

Release the ankles and relax with the legs outstretched.

**Breathing:** Inhale deeply in the starting position.

Retain the breath inside while raising and holding the final position.

Alternatively, breathe slowly and deeply in the final position.

Exhale while lowering to the starting position.

**Duration:** Practice 5 to 10 rounds.

**Awareness:** Physical - on the movement, the abdominal region, thyroid gland or accentuation of flexion of the back.

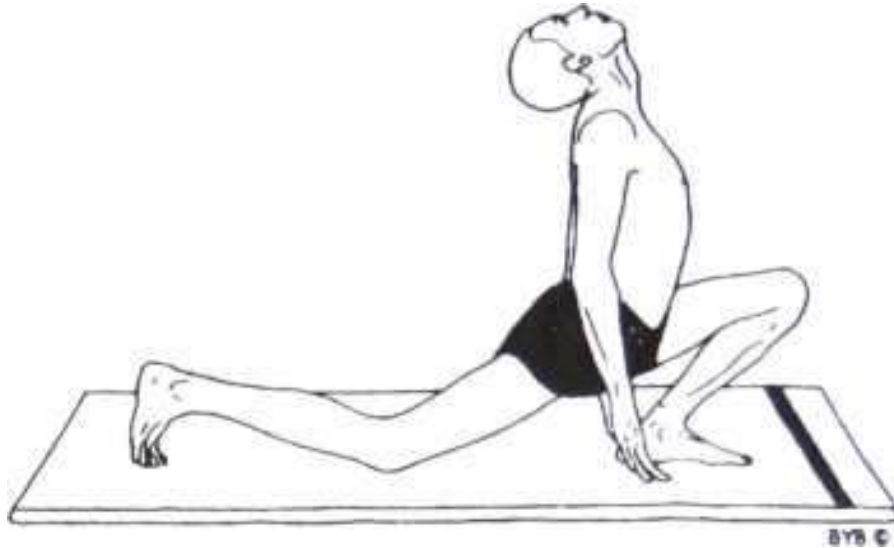
Spiritual - on vishuddhi or anahata chakra.

**Sequence:** Perform before or after a forward bending asana. It is a good preparatory pose for chakrasana.

**Contra-indications:** People suffering from peptic or duodenal ulcers, or abdominal hernia should not practice kandharasana. It is generally recommended that women in the advanced stages of pregnancy should not practice this pose although, under expert guidance, it has successfully been used to turn the baby when it is a breech presentation.

**Benefits:** This asana may be utilized to realign the spine, eliminating rounded shoulders and relieving backache. It massages and stretches the colon and abdominal organs, improving digestion. It tones the female reproductive organs and is especially recommended for women who have a tendency to miscarry. Kandharasana is used in yoga therapy for the management of menstrual disorders, prolapse, asthma, and various bronchial and thyroid conditions.

# ARDHA CHANDRASANA



## **Ardha Chandrasana (crescent moon pose)**

Start on the knees with the arms at the sides.

Take one step forward with the left leg.

Bend forward and place the palms of the hands flat on the floor on both sides of the left foot. Stretch the right leg back fully. The right knee and the top of the right foot or the toes should rest on the floor. Arch the back and bend the head backwards.

In the final position the elbows should be straight with only the fingertips touching the floor. Return to the starting position by bringing the left leg back beside the right and stand up on the knees. Repeat the position on the other side.

**Breathing:** Exhale while bending forward.

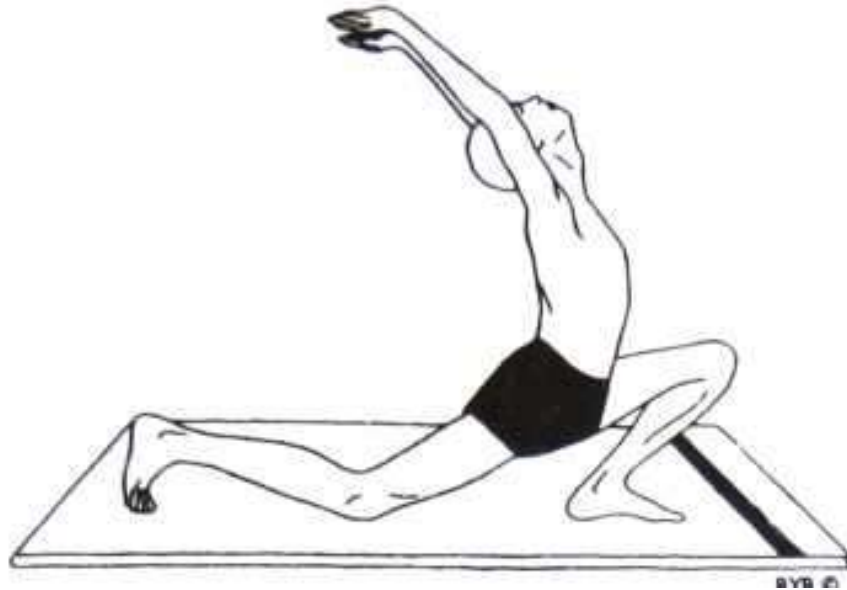
Inhale while arching the back.

**Awareness:** Physical - on the arched back; on the stretch in the pelvic region, chest or throat.

Spiritual - on swadhisthana or vishuddhi chakra.

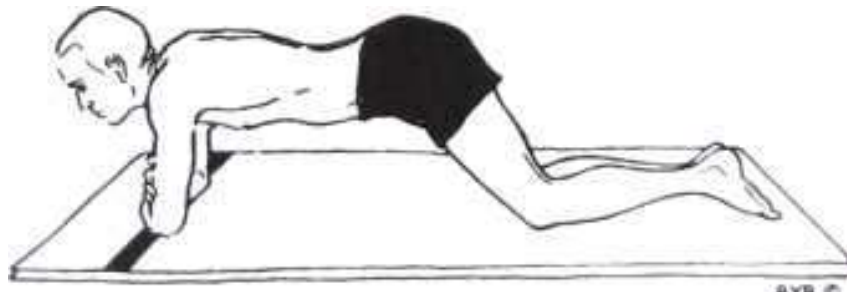
**Sequence:** After forward bending postures.

**Benefits:** This pose limbers and strengthens the entire skeletal structure. It is especially beneficial for female disorders related to the ovaries, uterus and urinary tract. It gives a good stretch to the chest and neck, relieving respiratory ailments, as well as sore throat, tonsillitis, cough and cold.



**Variation:** Perform the asana as described above. In the final position raise the arms over the head. Keep the elbows straight and arms about 18 inches apart. Stretch the head and upper trunk back as far as possible.

## UTTHAN PRISTHASANA



### **Utthan Pristhasana (lizard pose)**

Lie on the stomach with the arms crossed under the chest, the hands holding the upper arms.



Separate the legs slightly and keep the feet flat.

The head faces forward.

This is the starting position.

The elbows should not move during the practice.

Raise the trunk and buttocks so that the body is supported by the knees and elbows, as in the first diagram.

Stretch the torso back, placing the chin and chest on, or as close as possible to, the floor behind the forearms. Return to the raised position and then to the starting position.

This is one round.

**Breathing:** Inhale while raising the buttocks (twice during each round). Exhale while lowering the buttocks (twice during each round).

**Duration:** Up to 10 rounds.

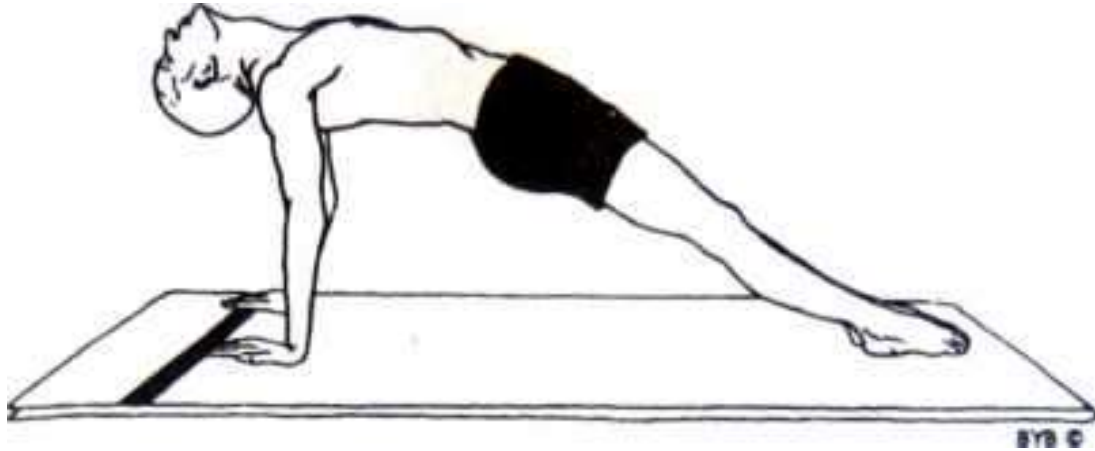
**Awareness:** Physical - on synchronizing the movement with the breath, on the back or the region between the shoulder blades.

Spiritual - on swadhisthana, manipura or anahata chakra

**Sequence:** Perform after a forward bending asana such as paschimottanasana.

**Benefits:** This asana exercises and strengthens the diaphragm. It tones the entire back, and is excellent for relieving tightness between the shoulder blades.

# SETU ASANA



## **Setu Asana (bridge pose)**

Sit with the legs stretched forward. Place the palms on the floor on either side of the body, about 30 cm behind the buttocks. The elbows should be straight, the fingers pointing back and the trunk slightly reclined.

This is the starting position.

Raise the buttocks and lift the body upward. Let the head hang back and down. Try to place the soles of the feet flat on the ground. Keep the arms and legs straight.

Hold the final position for as long as is comfortable. Lower the buttocks to the floor.

This is one round.

**Breathing:** Inhale in the starting position.

Retain the breath inside while raising the body and holding the final position. Exhale while lowering to the starting position.

**Duration:** Up to 10 times.

**Awareness:** Physical - on the back and abdomen.

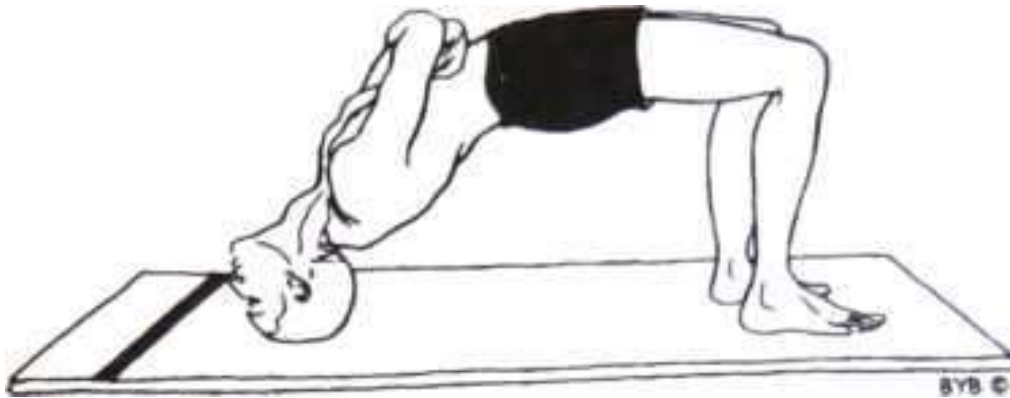
Spiritual - on manipura chakra.

Sequence: As a preliminary practice to chakrasana.

**Contra-indications:** This asana should not be practiced by those with high blood pressure, heart disease, stomach ulcers or weak wrists.

**Benefits:** This asana has similar benefits to chakrasana. It is generally strengthening and, in addition, tones the lumbar region of the spine and the Achilles tendons.

# GRIVASANA



## **Grivasana (neck pose)**

Lie flat on the back.

Bend the knees and bring the heels up to touch the buttocks.

The knees and feet should be slightly separated.

Place the palms on the ground on either side of the head level with the temples.

Push down on the hands and feet and raise the trunk, placing the crown of the head on the floor.

Balance on the head and feet.

Raise the arms and cross them on the chest.

This is the final position.

Hold for as long as is comfortable.

**Breathing:** Inhale deeply in the starting position.

Retain the breath inside while raising.

In the final position retain the breath or breathe normally.

Exhale while lowering the trunk.

**Duration:** Up to 3 rounds, gradually extending the final position.

**Awareness:** Physical - on the neck, thyroid gland or pelvic region.

Spiritual — on vishuddhi or manipura chakra.

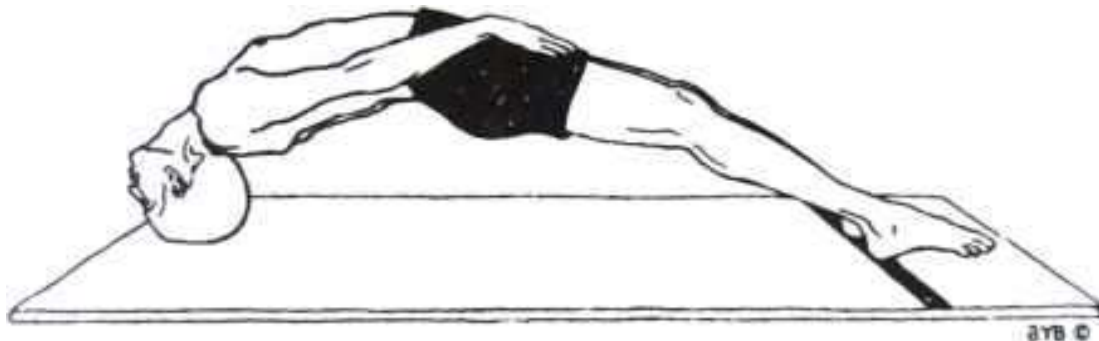
**Sequence:** Follow this with a forward bending pose such as paschimottanasana, where neck vertebrae are stretched.

**Contra-indications:** People having neck conditions such as spondylitis, arthritis, slipped disc or high blood pressure,

coronary diseases or abnormal absence of menstrual period should not practice this asana.

**Benefits:** Grivasana aligns the upper vertebrae, strengthens the neck and tones the cervical, dorsal, lumbar and sacral regions of the spine. It is used in yoga therapy for gynecological disorders such as leucorrhoea, and for some thyroid problems.

## SIRSHAPADA BHUMI SPARSHASANA



### **Sirshapada Bhumi Sparshasana (head and foot touching the ground pose)**

Lie in shavasana.

Relax the whole body.

Turn the palms of the hands to the floor.

Press down on the hands, elbows and lower arms raising the head and shoulders. Place the top of the head on the floor.

Tense the body and, moving the body towards the head, raise the trunk off the ground as high as possible.

The arms and hands are kept on the ground to support the body until balance is obtained.

Try to straighten the legs.

Place the soles of the feet flat on the ground.

In the final position the palms of the hands are placed on

the thighs. The entire body is supported by the head and feet only. To release the final position, place the hands and arms on the floor for support and gently lower the body.

This is one round.

**Breathing:** Inhale before raising the trunk and while holding the final position.

Exhale while lowering the body.

**Duration:** Hold for as long as is comfortable without strain.

Practice up to 5 rounds.

**Awareness:** Physical - on the spine and back.

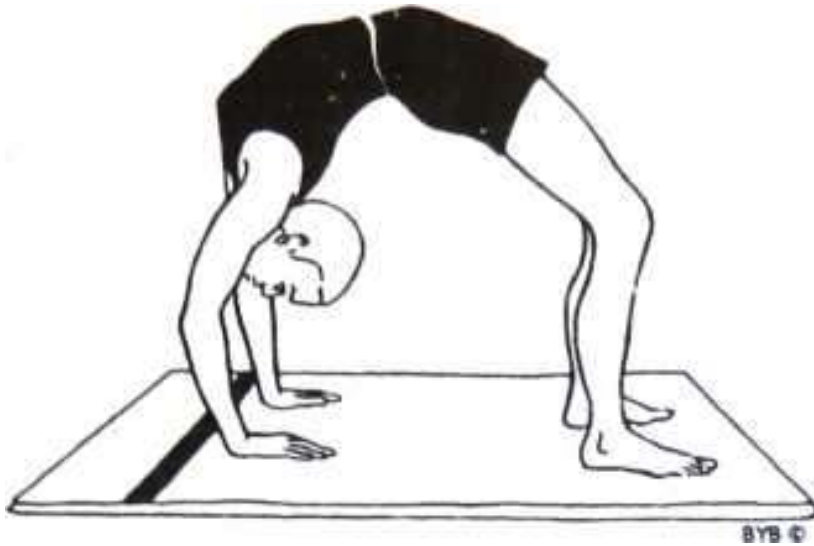
Spiritual - on manipura chakra.

**Sequence:** Follow with a forward bending practice such as paschimottanasana, in which the vertebrae of the neck are stretched forward.

**Contra-indications:** This is an advanced asana and not to be practiced by people with high blood pressure, weak neck muscles, heart conditions or any chronic condition, without guidance.

**Benefits:** This asana makes the back muscles strong and supple. It stimulates the spinal nerves and blood circulation, strengthens the thigh, neck and abdominal muscles and is an excellent pose for inducing relaxation. Under special guidance, it may be used in the yogic management of thyroid problems and gynecological disorders.

# CHAKRASANA



## **Chakrasana (wheel pose)**

Lie on the back with the knees bent and the heels touching the buttocks.

The feet and knees should be about 30 cm apart.

Place the palms on the floor beside the head with the fingers pointing towards the shoulders.

This is the starting position.

Slowly raise the body and arch the back, allowing the crown of the head to support the weight of the upper body. Move the hands in further towards the body for more support if necessary.

Straighten the arms and legs as much as possible and lift the head and trunk from the floor.

Try to arch the back as high as possible in the final position.

Straighten the knees further by moving the trunk towards the head.

Let the head hang between the straight arms.

Lift the heels and balance on the balls of the feet and the hands for a few seconds, then lower the heels.

Hold the final position for as long as is comfortable. Slowly lower the body so the head rests on the floor and then lower the rest of the body.

This is one round.

**Breathing:** Inhale in the starting position.

Retain the breath inside while raising the body.

Retain the breath inside or breathe normally in the final position.

Exhale while lowering the body.

**Duration:** Hold for as long as is comfortable. Practice up to 3 rounds.

**Awareness:** Physical - on relaxing the spine in the final position and on the chest and abdomen.

Spiritual - on manipura chakra.

**Sequence:** Chakrasana should be practiced after mastery of preliminary and intermediate backward bending asanas. It may be followed with forward bending asanas such as halasana and sarvangasana which apply a tight forward lock on the neck.

**Contra-indications:** Chakrasana should not be practiced by people with any illness, weak wrists, during pregnancy or when feeling generally tired.

**Benefits:** Chakrasana is beneficial to the nervous, digestive, respiratory, cardiovascular and glandular systems. It influences all the hormonal secretions and relieves various gynecological disorders.

**Practice note:** Chakrasana should preferably be practiced on a soft carpet which will protect the head. It should not be practiced on a blanket which may slip.

This is an inverted asana in which the whole body and nervous system are being placed in an abnormal position. It may be difficult to raise the body because the nervous system is not ready. If the sense of position in space, or proprioception, is lost, strength is also lost. This asana develops this sense of position in space.

**Variation I:** (from the standing position)

Stand with the feet about one foot apart.

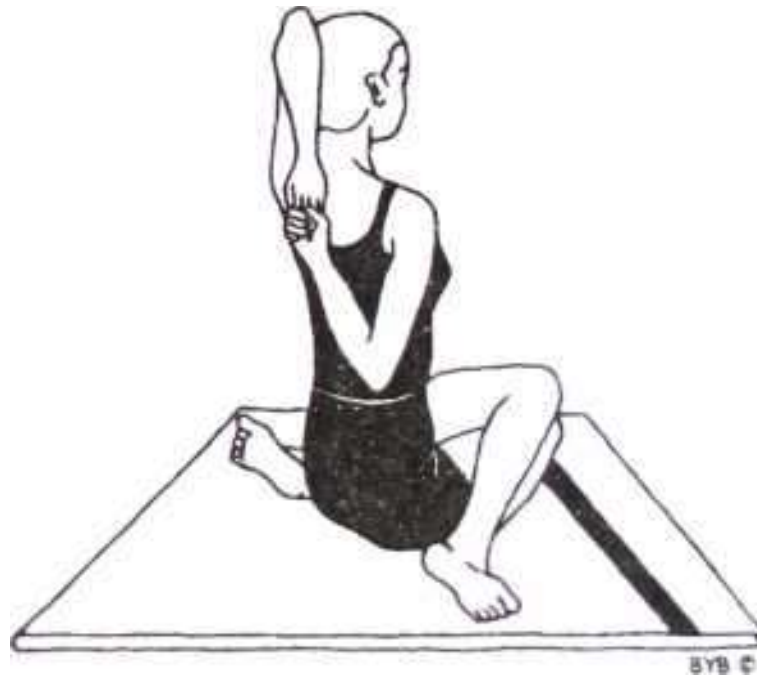
Raise the arms straight up over the head about shoulder width apart.

Bend backward, bending first the knees, then the hips and finally the spine. Bring the hands to the floor under the shoulders.

## **Variation 2: Poorna Chakrasana (full wheel pose)**

Those people who are comfortable in chakrasana may extend the practice by carefully moving the hands towards the feet. In the final position, and only if the spine is extremely flexible, the hands grasp the feet, placing the elbows on the floor to form a complete wheel.

## **GOMUKHASANA**



### **Gomukhasana (cow's face pose)**

Sit in dhyana veerasana so that the right knee is directly above the left knee.

Place the left arm behind the back and the right arm over the right shoulder.

The back of the left hand should lie in contact with the spine while the palm of the right hand rests against the spine.

Try to clasp the fingers of both hands behind the back. Bring the raised elbow behind the head so that the head presses against the inside of the raised arm.

The spine should be erect and the head back. Close the eyes.



Stay in this position for up to 2 minutes.

Unclasp the hands, straighten the legs and repeat with the left knee uppermost and the left arm over the left shoulder.

**Breathing:** Normal in the final position.

**Awareness:** Physical - on respiration.

Spiritual - on ajna or anahata chakra.

**Benefits:** Gomukhasana is an excellent asana for inducing relaxation. If practiced for 10 minutes or more, it will alleviate tiredness, tension and anxiety. It stimulates the kidneys and alleviates mature onset diabetes. It relieves backache, sciatica, rheumatism and general stiffness in the shoulders and neck, and improves posture by opening the chest area. It alleviates cramps in the legs and makes the leg muscles supple.

# Forward Bending Asanas

Generally speaking, forward bending is a passive process in which gravity is utilized to stretch the muscle groups being focused upon. While backward bends move the body away from the confines of gravity, forward bending asanas use gravity to help release tension and pain. It is a process of introversion, counteracting the extroversion and dynamic opening up of bending backwards. Forward bending, associated with chest compression and exhalation, induces relaxation.

Many people lead sedentary lifestyles with little or no exercise and, as a result, the body becomes stiff and unable to bend forward. City living encourages mental tension and physical rigidity both of which are counteracted by forward bending asanas. At another level, forward bending is associated with bowing and humility. An inability to bend forward may indicate a stiff, proud or stubborn personality. Difficulty bending forward is also associated with fear. Human beings face forward to see the world. The place behind us, however, is defined by obscure sounds, smells and sensations, and it is necessary to turn around to be sure of what is taking place. Some people live in constant fear of attack from behind and the backs of their bodies unconsciously freeze. Forward bending asanas release this rigidity.

Forward bending asanas loosen up the back, maintaining good health and increasing vitality. These practices move the spine into the position known as the primary curve, the shape it takes in the womb. During a forward bending asana each of the vertebra is separated, stimulating the nerves, improving

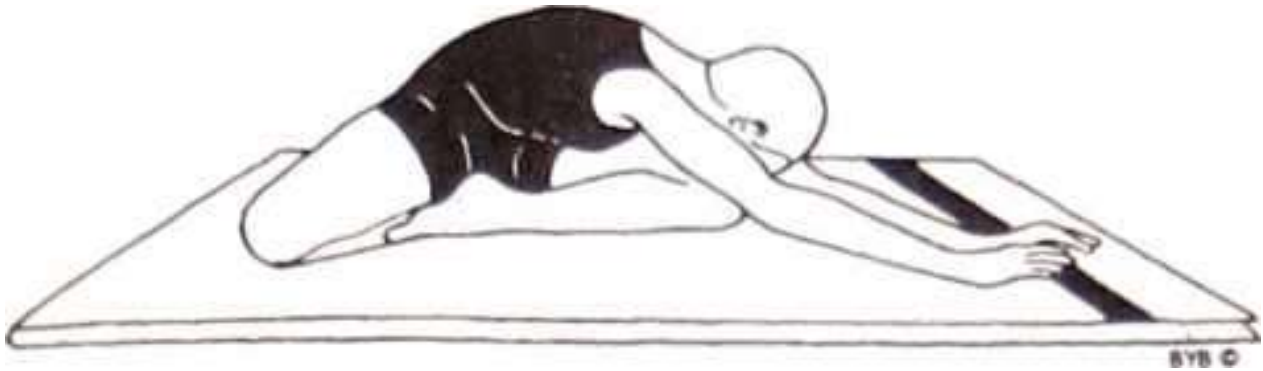
circulation around the spine and nourishing the spinal cord. This has a positive impact on the organs of the body generally and on the brain specifically. This group of asanas is also **very** important for making the back muscles supple and strong, compressing and massaging the abdominal organs, including the liver, kidneys, pancreas and intestines, and stretching the leg muscles and tendons.

Most forward bending asanas described in this book start by bending from the hips and not the waist. Bending from the hips gives greater flexibility of movement and creates a stronger pressure against the abdomen. Care must be taken not to force the back to bend further forward than present flexibility will allow; rather, the muscles should be relaxed, allowing gravity and exhalation to move the body. With regular practice, even the most rigid back will develop increased flexibility.

It is not necessary to practice all the forward bending asanas one after the other. Start with the preliminary practices and gradually build up to the more advanced ones as the back becomes more flexible. People with any kind of back condition and those suffering from backache should consult a doctor before practicing these asanas.

When practicing forward bending asanas from a sitting position, particularly those in which the legs are separated, it is helpful to sit with the perineum on the floor, rather than on the coccyx. The correct position is obtained by sitting with the legs slightly separated and placing the hands on the floor, on either side of the hips, with the fingertips pointing forward. Then, using the arms and hands as supports, lift the buttocks slightly from the floor and, while lowering them, try to tilt the pelvis forward.

# SAITHALYASANA



## **Saithalyasana (animal relaxation pose)**

Sit on the floor with the legs outstretched.

Carefully bend the right knee and place the sole of the foot against the inside of the left thigh.

Bend the left knee and place the left heel to the outside of the left buttock.

Turn the torso to the right and rest the hands on the right knee.

Raise the arms above the head, keeping them straight and shoulder width apart.

Bend forward over the right knee bringing the forehead to the floor. Relax in the position.

To return to the starting position, raise the arms and trunk in one straight line, then lower the hands to the right knee.

Practice 5 times on the right side, then change legs and repeat 5 times on the left side.

**Breathing:** Inhale while raising the arms.

Exhale while bending forward.

Breathe normally in the final position.

Inhale while returning to the upright position.

Exhale while lowering the arms.

**Awareness:** Physical - on synchronization of the movement with the breath and relaxation of the back.

Spiritual - on manipura chakra.

**Sequence:** This is a preparatory practice for meditation pose, and may precede any backward bending asana such as bhujangasana, saral dhanurasana or dhanurasana which particularly stretch the neck and pelvic region in the opposite direction.

**Contra-indications:** People who have lower back conditions should only bend forward as far as is comfortable.

**Benefits:** This asana stretches the back, pelvic region, insides of the thighs and opens up the hip joints. It balances the nervous system. It also massages the abdominal organs by gently compressing each side alternately against the thighs.

## PASCHIMOTTANASANA



### **Paschimottanasana (back stretching pose)**

Sit on the floor with the legs outstretched, feet together and hands on the knees. This is the starting position.

Relax the whole body.

Slowly bend forward from the hips, sliding the hands down the legs. Try to grasp the big toes with the fingers and thumbs. If this is impossible, hold the heels, ankles or any part of the legs that can be reached comfortably. Move slowly without forcing or jerking.

Hold the position for a few seconds. Relax the back and leg muscles allowing them to gently stretch.

Keeping the legs straight and utilizing the arm muscles, not the back muscles, begin to bend the elbows and gently bring the trunk down towards the legs, maintaining a firm grip on the toes, feet or legs.

Try to touch the knees with the forehead. Do not strain. This is the final position.

Hold the position for as long as is comfortable and relax. Slowly return to the starting position. This is one round.

**Breathing:** Inhale in the starting position.

Exhale slowly while bending forward.

Inhale in the static position.

Exhale while bringing the trunk further towards the legs with the arms.

Breathe slowly and deeply in the final position or retain the breath out if holding for a short duration.

Inhale while returning to the starting position.

**Duration:** Beginners should perform up to 5 rounds, staying in the final position for only a short length of time. Adept may maintain the final position for up to 5 minutes.

**Awareness:** Physical - on the abdomen, relaxation of the back muscles or the slow breathing process.

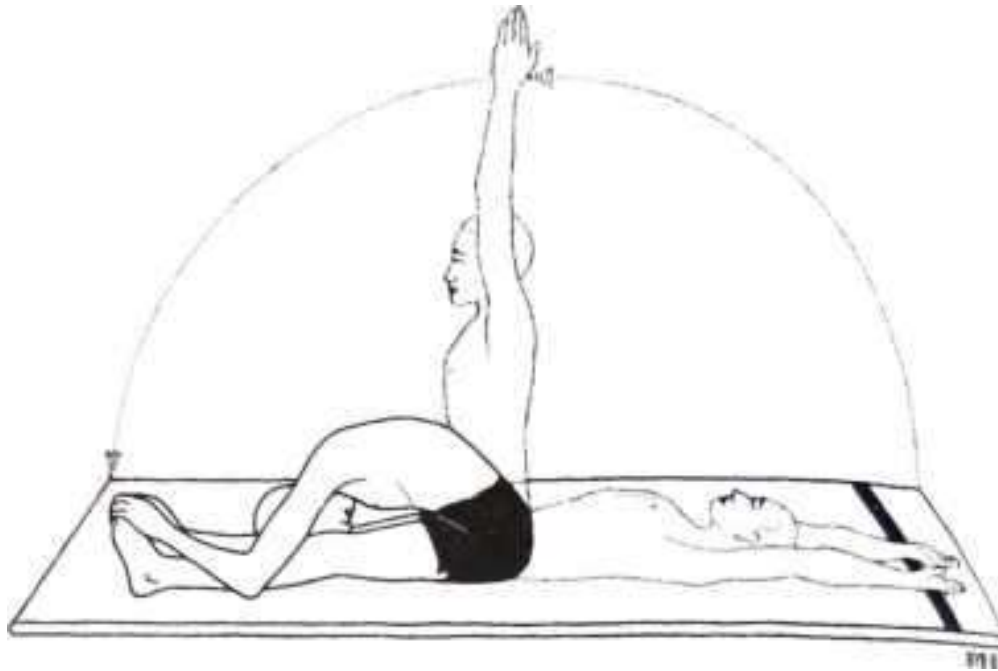
Spiritual - on swadhisthana chakra.

**Sequence:** This asana should precede or follow backward bending asanas such as setuasana, chakrasana, bhujangasana or matsyasana.

**Contra-indications:** People who suffer from slipped disc or sciatica should not practice paschimottanasana.

**Benefits:** This asana stretches the hamstring muscles and increases flexibility in the hip joints. It tones and massages the entire abdominal and pelvic region including the liver, pancreas, spleen, kidneys and adrenal glands. It removes excess weight in this area and helps alleviate disorders of the uro-genital system. It stimulates circulation to the nerves and muscles of the spine. It is used in yoga therapy for the management of prolapse, menstrual disorders, sluggish liver, diabetes, colitis, kidney complaints, bronchitis and eosinophilia.

# GATYATMAK PASCHIMOTTANASANA



## **Gatyatmak Paschimottanasana (dynamic back stretch pose)**

Lie flat on the back with the feet together. Raise the arms over the head and bring them to the floor with the palms facing up.

This is the starting position.

Relax the whole body.

Raise the trunk to the sitting position with the arms straight above the head and the spine straight.

Bend forward into paschimottanasana in a smooth movement.

Hold the final position for a short time.

Return to the sitting position with the arms straight above the head.

Lean backwards and return to the starting position. This is one round.

Practise up to 10 rounds.

**Breathing:** Breathe normally in the starting position. Inhale while coming into the sitting position.

Exhale while bending forward into paschimottanasana.

Inhale while sitting up.

Exhale while returning to the starting position.

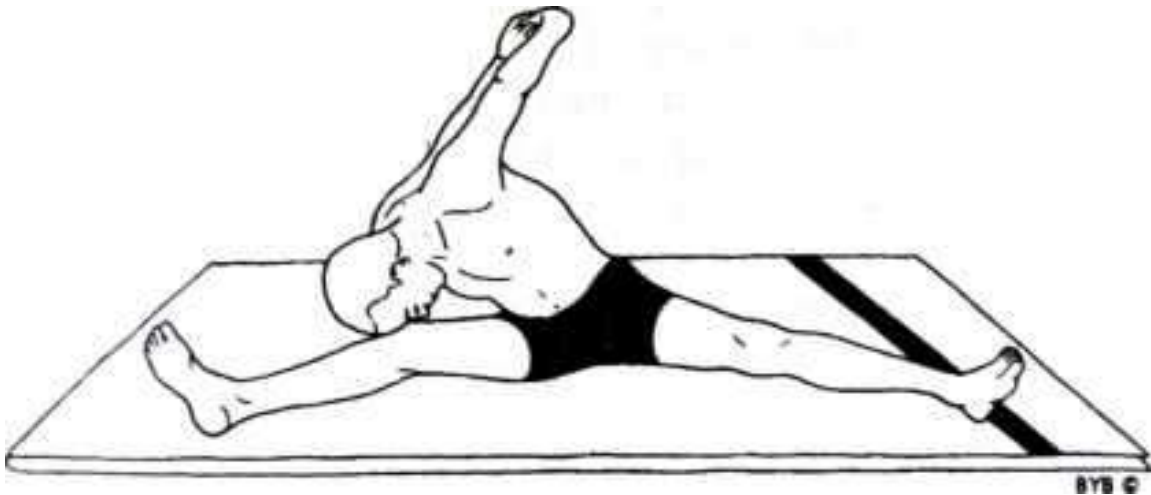
**Awareness:** Physical - on synchronizing the movement with the breath.

Spiritual - on swadhisthana chakra.

**Contra-indications:** As for paschimottanasana.

**Benefits:** The benefits are the same as for paschimottanasana although at a reduced level. This is a dynamic practice which speeds up the circulation and metabolic processes. In addition, it renders the whole body more flexible, stimulating physical and pranic energy.

## PADA PRASAR PASCHIMOTTANASANA



### **Pada Prasar Paschimottanasana (legs spread back stretch pose)**

Sit with the legs spread apart as wide as possible. Interlock the fingers behind the back. This is the starting position.

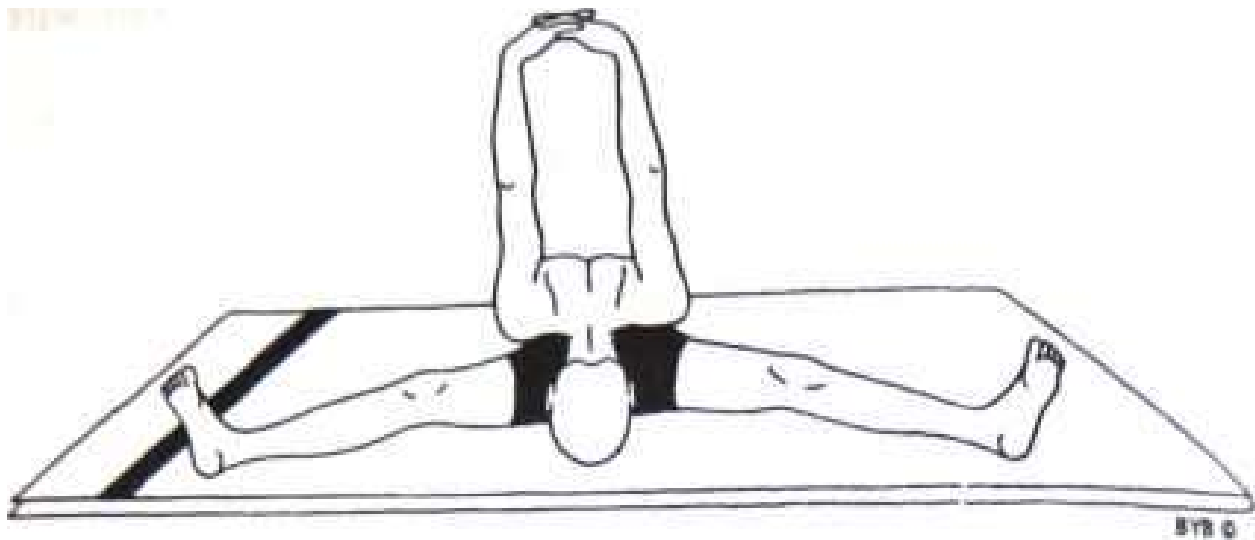
Turn the trunk to the right. Raise the arms up behind the back and bend forward over the right leg. Keep the arms straight. Try to touch the knee with the nose.

Hold the position for as long as is comfortable.

Raise the trunk and lower the arms.

Turn to the left and repeat the movement on this side. Return to the center.





Bend forward and try to touch the forehead to the floor directly in front of the body while raising the arms as high as possible from behind. Hold the position for as long as is comfortable.

Return to the upright position, lowering the arms.

This completes one round.

**Breathing:** Inhale in the starting position.

Exhale while bending forward.

Breathe slowly and deeply in the final position or retain the breath out if the position is held for only a short time. Inhale while returning to the starting position.

**Duration:** 3 to 5 rounds.

**Awareness:** Physical - on synchronizing the movement with the breath.

Spiritual - on mooladhara or swadhisthana chakra.

**Sequence:** This asana should precede or follow backward bending asanas such as tiryaka bhujangasana, chakrasana or matsyasana.

**Contra-indications:** As for paschimottanasana. This practice should not be attempted until paschimottanasana has been mastered.

**Benefits:** As well as providing essentially the same benefits as paschimottanasana, this asana gives an extended stretch to the inside of the legs and the muscles under and between the shoulder blades. The chest is opened more than in paschimottanasana and the effect of the asana is distributed throughout both the upper and lower parts of the body.

**Variation:** Assume the same starting position as above but with the hands in front of the body on the floor.

Slowly bend forward and grasp the big toes with the fingers. Try to place the forehead on the floor directly in front of the body.

Gradually bring the chest, abdomen and pelvic region to the floor.

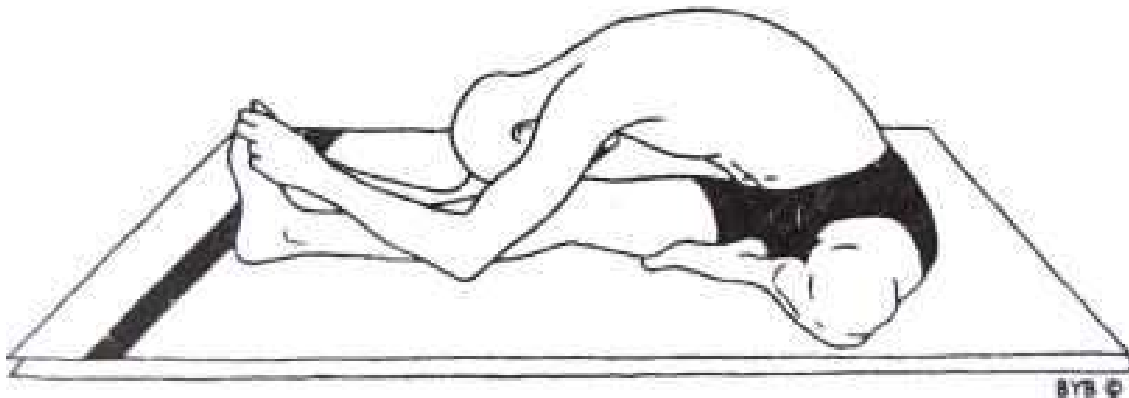
Raise the head so that the throat and chin are also on the floor.

This is the final position.

Hold the position for as long as is comfortable.

Release the hands and return to the starting position.

## JANU SIRSHASANA



### **Janu Sirshasana (head to knee pose)**

Sit with the legs outstretched and the feet together.

Bend the left leg, placing the heel of the foot against the perineum and the sole of the foot against the inside of the right thigh. Keep the left knee on the floor.

Place the hands on top of the right knee, keeping the spine straight and the back muscles relaxed.

This is the starting position.

Slowly bend forward, sliding the hands down the right leg, and grasp the right foot. If possible, hold the big toe with the index finger, middle finger and thumb of the left hand and the outside edge of the foot with the right hand.

Try to touch the knee with the forehead.

This is the final position. Keep the back relaxed and do not strain.

Hold the position for as long as is comfortable.

Return to the starting position and rest the hands on the knees.

Change sides and repeat with the right leg bent and the left leg straight.

Practise up to 5 times with each leg.

**Breathing:** Inhale in the starting position.

Exhale while bending forward.

Retain the breath outside if holding the final position for a short time.

Breathe normally if holding the pose for longer.

Inhale while returning to the starting position.

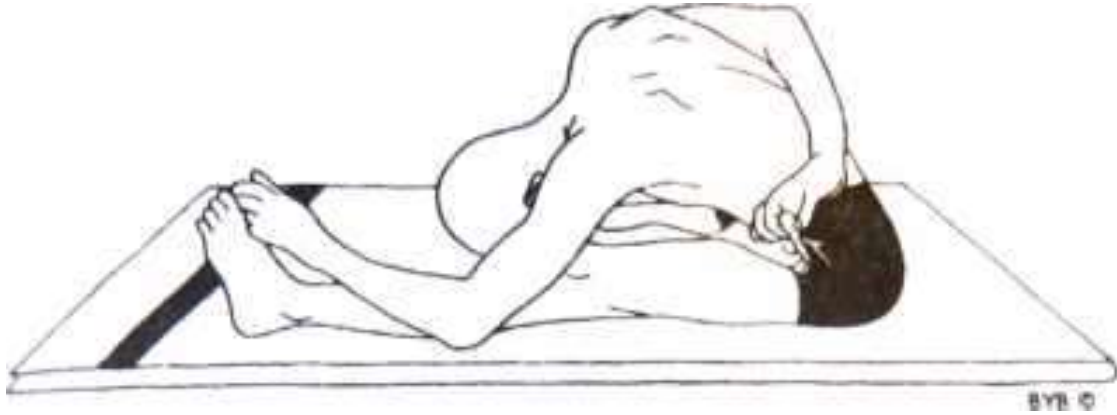
**Other details:** As for paschimottanasana.

**Benefits:** This practice gives basically the same benefits as paschimottanasana as well as loosening up the legs in preparation for meditation asanas.

**Practice note:** Sometimes known as ardha paschimottanasana.

It may be practiced before paschimottanasana as a preparatory asana.

# ARDHA PADMA PASCHIMOTTANASANA



## **Ardha Padma Paschimottanasana (half lotus back stretching pose)**

Sit with both legs outstretched.

Bend the left leg and place the left foot as high as possible on the right thigh, turning the sole of the foot up.

Press the heel firmly into the abdomen.

Bend forward slightly, fold the left arm behind the back and try to grasp the toes of the left foot with the left hand. Sit upright again.

Relax the whole body, especially the back muscles.

Lean forward and grasp the toes of the right foot with the right hand.

Utilizing the arms, not the back muscles, slowly pull the trunk forward so that the forehead is near to or resting on the straight knee.

This is the final position.

Hold the pose for as long as is comfortable.

Release the hands and slowly sit up.

Repeat the technique with the other leg.

Practise up to 3 rounds gradually extending the duration.

**Breathing:** Inhale in the upright position.

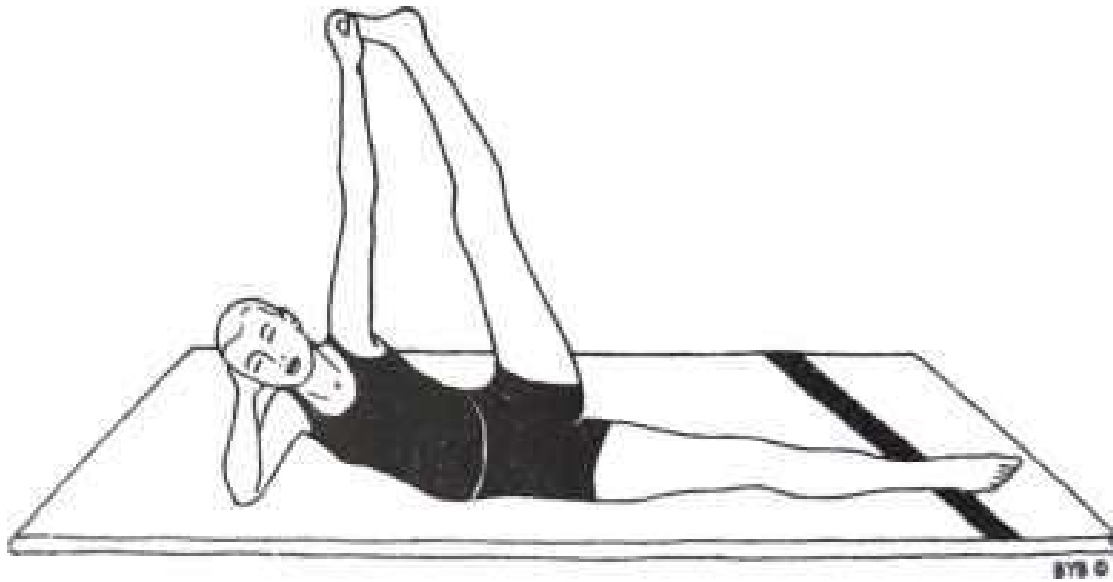
Exhale bending forward into the final position.

Breathe slowly and deeply in the final position or retain the breath outside if holding the pose for a short time. Inhale while returning to the upright position.

**Other details:** As for paschimottanasana.

**Benefits:** Although the benefits of this asana are almost identical to janu sirshasana and paschimottanasana, it has one distinct characteristic: the foot of the bent leg applies an intense massage to the abdominal organs. Each leg is bent in turn which helps to stimulate intestinal peristalsis and alleviate constipation. This asana also prepares the legs and hips for prolonged sitting in meditation asanas.

## **MERU AKARSHANASANA**



### **Meru Akarshanasana (spinal bending pose)**

Lie on the right side with the left leg on top of the right leg.

Bend the right arm, placing the elbow on the floor. Raise the torso and head, supporting them on the right elbow. Rest the head in the right palm. The forearm and upper arm should be nearly vertical.

Place the left arm on the left thigh.

This is the starting position.

Raise the left leg as high as possible, slide the left hand to the foot and grasp the big toe. If this is too difficult, hold the leg as close to the foot as possible.

Keep the legs straight. This is the final position.

Lower the raised leg and arm to the starting position. Practise a maximum of 10 times.

Repeat on the other side.

**Breathing:** Inhale while raising the arm and leg.

Retain the breath in while holding the final position. Exhale while lowering.

**Awareness:** Physical - on synchronizing the movement with the breath, on the stretch in the hip and raised leg while holding the pose.

Spiritual - on swadhisthana chakra.

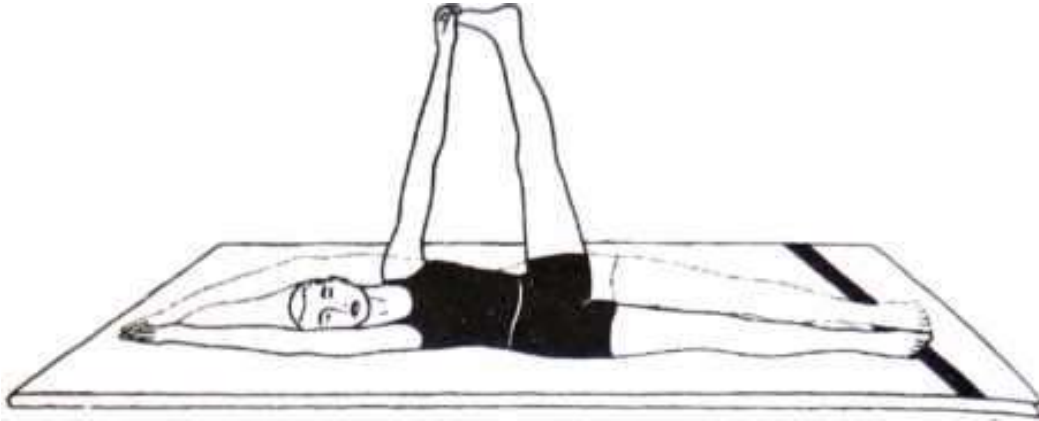
**Sequence:** This asana may be practiced as a preparation for forward bending asanas.

**Contra-indications:** People suffering from slipped disc, sciatica or cervical spondylitis should not practice this asana.

**Benefits:** This asana relaxes the hamstring, inner thigh and abdominal muscles and stretches the muscles of the sides of the body rendering them stronger and more flexible. It reduces weight on the hips and thighs.

**Variation I:** Instead of raising the torso, bend the right elbow and rest the head on the inside of the right arm. The rest of the practice is the same as above.

# HASTA PADA ANGUSHTHASANA



## **Hasta Pada Angushthasana (finger to toe stretch)**

Lie on the right side with the arms stretched over the head so that the whole body is balanced in one straight line along the floor. The palm of the left hand should rest on top of the palm of the right hand.

The left foot should rest on top of the right foot.

This is the starting position.

Keep the arms and legs straight throughout the practice. Raise the left arm and leg to a 45 degree angle above the floor. Hold the position for a short duration, maintaining balance on the side of the body.

Lower the leg and arm to the starting position.

Raise the left leg and arm to their full extent and, keeping them straight, take hold of the big toe without bending the knee. If this is impossible, take hold of a suitable point on the leg to give support while gently stretching the hip. This is the final position.

Hold the final position for a short duration.

Lower the arm and leg to the starting position.

Practise a maximum of 5 times on this side.

Roll over to the other side and repeat the movement.

**Breathing:** Inhale while raising the limbs. Exhale while lowering.

**Awareness:** Physical - on synchronizing the movement with the breath, on the stretch in the hip and raised leg while

holding the pose, or on the balance.

Spiritual - on mooladhara or swadhisthana chakra.

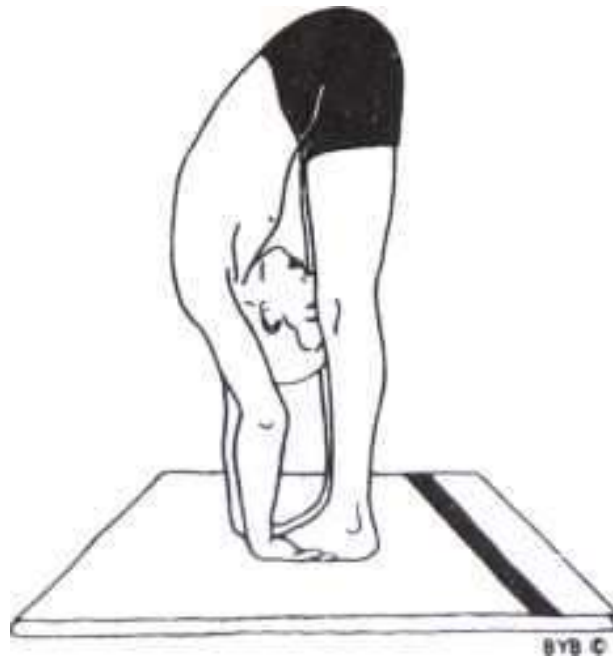
**Sequence:** This asana may be practiced as preparation for forward bending asanas.

**Contra-indications:** Those suffering from sciatica should not practice this asana.

**Benefits:** This practice makes the hip joints flexible. It helps the proper development and shaping of the pelvis in young girls. It reduces excess weight on the hips and thighs and develops a sense of balance and coordination, making the posture and gait more steady and graceful.

**Practice note:** Make sure the whole body stays in a straight line without allowing it to curve or bend at the buttocks.

## PADA HASTASANA



### **Pada Hastasana (forward bending pose)**

Stand with the spine erect, feet together and hands beside the body. Relax the body. This is the starting position.

Distribute the weight of the body evenly on both feet. Slowly bend forward, first bending the head, taking the



chin towards the chest, then bending the upper trunk, relaxing the shoulders forward and letting the arms go limp. Bend the mid-trunk and finally the lower trunk. While bending forward, imagine that the body has no bones or muscles. Do not strain or force the body.

Place the fingers underneath the toes or bring the palms to the floor beside the feet. If this is not possible, bring the fingertips as near to the floor as possible. Relax the back of the neck and try to bring the forehead to the knees. In the final position the body is bent forward with the knees straight and the forehead touching the knees. Hold the position, relaxing the whole back.

Slowly return to the starting position in the reverse order.

This completes one round.

Relax in the upright position before continuing the next round.

**Breathing:** Inhale in the starting position.

Exhale while bending forward.

Breathe slowly and deeply in the final position. Inhale while returning to the starting position.

**Duration:** Practise up to 5 rounds, gradually increasing the time for which the posture is held and decreasing the number of rounds, or practice one round for 3 to 5 minutes.

**Awareness:** Physical - on the movement, relaxation of the back muscles or the breath.

Spiritual - on swadhisthana chakra.

**Sequence:** This asana may be practiced before or after backward bending asanas and may be used as a preliminary to other forward bending poses to encourage maximum flexibility.

**Contra-indications:** This asana should not be practiced by people suffering from serious back complaints, sciatica, heart disease, high blood pressure or abdominal hernia-

**Benefits:** This asana massages and tones the digestive organs, alleviates flatulence, constipation and indigestion. All spinal nerves are stimulated and toned. Inverting the trunk increases the blood flow to the brain and improves circulation to the pituitary and thyroid glands. Other benefits

resulting from this inversion include increased vitality, improved metabolism, increased concentration and the removal of nasal and throat diseases. The dynamic form of pada hastasana also helps to remove excess weight.

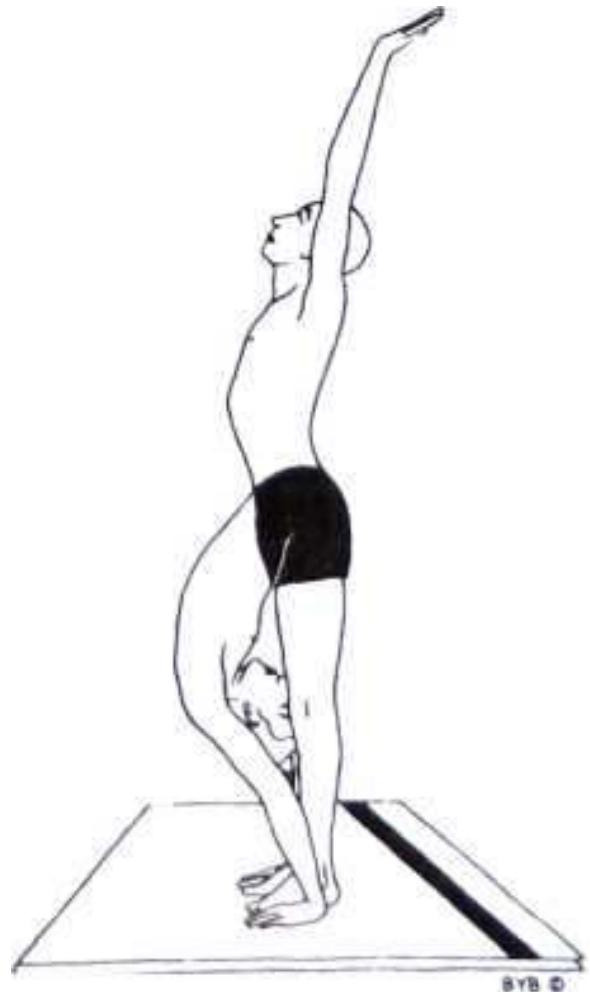
**Variation:** (dynamic forward bending)

Stand upright with the feet together, arms beside the body and the palms of the hands facing backward. The fingers should be together and straight. Raise the arms above the head, keeping them straight and shoulder width apart. Lean backward slightly to stretch the whole body. Bend forward from the hips and try to touch the floor with the palms of the hands. Place the hands on either side of the feet with the tips of the fingers in line with the toes. Try to bring the forehead to the knees. Keep the knees straight. Do not strain the hamstring muscles by using excessive force. Hold the final position for one or two seconds.

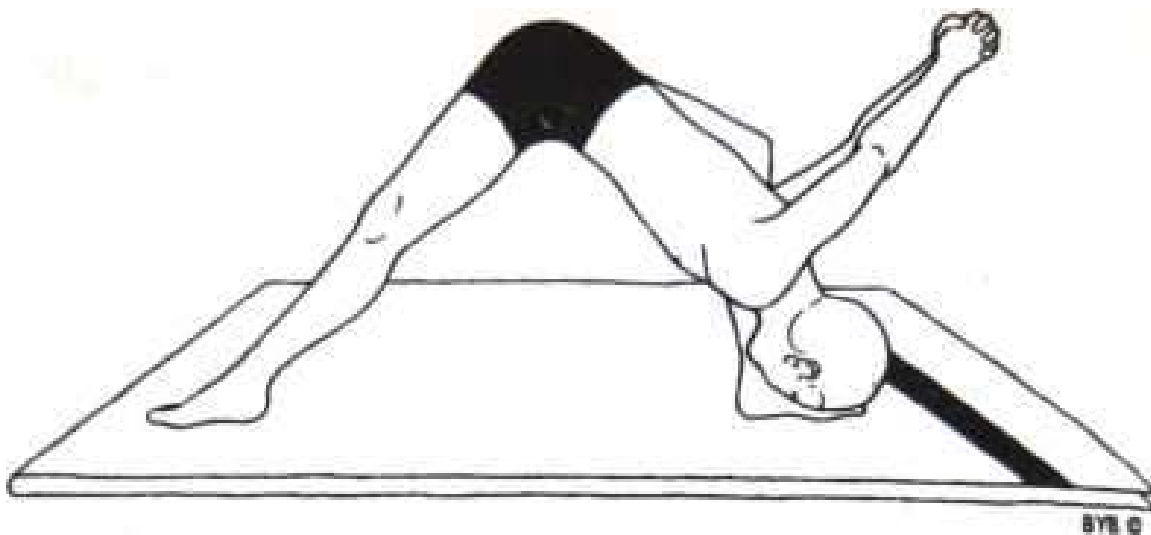
Raise the body to the upright position, keeping the arms straight above the head. Lower the arms to the sides.

**Duration:** Only 5 to 10 rounds to begin with. Advanced practitioners may increase this number up to 30.

Practice note: Beginners should try to bring the fingertips to the floor beside the toes. If this is not possible, grasp the ankles or calves.



# SIRSHA ANGUSTHA YOGASANA



## **Sirsha Angustha Yogasana (head to toe pose)**

Stand upright with the feet about one meter apart Interlock the fingers behind the back with the palms up. Keep the arms straight.

This is the starting position.

Twist the trunk to the right and turn the right foot slightly out to the side.

Bend forward at the waist, stretching the arms up as high as possible.

Bring the head down to the inside of the right foot. Bend the right knee slightly to assume this position.

As the head comes closer to the foot relax the shoulders, keep the arms straight and allow them to fall forward. Hold the position for as long as is comfortable.

Raise the trunk, lower the arms and re-centre the body.

Repeat on the other side.

This completes one round.

Practise a maximum of 5 rounds.

**Breathing:** Breathe in while in the starting position and while twisting.

Exhale while bending.

Retain the breath out while holding the position.

Inhale while raising the trunk and re-centering the body.

**Awareness:** Physical - on synchronizing the breath with the movement.

Spiritual - on manipura chakra.

**Sequence:** This asana may be preceded by pada hastasana and should be followed by a backward bending asana such as pristhasana, supta vajrasana or matsyasana.

**Contra-indications:** This asana should not be practiced by people suffering from heart disease, high blood pressure, back conditions such as slipped disc or sciatica, or sacral infections.

**Benefits:** This asana stretches the hamstring muscles and provides a lateral stretch to the spine. It stimulates the nervous system and the appetite, and helps to remove abdominal complaints and constipation. It reduces excess weight around the waist.

**Practice note:** To avoid overbalancing when raising the body, keep the leg bent and only straighten it once the torso is upright, then re-centre the body.

# UTTHITAJANU SIRSHASANA



Variation

## **Utthita Janu Sirshasana (standing head between knees pose)**

Stand with the feet about one meter apart, arms beside the body and head facing forward.

This is the starting position.

Raise the arms in front of the body, level with the chest. Bend forward from the hips and take the arms around the outside of the legs. Either grasp one wrist or clasp the hands behind the calves.

Bring the head towards the knees by slightly bending the elbows and using the strength of the arm muscles to achieve this. The legs should remain straight. Do not strain.

In the final position the trunk rests against the thighs and the wrists or elbows are held behind the calves or lower legs.

Hold the final position for as long as is comfortable. Release the hands and slowly raise the body to the upright position with the arms stretched out in front of the chest. Lower the arms to the starting position.

Practise up to 5 rounds.

**Breathing:** Inhale while raising the arms in front of the chest. Exhale fully before bending. Retain the breath outside while bending forward and holding the final position. Inhale while returning to the upright position. Exhale while lowering the arms.

**Awareness:** Physical - on synchronizing the movement with the breath, relaxing the back muscles and keeping the legs straight.

Spiritual - on swadhisthana chakra.

**Sequence:** This asana should be followed by a backward bending pose such as sarpasana, setuasana or dhanurasana.

**Benefits:** This asana stimulates the pancreas. It relaxes the hip joints and hamstring muscles, massages the spinal nerves and revitalizes the brain by improving the blood supply to that area.

**Variation:** Stand with the feet about one meter apart. Bend forward from the hips and wrap the arms around the back of the knees, bending the legs slightly. The arms should be horizontal with the elbows pointing out to the sides. Keeping the legs bent, try to bring the hands forward in between the legs and firmly interlock the fingers behind the back of the neck. Relax the back muscles.

Slowly straighten the legs without letting the fingers slip from behind the neck. Do not strain. The action of straightening the legs will apply a strong leverage on the spine and a firm compression of the abdomen.

In the final position the head will face backward.

Hold the pose for a short duration.

Release the position by bending the knees and unclasping the hands.

Slowly return to the upright position.

**Breathing:** Exhale before bending forward.

Inhale after interlocking the fingers behind the neck. Exhale while straightening the legs. Retain the breath out or breathe normally in the final position. Inhale while returning to the upright posture.

**Note:** *This more intense variation is also known as utthan asana.*

# EKA PADA PADMOTTANASANA



## **Eka Pada Padmottanasana (one leg raised to head pose)**

Sit with the legs outstretched.

Bend the right knee and place the foot flat on the floor in front of the right buttock.

Fold the left leg, keeping the knee on the ground, and place the heel under the perineum.

Interlock the fingers under the sole of the right foot. This is the starting position.

Raise the right foot and straighten the knee. Keep the spine straight.

Bring the knee to the nose.

Hold the pose for as long as is comfortable.

Bend the leg and lower the foot to the floor.

Practise a maximum of 5 times.

Repeat on the other side.

**Breathing:** Inhale in the starting position.

Retain the breath in while raising and lowering the leg. Retain the breath in the final position or breathe normally

if held for an extended duration.

Exhale in the starting position.

**Awareness:** Physical - on relaxation of the muscles of the straight leg, particularly the hamstrings.

Spiritual - on manipura chakra.

**Sequence:** This asana is a preparatory practice for meditative and forward bending asanas.

**Contra-indications:** People with back complaints or a displaced coccyx should not practice this asana.

**Benefits:** This asana renders the hamstring muscles and hip joints flexible. It tones the adrenals and corrects disorders of the reproductive system.



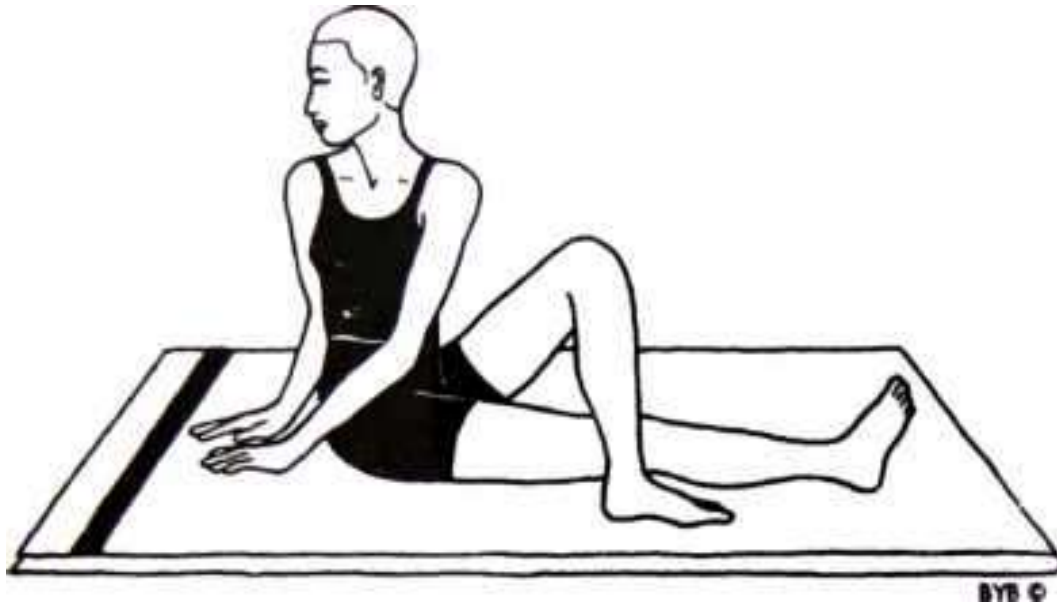
# Spinal Twisting Asanas

This is an important series of asanas for spinal health. Every asana program should include at least one practice from this group, preferably following the forward and backward bending postures. The twist imposed on the spine and the whole trunk exercises the muscles, makes the spinal column more flexible and stimulates the spinal nerves. It also has a strong influence on the abdominal muscles, alternately stretching and compressing them as the body twists from one direction to the other. Beginners must be careful not to twist the trunk more than flexibility will allow.

Most of the spinal twist asanas enhance the pranic flow in the samana region, around the navel. This nourishes organs such as the pancreas, kidneys, stomach, small intestines, liver and gall bladder, relieves associated disorders and rejuvenates the tissues generally. The samana region is also related to manipura chakra, a plexus of major nadis or pranic channels, supplying the whole body. These asanas, therefore, have a strong effect on total health and vitality.

On the emotional and psychic levels, controlled twisting represents a means of managing the knots and problems of life. For many people, life seems complicated and their problems appear too difficult to solve. These asanas give an insight and inspire a systematic approach to untying the tangled knots of life.

# MERU WAKRASANA



## **Meru Wakrasana (spinal twist)**

Sit with the legs outstretched.

Turn the trunk slightly to the right and place the right hand behind the body, close to the left buttock, with the fingers pointing backward. Place the left hand behind and slightly to the side of the right buttock, as close as possible to the right hand.

Bend the left knee and place the foot outside the right knee. Twist the head and trunk as far to the right as is comfortable, using the arms as levers, while keeping the spine upright and straight.

The buttocks should remain on the floor. The right elbow may bend a little. Hold the final position, relaxing the back. Look over the right shoulder as far as possible.

Re-center the trunk, relax for a few seconds and then twist again.

Practise up to 5 times and then repeat on the other side.

**Breathing:** Inhale before twisting.

Retain the breath inside while twisting.

Exhale while re-centering.

**Awareness:** Physical - on the twist in the spine, relaxation of the spine and breath awareness in the final position.

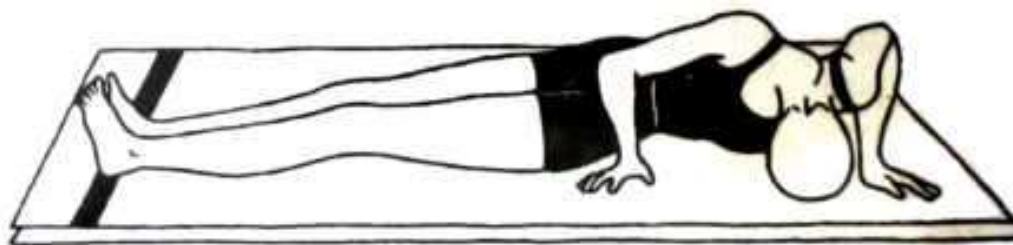
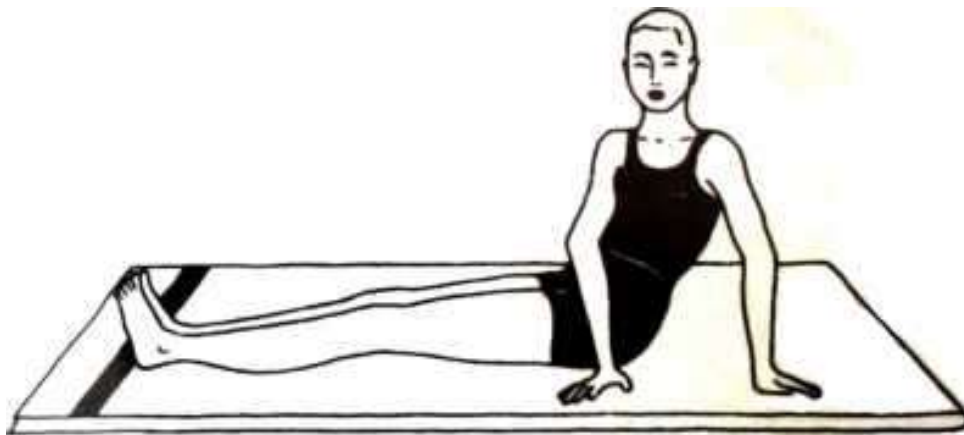
Spiritual - on manipura chakra.

**Sequence:** Meru wakrasana is a preparatory asana for ardha matsyendrasana and may be practiced after forward and backward bending asanas and before inverted asanas.

**Contra-indications:** People with severe back conditions, ulcers, hernias or other complaints of this nature, should not perform this asana.

**Benefits:** Meru wakrasana stretches the spine, loosening the vertebrae and toning the nerves. It alleviates backache, neck pain, lumbago and mild forms of sciatica. It is a good asana for beginners, preparing the back for the more difficult spinal twists.

## **BHU NAMANASANA**



### **Bhu Namanasana (spinal twist prostration pose)**

Sit with the spine erect and the legs outstretched.

Place the hands to the side of the right hip.

Move the right hand back slightly further behind the body with the fingers pointing backward.

Twist the trunk 90 degrees to the right, using the arms and shoulders as levers. Slowly bend the torso and bring the forehead to the floor.

If possible keep both buttocks on the floor.

Hold the final position for a short time.

Slowly raise and return to the starting position.

Repeat the movement on the other side. This completes one round.

Practice up to 5 rounds.

**Breathing:** Inhale while facing forward.

Retain the breath in while twisting.

Exhale while bending.

Retain the breath out in the final position.

Inhale while raising the trunk.

Exhale while re-centering the body.

**Awareness:** Physical - on relaxation of the back and on the breath.

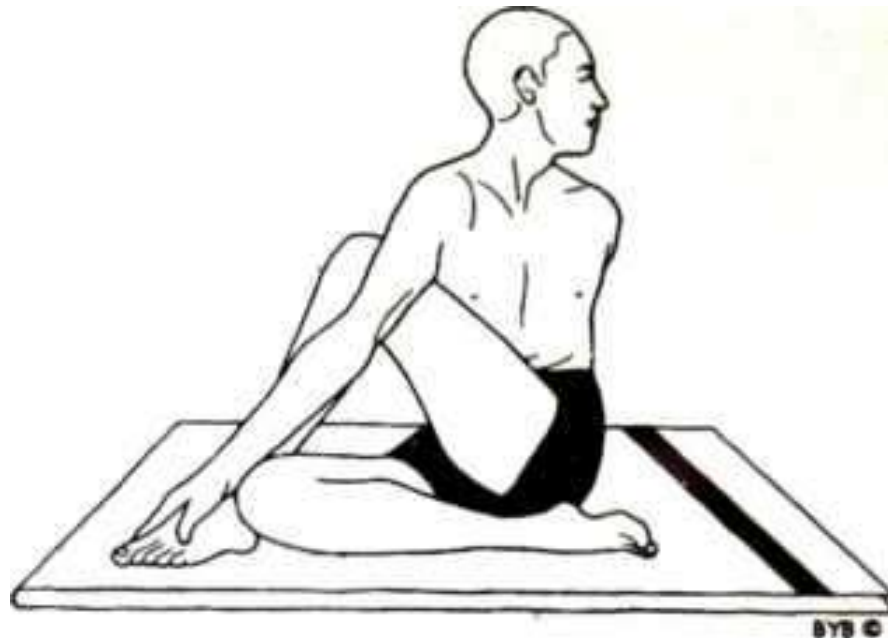
Spiritual - on manipura chakra.

**Sequence:** This asana should be practiced after completing a series of forward and backward bending asanas. It also stretches the legs and spine when performed after long periods of time sitting in a meditation posture. It is a preparatory practice for more advanced twisting asanas such as ardha matsyendrasana.

**Contra-indications:** The same as for ardha matsyendrasana.

**Benefits:** This asana stretches the spine and lower back, making the muscles supple and stimulating the nerves.

# ARDHA MATSYENDRASANA



## **Ardha Matsyendrasana (half spinal twist)**

Sit with the legs stretched out in front of the body.

Bend the right t leg and place the right foot flat on the floor on the outside of the left knee.

The toes of the right foot should face forward.

Bend the left leg and bring the foot around to the right buttock. The outside edge of the foot should be in contact with the floor.

Pass the left arm through the space between the chest and the right knee, and place it against the outside of the right leg.

Hold the right foot or ankle with the left hand, so that the right knee is close to the left armpit.

Sit up as straight as possible.

Raise the right arm in front of the body and gaze at the fingertips.

Slowly twist to the right, simultaneously moving the arm, trunk and head.

Use the left arm as a lever against the right leg to twist the trunk as far as possible without using the back muscles. Follow the tips of the fingers of the right hand with the gaze and look over the right shoulder.

Do not strain the back.

Bend the right elbow and place the arm around the back of the waist. The back of the right hand should wrap around the left side of the waist.

Alternatively, it can be placed as high as possible between the shoulder blades with the fingers pointing up. This arm position enforces the straightness of the spine. Reverse the movements to come out of the posture and repeat on the other side.

**Breathing:** Inhale in the forward position.

Exhale while twisting the trunk.

Breathe deeply and slowly without strain in the final position.

Inhale while returning to the starting position.

**Duration:** Practice once on each side, gradually increasing the holding time to 1 or 2 minutes on each side of the body or up to 30 breaths.

**Awareness:** Physical - on keeping the spine straight and on the movement of the abdomen created by the breath in the final position.

Spiritual - on ajna chakra.

**Sequence:** This asana should be performed after completing a series of forward and backward bending asanas.

**Contra-indications:** Women more than two or three months pregnant should avoid this practice. People suffering from peptic ulcer, hernia or hyperthyroidism should only practice this pose under expert guidance.

People with sciatica or slipped disc may benefit from this asana, but great care should be taken.

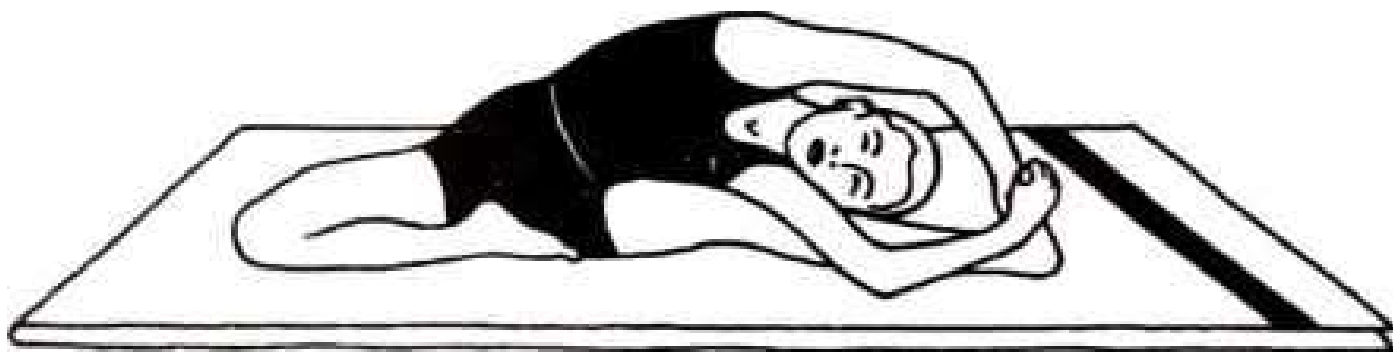
**Benefits:** This asana simultaneously stretches the muscles on one side of the back and abdomen while contracting the muscles on the other side. It tones the nerves of the spine, makes the back muscles supple, relieves lumbago and muscular spasms, and reduces the tendency of adjoining vertebrae to develop osteophytes. When practiced with care, it has proved beneficial for mild cases of slipped disc. Ardha matsyendrasana massages the abdominal organs, alleviating digestive ailments. It regulates the secretion of adrenaline and bile and is recommended in the yogic

management of diabetes. Under special guidance it is used for the yogic management of sinusitis, hay fever, bronchitis, constipation, colitis, menstrual disorders, urinary tract disorders and cervical spondylitis, as long as it can be performed without any discomfort.

**Variation:** For beginners and those with stiff bodies the following adjustments to the position may be made:

The leg that is placed by the side of the buttock should remain straight and the hand holding the ankle may be wrapped around the opposite thigh, hugging the knee to the chest.

## **PARIVRITTI JANU SIRSHASANA**



### **Parivritti Janu Sirshasana (spiraled head to knee pose)**

Sit with the legs about a meter apart. Bend the left knee and place the heel against the perineum. Bend forward, inclining the body to the right to hold the right foot with the right hand.

The fingers should be in contact with the arch of the foot and the thumb should be on top.

Place the elbow on the floor on the inside of the straight leg.

Move the right shoulder down towards the right leg. Bring the left arm over the head and grasp the right foot with the left hand.

Contracting the arms, slowly pull the right shoulder towards the right foot. Ease the head under the left arm, relax the back and twist the trunk as much as possible so that the chest is open and facing forward.

Look towards the ceiling in the final position.

Hold the pose for a comfortable length of time.

Release the hands and slowly return to the upright position, lowering the left arm over the head.

Repeat the movement on the other side.

**Breathing:** Breathe normally while positioning the legs.

Exhale while inclining the trunk and placing the arms and hands into position, then inhale.

Exhale while pulling the body sideways.

Breathe normally while holding the final position.

Inhale while returning to the upright position.

**Duration:** Practice once on each side. Discontinue the pose if any discomfort is experienced.

**Awareness:** Physical - on the twist and stretch of the body.

Spiritual - on manipura chakra.

**Sequence:** This asana should be practiced after forward and backward bending asanas. It is a twisting asana with a forward bend.

**Contra-indications:** Pregnant women or people with back complaints should not perform this practice.

**Benefits:** This asana gives the same benefits as paschimottanasana and ardha matsyendrasana with the added advantage that it stretches and massages each side of the abdomen and chest. It prepares the body for long hours of sitting in meditation asanas.



# Inverted Asanas

Inverted asanas reverse the action of gravity on the body; instead of everything being pulled towards the feet, the orientation shifts towards the head. Similarly, on the emotional and psychic levels, inverted asanas turn everything upside down, throwing a new light on old patterns of behavior and being. Generally, these practices improve health, reduce anxiety and stress, and increase self-confidence. They also increase mental power, concentration and the capacity to sustain large workloads without strain.

Inverted asanas encourage a rich supply of blood to flow to the brain, nourishing the neurons and flushing out toxins. Blood and lymph, accumulated in the lower limbs and abdomen, are drained back to the heart, then circulated to the lungs, purified and re-circulated to all parts of the body. This process nourishes the cells of the whole human organism. The enriched blood flow also allows the pituitary gland to operate more efficiently, tuning the entire endocrine system. This has a positive effect on the metabolic processes and even on ways of thinking.

While the body is in an inverted asana, the breath becomes slow and deep, maximizing the exchange of carbon dioxide and oxygen, and generally encouraging correct respiration. In addition, the abdominal organs: the liver, spleen, stomach, kidneys and pancreas, receive a powerful massage, helping them to perform their functions more efficiently.

*Traditionally, inverted asanas are used to sublimate and transform sexual energy into spiritual energy.* The aim of the practices, in this context, is to stimulate the chakras, open

sushumna nadi and unleash kundalini to bring about psychic awakening. While it is unlikely that kundalini will be raised through practice of these asanas alone, inverted postures undoubtedly improve the quality of meditation and concentration, refining the consciousness and enabling it to enter unexplored levels of the mind.

This important group of asanas must be performed correctly and with the utmost care. It is emphasized that these are powerful practices and that the following observances should be strictly adhered to.

**Time of practice:** Do not practice inverted asanas until at least three hours after taking food. Do not perform inverted asanas immediately after vigorous exercise. Wait for half an hour to allow the body to remove the waste products of muscle metabolism from the blood.

**Equipment:** Always practice these asanas on a folded blanket thick enough to protect the vertebra of the neck and back of the head. Never practice on a soft mattress, spring bed or air cushion.

**Duration:** Beginners should only remain in the final positions for a few seconds. Once an asana can be maintained without experiencing the slightest difficulty, the duration may be increased gradually until it can be held for the recommended time.

**Rest:** Always follow inverted poses with shavasana. Rest until the breath and heartbeat are completely normal, then practice the recommended counterpose.

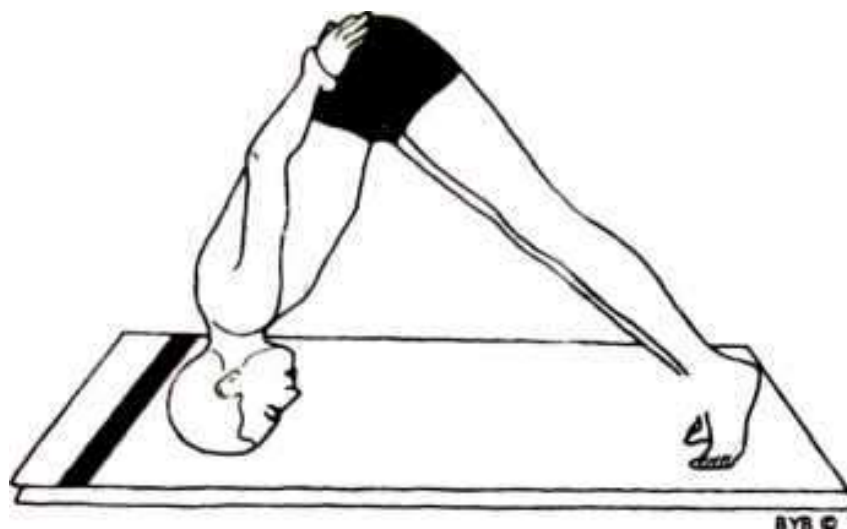
**Precautions:** Do not practice near furniture or anything that might impede a free fall to the floor. During a backward or forward fall, aim to break the fall with the feet. While falling, the body should be completely relaxed, never tense. If any discomfort occurs, discontinue the practice.

**Contra-indications:** People suffering from high blood pressure and back conditions, especially slipped disc, should not practice these asanas. Those with illnesses that make the blood impure should not perform inverted asanas until the blood is purified. Those who are uncertain about the purity of their blood should seek the advice of a yoga teacher or ayurvedic

doctor. Women should not practice inverted postures during pregnancy or menstruation.

**Practice note:** Assume the postures slowly and gently. Inverted asanas with their counterposes are usually placed at the end of an asana program. Never combine mayurasana with inverted asanas in one practice session.

# BHUMI PADA MASTAKASANA



## **Bhumi Pada Mastakasana (half headstand)**

Assume marjari-asana.

Turn the toes under.

Place the crown of the head on the floor between the hands. Straighten the knees and raise the buttocks, balancing on the head and feet. Bring the heels together and separate the toes.

Raise the arms and clasp the hands or take hold of one wrist behind the back. Come up onto the toes as high as possible.

Hold the final pose for as long as is comfortable.

Lower the arms and place the hands beside the head. Slowly return to marjari-asana and then lower into shashankasana for a few moments.

This is one round.

After completing the practice, lie in shavasana before continuing with the counterpose.

**Breathing:** Normal breathing.

**Duration:** Practice up to 3 rounds, gradually extending the period in the asana.

**Awareness:** Physical - on the breath, balance or the brain.

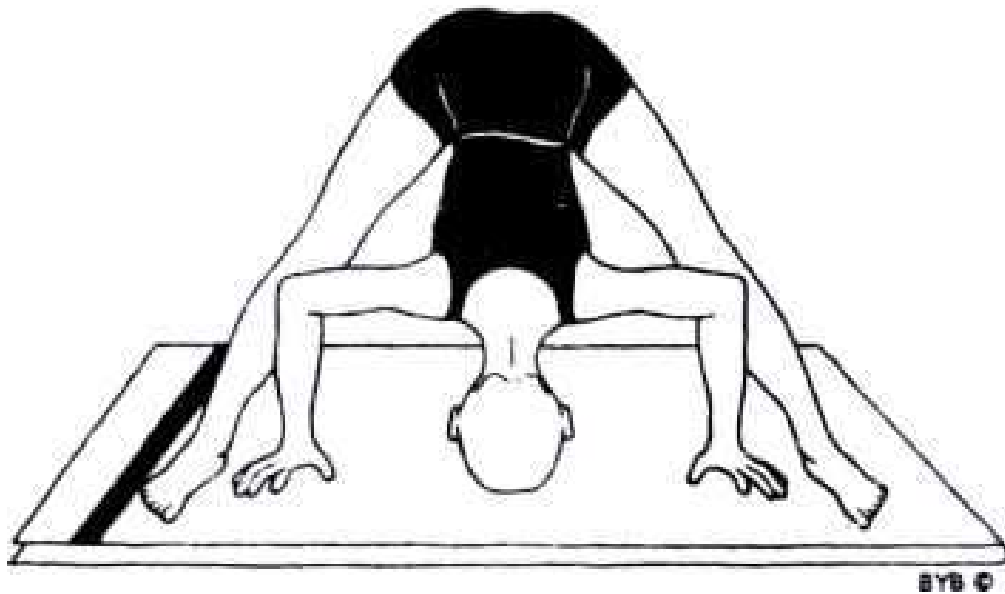
Spiritual - on sahasrara chakra.

**Sequence:** This asana should be followed by tadasana.

**Contra-indications:** People with high blood pressure, heart conditions, inflammation of the ear, weak eye capillaries, severe near-sightedness, organically defective pituitary or thyroid glands, arteriosclerosis, cerebral or other thrombosis, severe asthma, tuberculosis, cold or sinusitis, excessively impure blood, slipped disc, weak spine or vertigo should not practise this asana.

**Benefits:** This asana helps in cases of low blood pressure. It balances the nervous system, strengthens the neck and head muscles and brings a rich supply of blood to the brain. As a preliminary pose to sirshasana it accustoms the brain to the increased influx of blood and the crown to supporting the weight of the body.

## MOORDHASANA



### **Moordhasana (crown-based pose)**

Stand erect with the feet about a meter apart.

Bend forward from the hips and place the hands in front of the feet.

The weight of the body should be evenly distributed and supported by the limbs.

**Stage I:** Place the crown of the head on the floor between the hands.

Raise the arms and take hold of one wrist behind the back.



**Stage 2:** Raise the heels and balance on the head and toes. This is the final position.

Hold the position for as long as is comfortable.

Replace the hands on the floor and then return to the upright position.

Relax in the standing position until the body regains its equilibrium.

**Breathing:** Inhale in the standing position.

Exhale while bending forward.

Breathe normally while holding the position.

Inhale while returning to the standing position.

**Duration:** Practice up to 3 rounds. When first practicing this asana hold the pose for a few seconds only, then gradually, over a period of a few weeks, extend the time to one minute.

**Awareness:** Physical - on respiration and balance.

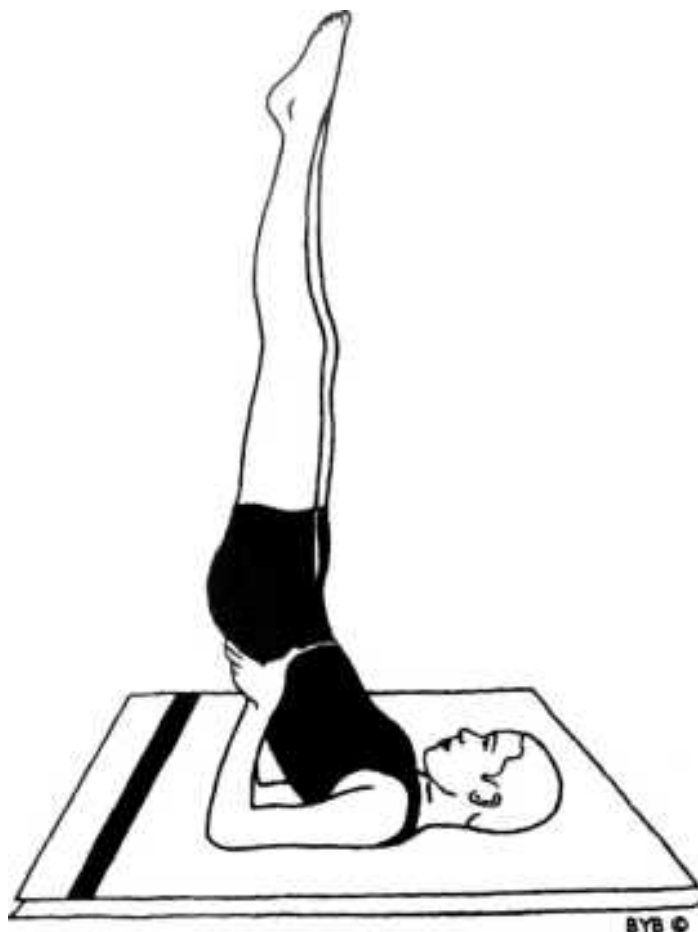
Spiritual - on sahasrara chakra.

**Sequence:** At the end of the asana program, before sirshasana and followed by tadasana as the recommended counterpose.

**Contra-indications:** As for bhumi pada mastakasana.

**Benefits:** As for bhumi pada mastakasana.

# VIPAREETA KARANI ASANA



## **Vipareeta Karani Asana (inverted pose)**

Lie flat on the back with the legs and feet together in a straight line. Place the hands and arms close to the body with the palms facing down.

Relax the whole body.

Raise both legs, keeping them straight and together. Move the legs over the body towards the head.

Push down on the arms and hands, raising the buttocks. Roll the spine from the floor, taking the legs further over the head.

Turn the palms up, bend the elbows and let the top of the hips rest on the base of the palms near the wrist. The hands cup the hips and support the weight of the body. Keep the elbows as close to each other as possible.

Raise both the legs to the vertical position and relax the feet.

In the final position, the weight of the body rests on the shoulders, neck and elbows, the trunk is at a 45 degree angle to the floor and the legs are vertical. Note that the chin does not press against the chest. Close the eyes and relax in the final pose for as long as is comfortable.

To return to the starting position, lower the legs over the head, then place the arms and hands close to the body, palms facing down.

Slowly lower the spine, vertebra by vertebra, along the floor.

Do not lift the head.

When the buttocks reach the floor, lower the legs, keeping them straight.

Relax the body in shavasana.

**Breathing:** Inhale while in the lying position.

Retain the breath inside while assuming the final pose. Once the body is steady in the final pose, practice normal or ujjayi breathing.

Retain the breath inside while lowering the body to the floor.

**Duration:** Beginners should practice for a few seconds only, gradually increasing the time over a period of weeks to an optimum of 3 to 5 minutes for general health purposes. This practice should be performed only once during the asana program.

**Other details:** As for sarvangasana.

**Practice note:** This asana is a preparatory practice for sarvangasana. It is recommended for beginners and those with stiff necks who are unable to perform sarvangasana. If there is discomfort in the elbows while performing the practice, extra padding may be placed under them; bringing them closer together at the start of the practice may also help. To begin with, it may be necessary to bend the knees when raising and lowering the legs.

**Note:** *This posture provides the basis for vipareeta karani mudra as used, in kriya yoga.*



# SARVANGASANA



## **Sarvangasana (shoulder stand pose)**

Lie on the back on a folded blanket.

Check that the head and spine are aligned and that the legs are straight with the feet together.

Place the hands beside the body with the palms facing down.

Relax the entire body and mind.

Contract the abdominal muscles and, with the support of the arms, slowly raise the legs to the vertical position, keeping them straight.

When the legs are vertical, press the arms and hands down on the floor.

Slowly and smoothly roll the buttocks and spine off the floor, raising the trunk to a vertical position.

Turn the palms of the hands upward, bend the elbows and place the hands behind the ribcage, slightly away from the

spine, to support the back. The elbows should be about shoulder width apart.

Gently push the chest forward so that it presses firmly against the chin.

In the final position, the legs are vertical, together and in a straight line with the trunk. The body is supported by the shoulders, nape of the neck and back of the head. The arms provide stability, the chest rests against the chin and the feet are relaxed.

Close the eyes.

Relax the whole body in the final pose for as long as is comfortable.

To return to the starting position, bring the legs forward until the feet are above and behind the back of the head. Keep the legs straight.

Slowly release the position of the hands and place the arms on the floor beside the body with the palms down. Gradually lower each vertebrae of the spine to the floor, followed by the buttocks, so that the legs resume their initial vertical position.

Lower the legs to the floor slowly, keeping the knees straight.

Perform this action without using the arms for support. The whole movement should combine balance with control so that the body contacts the floor slowly and gently. Relax in shavasana until the respiration and heartbeat return to normal.

**Breathing:** Inhale in the starting position.

Retain the breath inside while assuming the final pose. Practice slow, deep abdominal breathing in the final pose when the body is steady.

Retain the breath inside while lowering the body to the floor.

**Duration:** Beginners should hold the final position for a few seconds only, gradually increasing the time over a period of weeks to an optimum of 3 to 5 minutes for general health. This practice should be performed only once during the asana program.

**Awareness:** Physical - on the control of the movement, on the breath or the thyroid gland.

Spiritual - on vishuddhi chakra.

**Sequence:** Sarvangasana is ideally practiced immediately before halasana. After halasana, either matsyasana, ushtrasana or supta vajrasana should be practiced as a counterpose for half the combined duration of sarvangasana and halasana.

**Contra-indications:** This asana should not be practiced by people suffering from enlarged thyroid, liver or spleen, cervical spondylitis, slipped disc, high blood pressure or other heart ailments, weak blood vessels in the eyes, thrombosis or impure blood. It should be avoided during menstruation and advanced stages of pregnancy.

**Benefits:** By pressing the chest against the chin this asana stimulates the thyroid gland, balancing the circulatory, digestive, reproductive, nervous and endocrine systems. Together with the enriched blood flow to the brain, it also tranquillizes the mind, relieves mental and emotional stress, fear and headaches, and helps clear psychological disturbances. The thymus gland is also stimulated, boosting the immune system. Its influence on the parathyroid glands ensures normal development and regeneration of the bones, preventing premature calcification.

Abdominal breathing is induced, improving the exchange of air in the body, relieving stress and massaging the abdominal organs. Sarvangasana releases the normal gravitational pressure from the anal muscles, relieving hemorrhoids. It tones the legs, abdomen and reproductive organs, draining stagnant blood and fluid, and increasing circulation to these areas. Flexibility of the neck vertebrae is improved and the nerves passing through the neck to the brain are toned. Circulation is increased in this area generally, revitalizing the ears, eyes and tonsils, preventing and relieving various throat and nose ailments. Sarvangasana is used in yoga therapy for the treatment of asthma, diabetes, colitis, thyroid disorders, impotence,

hydrocele, prolapse, menopause, menstrual disorders and leucorrhoea. Regular practice helps to prevent cough, cold and flu.

**Variation 1:** Assume sarvangasana.

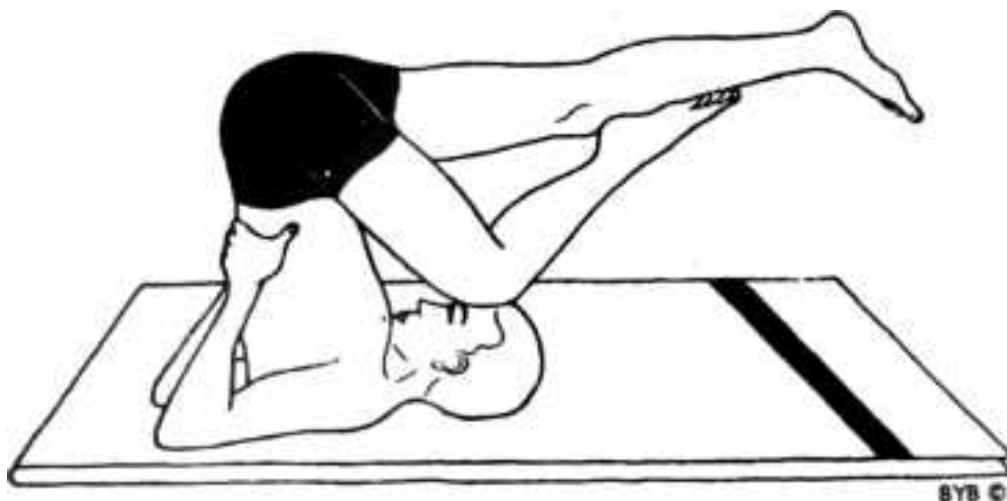
Exhale and lower one leg forward over the body until it is horizontal to the floor. The other leg should be vertical. Hold the pose for a few seconds.

Inhale, return the leg to the vertical position and resume sarvangasana. Repeat on the other side.

**Variation 2:** Assume sarvangasana.

Exhale, bend the hips forward, and lower both the straight legs over the head until they are parallel to the floor. Hold for a few seconds.

Inhale and raise the legs to the vertical position.



**Variation 3:** Assume sarvangasana.

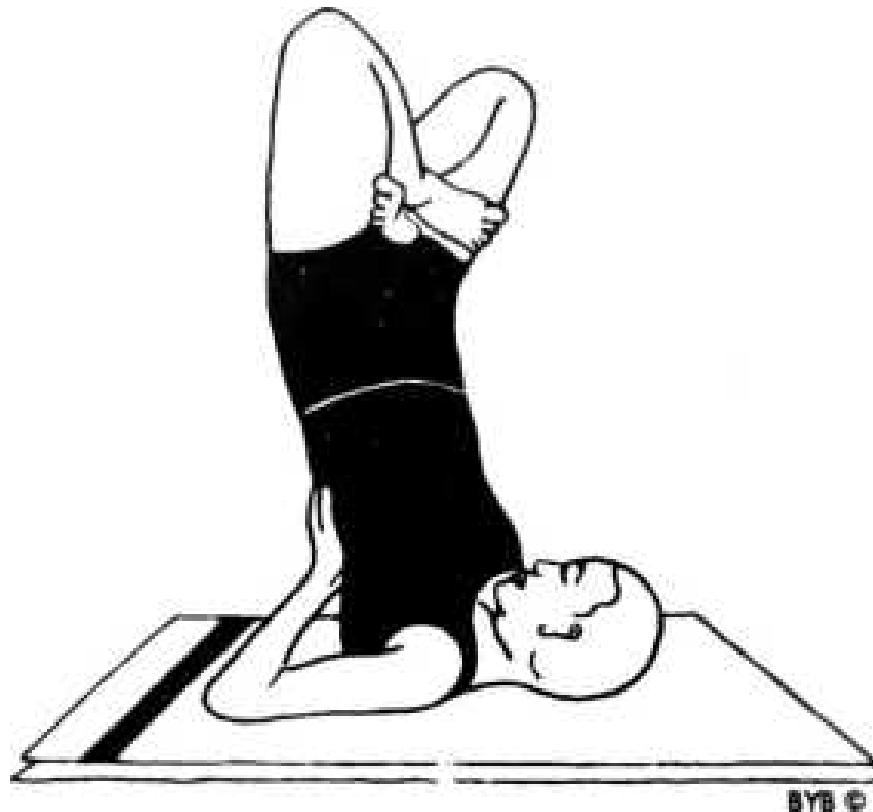
Inhale and bend the right knee. Place the right foot on the left knee.

Exhale, bend the hips forward and place the right knee on the forehead. The left leg should be horizontal to the floor.

Retain the breath inside while holding this position. Return to sarvangasana.

Repeat on the other side.

# PADMA SARVANGASANA



## **Padma Sarvangasana (shoulder stand lotus pose)**

Assume sarvangasana.

Fold the legs into padmasana in the final pose.

**Variation:** Sit with the spine straight and the legs stretched out in front of the body.

Perform padmasana.

Lean back and lie flat on the back.

Raise the folded legs to the vertical position and assume sarvangasana.

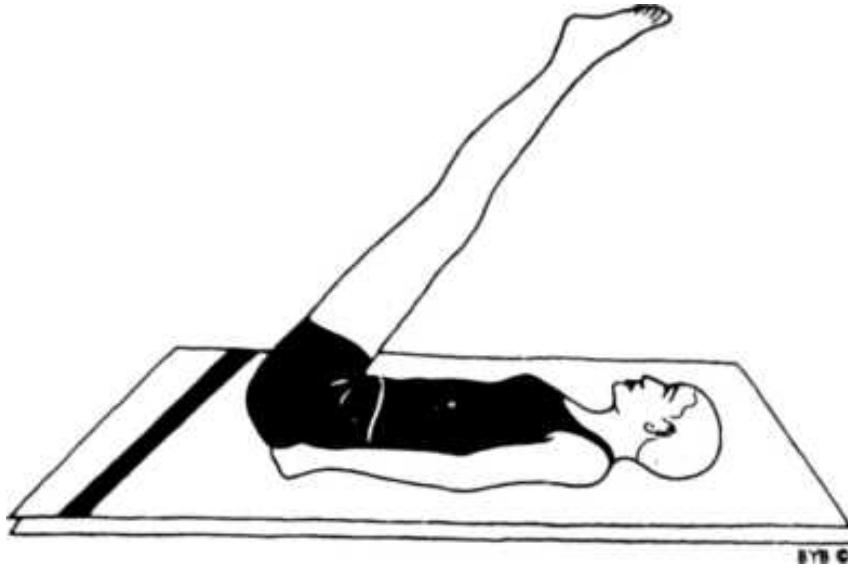
Hold the final pose for as long as is comfortable.

Return to the starting position in the reverse order.

**Benefits:** This asana gives an additional stretch and massage to the pelvic region and internal organs. Other benefits are the same as for sarvangasana, except that free drainage of blood from the legs is impeded. Therefore, it is not effective in the treatment of piles or varicose veins.

**Other details:** As for sarvangasana.

# POORWA HALASANA



## **Poorwa Halasana (preliminary plough pose)**

Lie on the back with the legs and feet together.

Place the arms close to the body either with the palms of the hands facing down or with the hands made into fists and placed under the buttocks.

This is the starting position.

Raise both the legs to the vertical position.

The buttocks should rest on the floor or on the fists. Lower the legs, bringing the feet towards the head. Separate the legs as far as possible and bring them together again. Maintain a 45 degree angle between the legs and torso. Slowly lower the legs to the floor, keeping them straight.

**Breathing:** Inhale in the starting position.

Retain the breath inside while raising, separating and lowering the legs.

Exhale after returning to the starting position.

**Duration:** 5 to 10 rounds.

**Awareness:** Physical — on the controlled movement with the breath or on the thyroid gland.

Spiritual - on manipura or vishuddhi chakra.

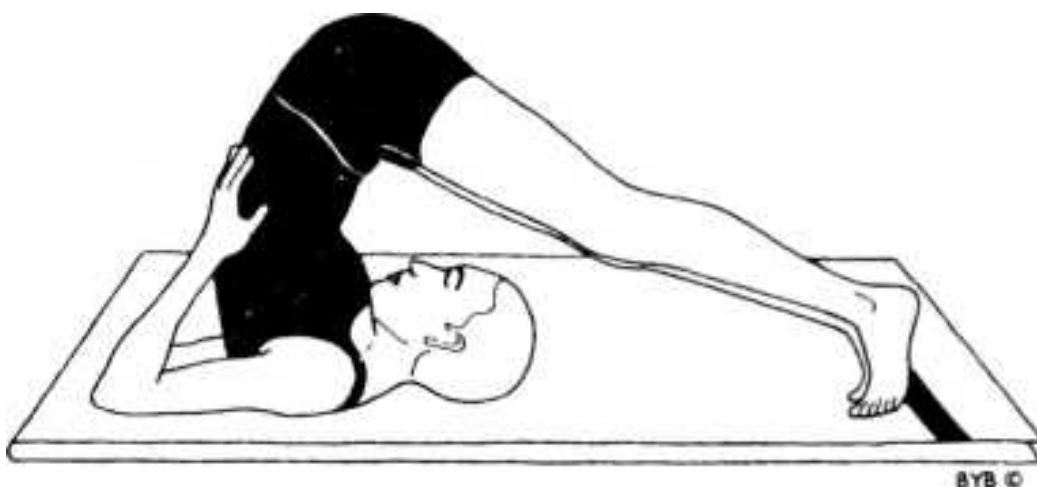
**Sequence:** This pose should be followed by a backward landing counterpose such as bhujangasana or shalabhasana.

**Contra-indications:** This asana should not be practiced by those who are old, infirm, suffering from sciatica or slipped disc.

**Benefits:** It stretches the pelvis, regulates the kidneys, activates the intestines and removes excess weight.

**Practice note:** It is recommended for beginners and should be mastered before attempting halasana.

## HALASANA



### Halasana (plough pose)

Lie flat on the back with the legs and feet together. Place the arms beside the body with the palms facing down. Relax the whole body. Raise both legs to the vertical position, keeping them straight and together, using only the abdominal muscles. Press down on the arms and lift the buttocks, rolling the back away from the floor. Lower the legs over the head. Try to touch the toes to the floor behind the head. Do not force the toes to touch the floor.

Turn the palms up, bend the elbows and place the hands behind the ribcage to support the back as in sarvangasana. Relax and hold the final pose for as long as is comfortable. Return to the starting position by lowering the arms with the palms facing down, then slowly lower the back and buttocks to the floor.

Raise the legs to the vertical position. Using the abdominal muscles, lower the legs to the starting position, keeping the knees straight.

**Breathing:** Inhale while in the lying position.

Retain the breath inside while assuming the final pose. Breathe slowly and deeply in the final pose.

Retain the breath inside while returning to the starting position.

**Duration:** Beginners should hold the pose for 15 seconds, gradually adding a few seconds per week until it can be held for one minute.

Adepts may hold the final pose up to 10 minutes or longer.

**Awareness:** Physical - on the abdomen, relaxation of the back muscles, the respiration or the thyroid gland.

Spiritual - on manipura or vishuddhi chakra.

**Sequence:** If possible, perform this asana immediately after sarvangasana. To go from sarvangasana to halasana, bring the feet slightly over the head for balance, slowly remove the arms from their position behind the back and place them on the floor in the starting position, palms facing down. Relax the body and slowly lower the legs over the head, keeping them straight and together, until the toes touch the floor. Keep the legs straight and continue as described above.

Follow halasana with either matsyasana, ushtasana or supta vajrasana as a counterpose, practiced for half the combined duration of sarvangasana and halasana. It may also be followed by the variations for halasana given at the end of this chapter. Halasana is a good preparatory practice for paschimottanasana.

**Contra-indications:** This asana should not be practiced by those who suffer from hernia, slipped disc, sciatica, high blood pressure or any serious back problem, especially arthritis of the neck.

**Benefits:** The movement of the diaphragm which takes place during the practice of halasana massages all the internal organs, activates the digestion, relieving constipation and dyspepsia, revitalizes the spleen and the suprarenal glands,

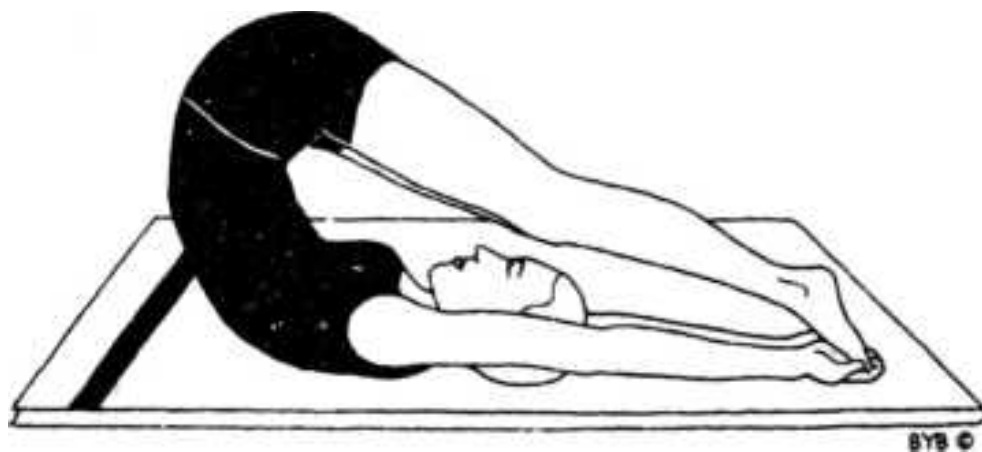


promotes the production of insulin by the pancreas and improves liver and kidney function. It strengthens the abdominal muscles, relieves spasms in the back muscles, tones the spinal nerves, improving the operation of the sympathetic nervous system, and increases blood circulation to the whole area. It regulates the activities of the thyroid gland which balances the body's metabolic rate, and stimulates the thymus gland, boosting the immune system.

It is used in yoga therapy for the management of asthma, bronchitis, constipation, hepatitis, urinary tract and menstrual disorders.

**Variation I:** In the final pose, walk the feet away from the head until the body is completely stretched and a tight chin lock is performed. Breathe normally for as long as is comfortable in the final pose.

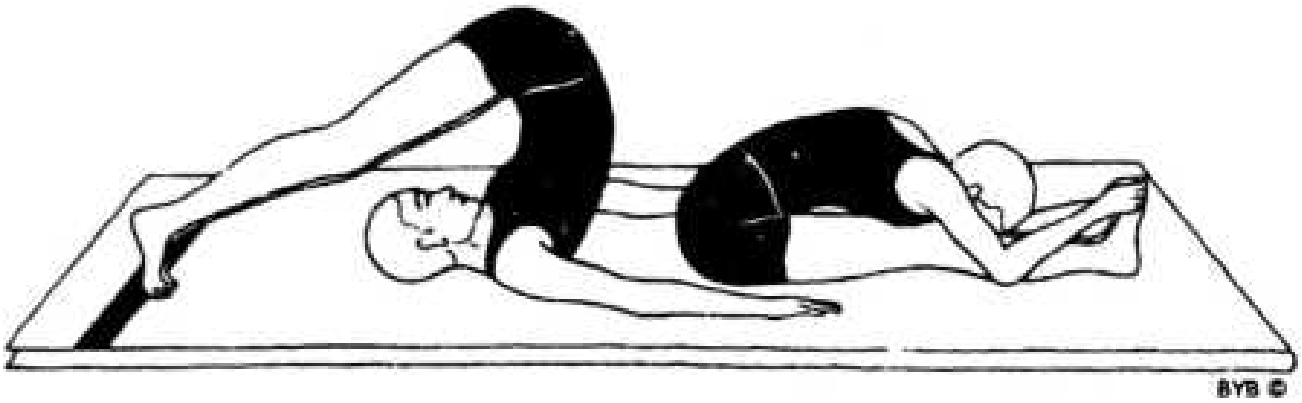
This position stretches the upper back, including the neck, giving more flexibility to the upper spine.



**Variation 2:** In the final pose, begin to walk the toes towards the back of the head, keeping the legs straight and together. Take hold of the toes, keeping the arms straight. Breathe normally for as long as is comfortable in the final pose. This position stretches and increases flexibility in the lumbar-sacral region of the spine.

After practicing these variations, return to halasana and then to the starting position.

# DRUTA HALASANA



## **Druta Halasana (dynamic plough pose)**

Lie flat on the back with the legs and feet together.

Place the arms close to the body with the palms facing down. Relax the whole body.

Press down on the arms. Rapidly roll the legs over the head, keeping the legs straight, and touch the floor behind the head with the toes.

Hold the position for 1 or 2 seconds.

Roll the body rapidly back to the starting position. Immediately sit up and bend the body forward into paschimottanasana. Keep the legs straight and try to touch the knees with the forehead.

Resume the seated position.

This completes 1 round.

The practice should be performed with an even flowing movement.

**Breathing:** Inhale and exhale deeply in the lying position before starting.

Retain the breath outside while rolling back into halasana, forward into paschimottanasana and returning to the seated position.

Inhale and exhale in the seated pose.

**Duration:** Practice up to 10 rounds.

**Awareness:** Physical - on the flow of the movement with the breath or on the stretch in the back.

Spiritual - on manipura chakra.

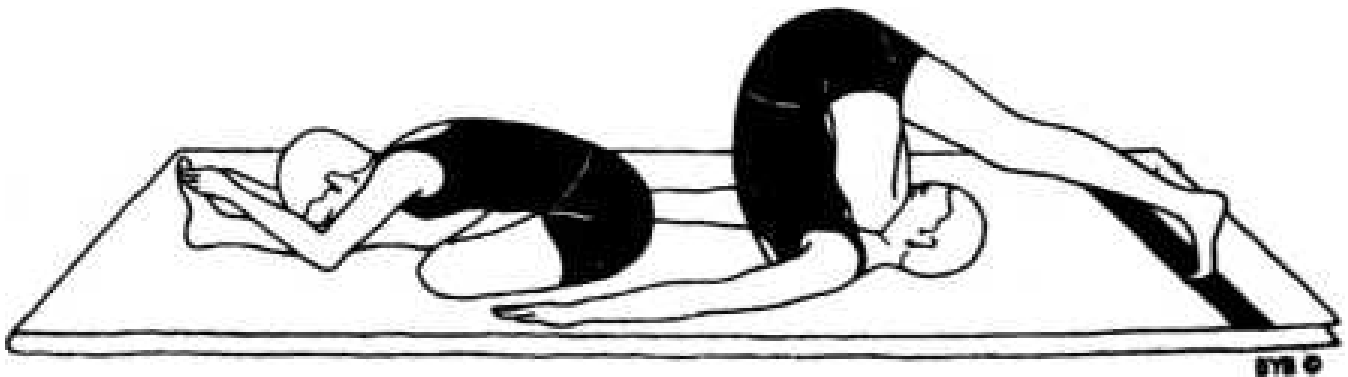
**Sequence:** This practice should be followed by a backward bending counterpose such as either matsyasana or supta vajrasana.

**Contra-indications:** Druta halasana should not be practiced by those with sciatica or other back or neck ailments, or by people with high blood pressure.

**Benefits:** This practice has the benefits of both halasana and paschimottanasana. It activates the intestinal peristalsis, improving digestion and removing constipation, facilitates the breakdown of fats by exercising the liver and gall bladder, and stretches the pelvic region.

**Practice note:** The body should be completely stretched out in the lying position before moving into either halasana or paschimottanasana. This aspect can easily be overlooked as the momentum gathers.

## ARDHA PADMA HALASANA



### **Ardha Padma Halasana (half lotus plough pose)**

Sit with the legs outstretched and the feet together. Bend the left leg and place the foot on top of the right thigh in the half lotus position. Place the arms close to the body with the palms facing down.

Press down with the hands and roll backward.

Move the straight leg over the head and touch the ground with the toes.

Roll back to the upright position and, without breaking

the movement, bend forward and hold the toes of the outstretched leg. Bring die forehead to the knee of the outstretched leg. Resume the upright position.

Repeat with the right leg folded in ardha padmasana.

**Breathing:** Inhale and exhale completely before rolling.

Retain the breath outside while rolling.

**Duration:** Up to 5 times with each leg folded.

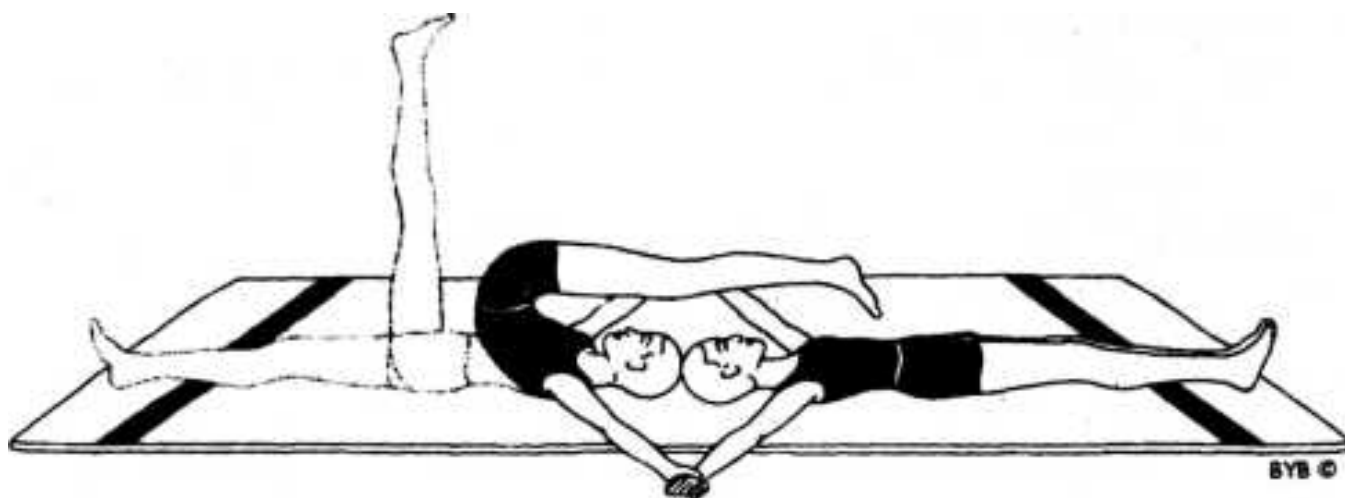
**Awareness:** As for druta halasana.

**Sequence:** This practice should be followed by a backward bending counterpose, such as supta vajrasana or matsyasana, to release the compression in the neck and abdomen.

**Other details:** As for druta halasana.

**Practice note:** Be careful not to strain the muscles of the back or legs. Do not hit the back of the head on the floor.

## STAMBHAN ASANA



### Stambhan Asana (posture of retention)

This asana requires the participation of two people of similar height and build. Lie on the back with the crown of the head touching that of the other person.

The arms should rest beside the body with the legs and feet together. The two bodies should be in a single, straight line. Stretch the arms out to the sides at shoulder level and take hold of each other's hands.

Tense the arms and keep them flat on the floor with the elbows straight throughout the practice.

The tops of the heads must press against each other. This is the starting position.

Partner one should raise the legs, keeping them together, until they are perpendicular to the floor.

Hold this position for a few seconds.

Lower the legs to the floor.

Again the same partner should raise both legs and buttocks from the floor and lower the legs into a horizontal position over the partner so the toes are above the partner's navel. Hold the position for a few seconds, then slowly lower the legs and buttocks to the floor, resuming the starting position.

Partner two then performs the practice in the same way.

**Breathing:** Inhale while in the starting position.

Retain the breath inside while raising, holding and lowering the legs.

Exhale after returning to the starting position.

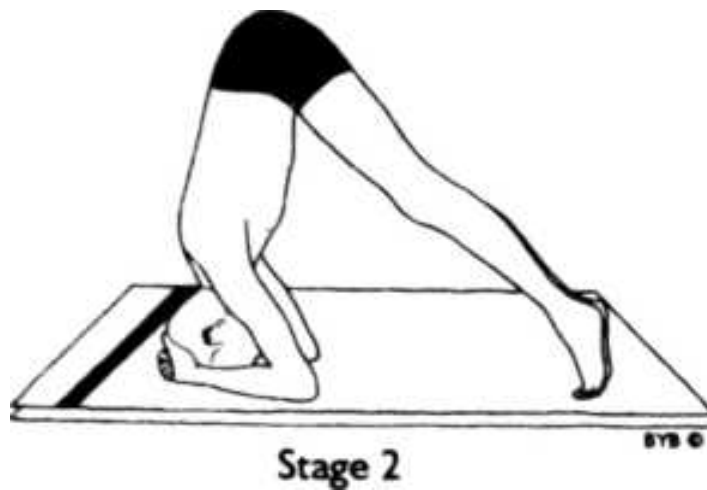
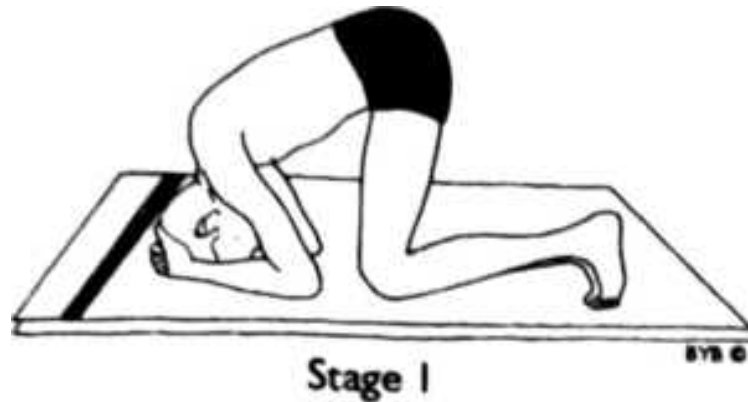
**Duration:** Each partner should practice up to 5 times.

**Awareness:** Physical - on synchronizing the movement with the other partner, or on the breath or the abdomen.

Spiritual - on manipura chakra.

**Sequence:** This asana should be followed by relaxation in makarasana or a backward bending counterpose such as setuasana, in order to stretch the abdomen and pelvis in the opposite direction.

# SIRSHASANA



## Sirshasana (headstand pose)

**Stage I:** Sit in vajrasana.

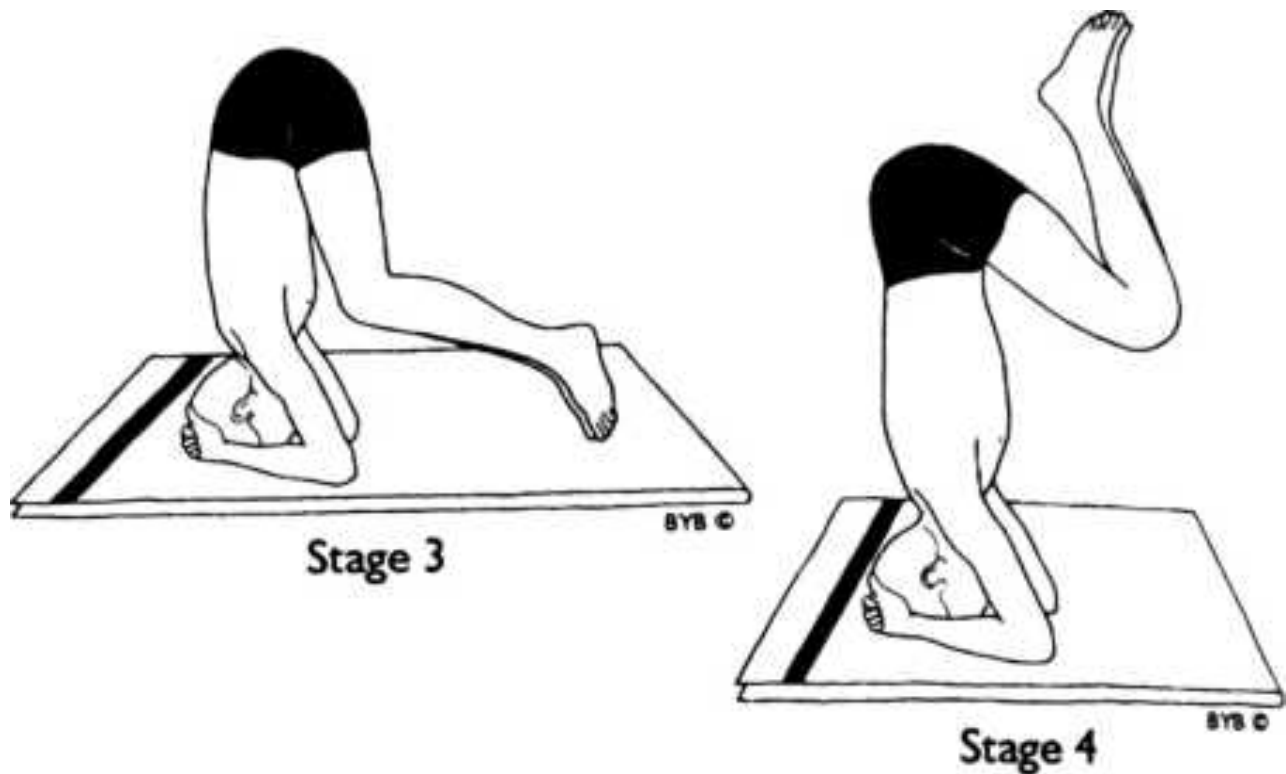
Close the eyes and relax the whole body.

After a few minutes, open the eyes, bend forward and place the forearms on a folded blanket with the fingers interlocked and the elbows in front of the knees.

The distance between the elbows should be equal to the distance from each elbow to the interlocked fingers, forming an equilateral triangle.

Place the crown of the head on the blanket between the interlocked fingers. Wrap the hands around the head to make a firm support so that it cannot roll backward when pressure is applied.

**Stage 2:** Lift the knees and buttocks off the floor and straighten the legs.



**Stage 3:** Slowly walk the feet as close as possible towards the trunk and head, gradually moving the back towards the vertical position. Bend the knees slightly, press the thighs against the abdomen and lower chest.

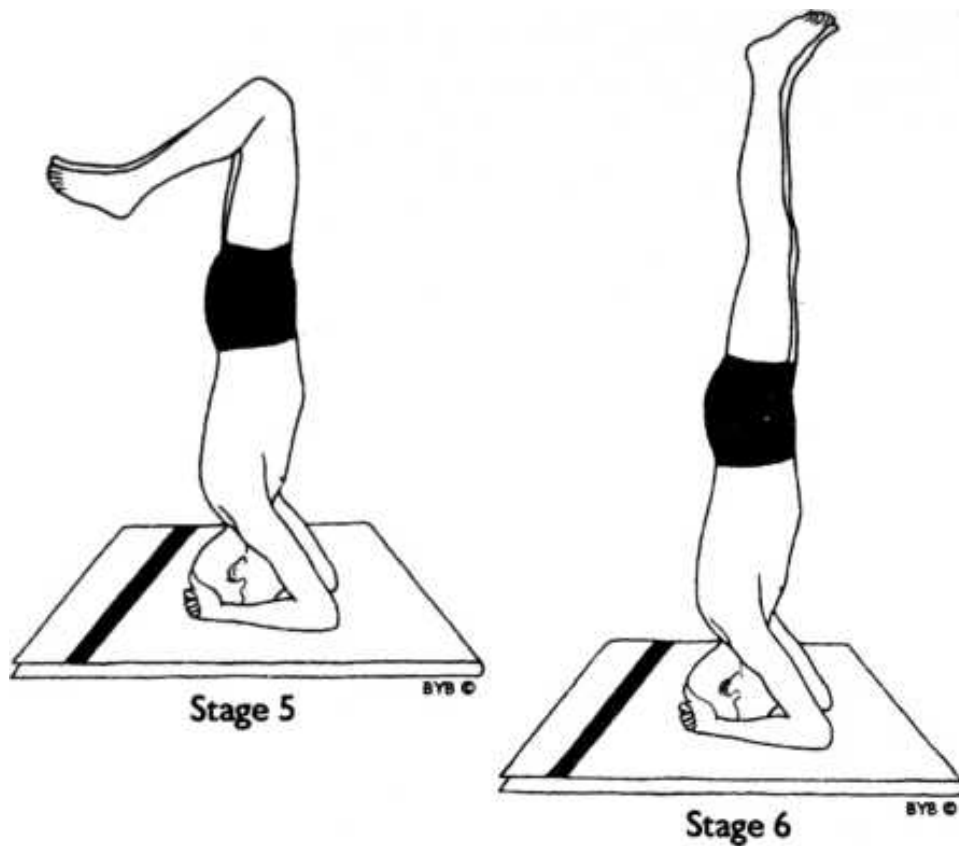
Transfer the body weight slowly from the toes onto the head and arms, maintaining a steady balance.

Raise one foot off the floor about 20 cm, carefully balance, then raise the other foot and balance on the head and arms.

**Stage 4:** Bending the knees, gradually raise the calves in a controlled movement. Adjust the trunk slightly to counterbalance the weight of the legs.

Fold the legs back so the heels move towards the buttocks. To accomplish this movement contract the muscles of the lower back. The knees are now pointing down with the legs together.

Maintain the position for a few seconds, being aware of complete balance before proceeding.



**Stage 5:** Raise the knees to the vertical position. Keeping the heels near the buttocks, slowly straighten the hips so that the thighs move up and away from the torso.

Raise the knees until they point directly upward and the thighs are in line with the trunk.

Balance the body.

**Stage 6:** Slowly straighten the knees and raise the calves.

The whole body should be in one straight line with the feet relaxed.

This is the final position.

Close the eyes and balance the whole body, relaxing in the final position for as long as is comfortable.

**Stage 7:** Return to the starting position.

Slowly bend the knees and lower the body with control in the reverse order until the toes touch the floor. Remain with the head on the ground in the kneeling position for a short time, then slowly return to the upright position.



**Breathing:** Inhale at the end of stage 1.

Retain the breath inside while raising the body into the final position. Beginners may practice normal breathing while coming into the posture.

Breathe normally in the final position. The breath should become increasingly subtle in this posture as one becomes accustomed to it.

**Duration:** Beginners should start by holding the pose for 30 seconds, gradually adding about 1 minute per week until the desired period is reached. 3 to 5 minutes spent in the final position is sufficient for general health, however, sirshasana may be practiced by experts for periods of up to 30 minutes.

**Awareness:** Physical - for beginners, on maintaining balance. For adepts, on the brain, center of the head or respiration.

Spiritual - on sahasrara chakra.

**Sequence:** While beginners should practice sirshasana at the end of their asana program, more experienced practitioners may perform it either at the beginning or the end. It should be followed by tadasana, as a counterpose, and then shavasana.

**Contra-indications:** Sirshasana should not be practiced by people with high blood pressure, heart disease, thrombosis, arteriosclerosis, chronic catarrh, chronic constipation, kidney problems, impure blood, severe near-sightedness, weak eye blood vessels, conjunctivitis, chronic glaucoma, inflammation of the ears or any form of blood hemorrhage in the head; neither should it be practiced during pregnancy or menstruation. Although it is recommended as a preventative measure for headache or migraine, it should not be practiced during either.

**Benefits:** This asana is very powerful for awakening sahasrara chakra and, therefore, *it is considered the greatest of all asanas.*

Sirshasana increases the blood flow to the brain and pituitary gland, revitalizing the entire body and mind. It relieves anxiety and other psychological disturbances which form the root cause of many disorders. It is. Therefore,

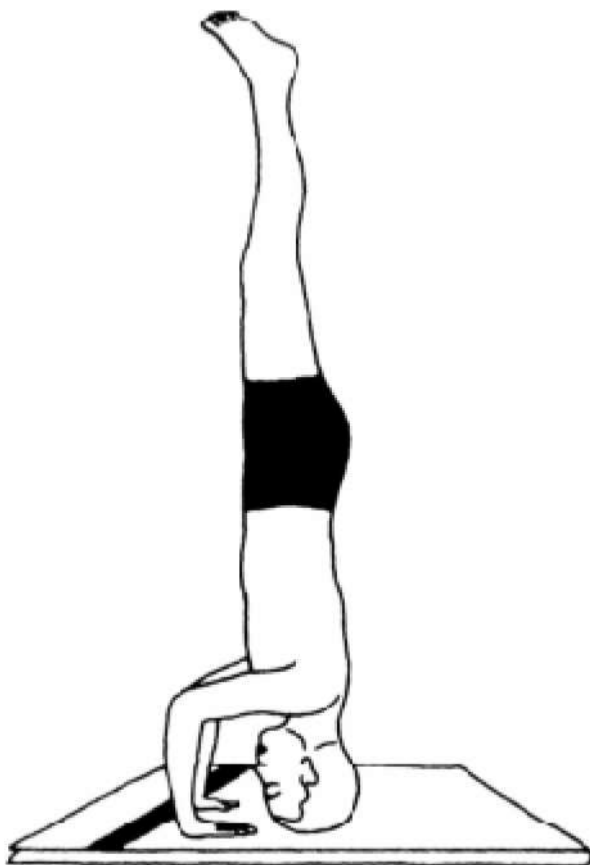
recommended for the prevention of asthma, hay fever, diabetes and menopausal imbalance. It also helps to rectify many forms of nervous and glandular disorder, especially those related to the reproductive system.

This asana reverses the effect of gravity on the spine. Strain on the back is thus alleviated and the reversed flow of blood in the legs and visceral regions aids tissue regeneration. The weight of the abdominal organs on the diaphragm encourages deep exhalation so that larger amounts of carbon dioxide, toxins and bacteria are removed from the lungs.

**Practice note:** In the final position, most of the weight of the body is sustained by the top of the head, the arms being used to maintain balance only. Beginners, however, may use the arms as support until the neck is strong enough to bear the full weight of the body, and a reasonable sense of balance has been developed.

If the practitioner should fall during the practice, the body should be as relaxed as possible. If the fall is forward, try to fold the knees into the chest so that the impact on the floor is sustained by the feet. If falling backwards, arch the back, again so that the feet sustain the impact.

# SALAMBA SIRSHASANA



## **Salamba Sirshasana (supported headstand pose)**

Assume marjari-asana.

Place the crown of the head on the blanket between the hands.

Move the hands back towards each side of the knees and adjust the position so that the hands form the comers of an equilateral triangle with the head. The forearms should be vertical and the elbows bent.

Lift the knees from the floor straightening the legs, and raising the buttocks.

Walk the feet forward until the thighs are near the chest

and the back is almost vertical. Slowly raise one foot off the floor, balance and then raise the other foot.

Utilizing the arms for support, raise the legs and straighten the knees so that the body is fully erect (see stages 4,5, and 6 of sirshasana).

Keep the spine and legs in a single vertical line.

This is the final position. Hold the pose for as long as is comfortable.

Return to the starting position. Slowly refold the legs and lower the body with control, in the reverse order, until the toes touch the ground. Remain in the kneeling position with the head on the floor for a short time.

Slowly return to the upright position.

**Breathing:** Retain the breath inside while assuming the final position.

Breathe normally in the final position.

Retain the breath inside while lowering the body.

**Other details:** As for sirshasana.

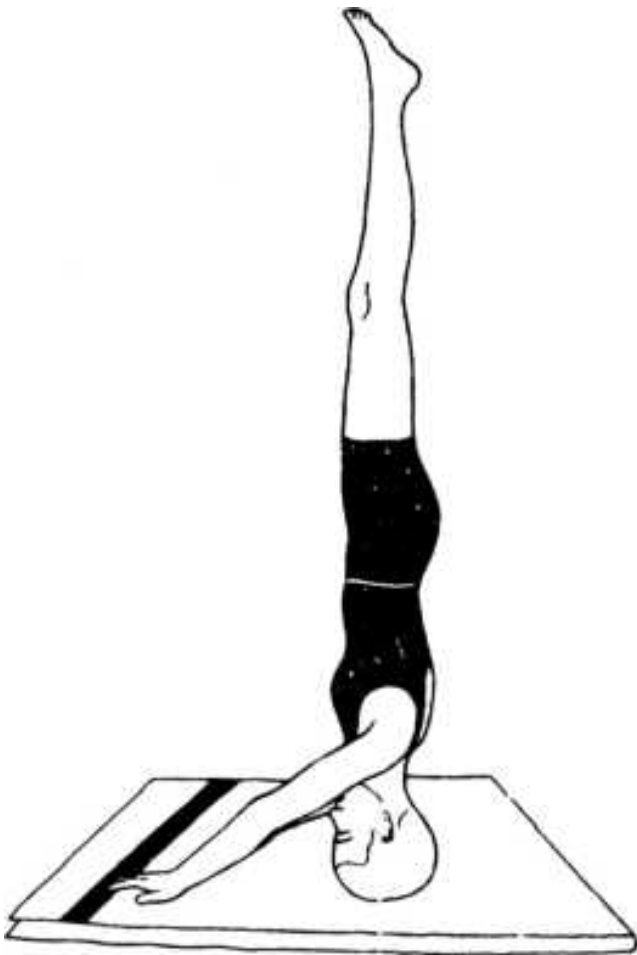
**Variation:** (for beginners)

Assume the same base position as for salamba sirshasana. Straighten both legs and walk the feet forward until the thighs are near the chest.

Raise the right foot, place the right knee on the right upper arm and balance. Raise the left foot and place the left knee on the left upper arm.

Hold the position for a few seconds, being aware of balance.

## NIRALAMBA SIRSHASANA



**Niralamba Sirshasana  
(unsupported  
headstand pose)**

**Stage I:** Assume marjari-  
asana.

Place the crown of the  
head on the blanket  
between the hands.

Straighten the arms in  
front of the chest and  
place the hands flat on  
the floor about shoulder  
width apart.

Straighten the legs,  
allowing the weight of  
the body to be sup-  
ported by the hands,  
feet and head.

**Stage 2:** Progressively walk the feet towards the head, keeping the legs straight, until the trunk is vertical.

Applying pressure on the hands, slowly bend the legs and raise the feet off the floor, bringing the knees to the chest.

**Stage 3:** Slowly raise the knees until they point upward. Maintain balance in this position for a few moments. Gradually straighten the knees until the feet point upwards in a relaxed position.

In the final pose the whole body is vertical and, ideally, all the weight of the body is supported by the head. The hands should only provide balance.

Hold the final pose for as long as is comfortable.

**Stage 4:** Return to the starting position.

Lower the body in the reverse order until the feet touch the floor.

Place the hands beside the head and bend the knees to the floor.

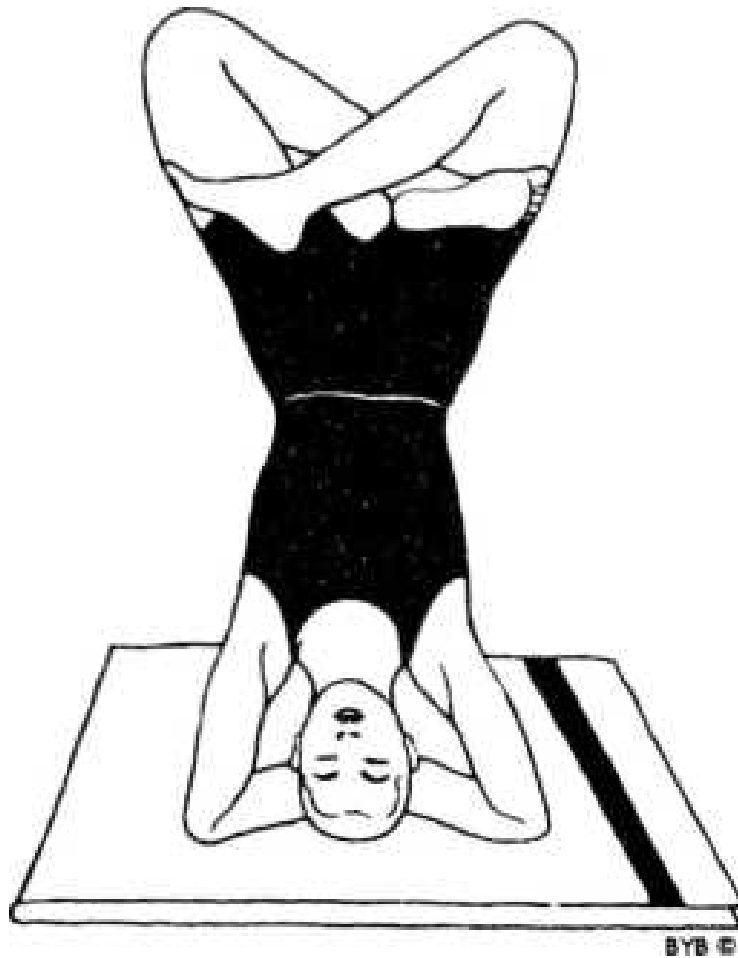
Relax with the head on the floor for a short time.

**Duration:** This asana is not as stable as sirshasana in the final position and is, therefore, unsuitable to be held for long periods of time.

**Other details:** As for sirshasana.

**Practice note:** Adepts may assume the vertical position directly without bending the knees first.

# OORDHWA PADMASANA



## **Oordhwa Padmasana (headstand lotus pose)**

Perform sirshasana.

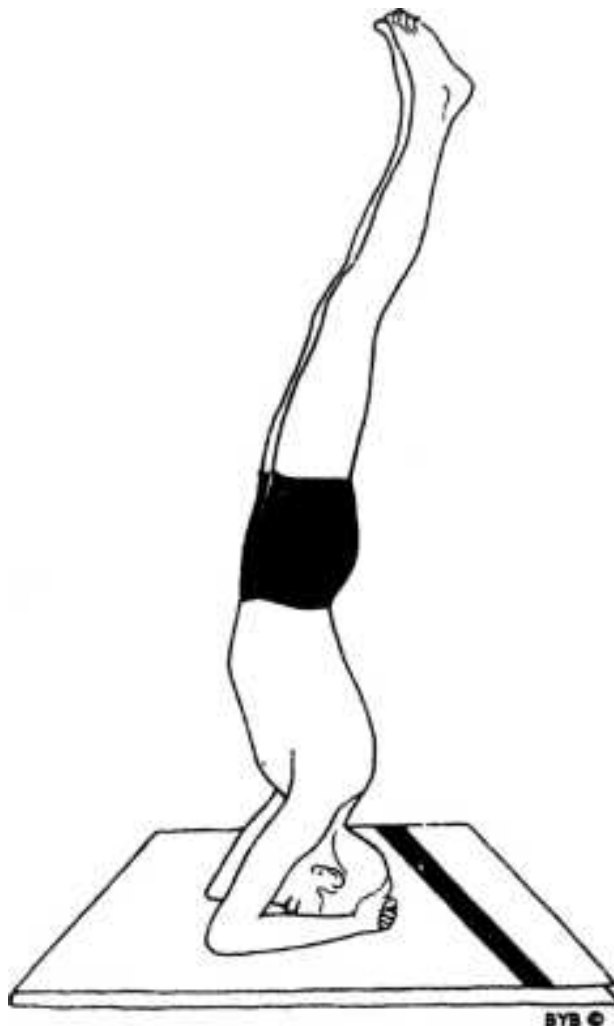
When balance has been established, slowly fold the legs into padmasana.

Remain in the final pose for as long as is comfortable. Straighten the legs and balance again in sirshasana. Return to the starting position as described for sirshasana.

**Benefits:** This asana induces full expansion of the chest and back. It increases circulation in the pelvic region, rectifying disorders of the reproductive system.

**Other details:** As for sirshasana and padmasana.

# KAPALI ASANA



## **Kapali Asana (forehead supported pose)**

Perform sirshasana.

Maintain perfect balance for a short time, then slowly shift the angle of the head onto the forehead.

This is the point of balance.

In the final position, the spine and legs lean back a little to maintain balance.

Hold the final position for as long as is comfortable. Return to sirshasana before lowering the body.

**Variation I:** Assume kapali asana.

Bend the right knee and place the sole of the right foot on the front of the left thigh. The right knee should point forward.

Bend the left knee so that the foot points towards the floor behind the body.

Hold the final pose for as long as is comfortable.

Return to kapali asana and repeat with the opposite leg.



**Variation 2:** Assume kapali asana.

Bend the left knee and touch the left buttock with the heel.

Tilt the hips forward, bend the right leg and bring the right knee to the chest.

In the final pose the left knee points forward and the right knee points downward.

Hold the final pose for as long as is comfortable.

Repeat the practice with the opposite leg.

**Other details:** As for sirshasana.



# Balancing Asanas

Balancing asanas develop the cerebellum, the brain Centre that controls how the body works in motion. Most people are uncoordinated in their movements so their bodies constantly have to compensate for their lack of balance in order to avoid falling or knocking things over. This inefficient method of proceeding expends maximum effort and energy for the minimum results, creating considerable additional strain on the body. These asanas induce physical balance, stilling unconscious movement. As the moving body attains balance it becomes increasingly free to rely on other forces, such as gravity, to support and propel it. This way it conserves its own energy and achieves grace and fluidity of motion.

As well as inducing physical balance, this group of practices develops a balanced mind and a more mature outlook on life. The focus required to perform them with steadiness develops concentration and balance at the emotional, mental and psychic levels. These asanas are especially noted for balancing the nervous system and removing stress and anxiety. For relief of excessive tension these practices should be held for as long as possible.

Balancing asanas may be difficult to perform at first if one's sense of balance has not been developed in normal life. However, the body is very adaptable and progress will quickly be made with a few weeks of regular practice. When practicing these asanas it is most important to steady the mind through concentration on one point. Gazing at a black spot or a mark on the wall while balancing allows the body to maintain seemingly difficult positions for long periods of time.

# EKA PADA PRANAMASANA



## **Eka Pada Pranamasana (one-legged prayer pose)**

Stand upright with the feet together and the arms at the sides. Focus the gaze on a fixed point in front of the body at eye level.

Bend the right leg, grasp the ankle and place the sole of the foot on the inside of the left thigh. The heel should be close to the perineum and the right knee should point out to the side.

Hold the ankle until the body is balanced, then place the hands in the prayer position in front of the chest for the final position.

Release the pose completely and change sides.

**Breathing:** Breathe normally throughout the practice.

**Duration:** Practice up to 3 rounds on each leg, holding the final position for up to 2 minutes.

**Awareness:** Physical - on a fixed point at eye level.

Spiritual - on ajna or anahata chakra.

**Benefits:** This asana develops nervous balance. It also strengthens the leg, ankle and foot muscles.

**Variation:** Assume the final position of eka pada pranamasana. Keeping the gaze focused at eye level, inhale and raise the arms above the head, palms together. Hold the position with the breath inside and, on exhalation, lower the hands back in front of the chest. Repeat on the other side.

## NATAVARASANA



### **Natavarasana (Lord Krishna's pose)**

Stand with the feet together and focus on a fixed point at eye level.

Place the right foot to the outside of the left calf with the toes above the floor and the sole of the foot almost vertical.

Rest the side of the right calf against the left shin.

Raise both the hands to the right as if playing a flute. The right palm should face forward and the left palm backward. The index and little fingers of the hands are straight and the middle fingers bent.

Turn the head slightly to the left and focus the eyes at a point on the floor.

Hold the final position for as long as is comfortable. Lower the arms to the sides and the raised foot to the floor.

Repeat the stance on the other side.

**Breathing:** Breathe normally throughout the practice.

**Duration:** Practice up to 3 rounds on each leg, holding the final position for up to 2 minutes.

**Awareness:** Physical - on maintaining balance while focusing on a fixed point.

Spiritual - on ajna chakra.

**Sequence:** This asana may be practiced as a preparatory pose for meditation.

**Benefits:** Natavarasana controls the nerves and helps develop concentration.

# GARUDASANA



## **Garudasana (eagle pose)**

Assume the standing position and focus the gaze on a fixed spot on the floor in front of the body.

Bend the right leg and twist it around the left leg. The right thigh should be in front of the left thigh and the top of the right foot should rest on the calf of the left leg.

Bend the elbows and bring them in front of the chest.

Twist the forearms around each other with the left elbow remaining below.

Place the palms together to resemble an eagle's beak.

Slowly bend the left knee and lower the body until the tip of the right big toe touches the floor. Keep the eyes focused on the fixed point.

Hold the final position for as long as possible.

Raise the body and release the legs and arms. Relax with the eyes closed. Repeat with the legs and arms the opposite way around.

**Breathing:** Breathe normally throughout the practice.

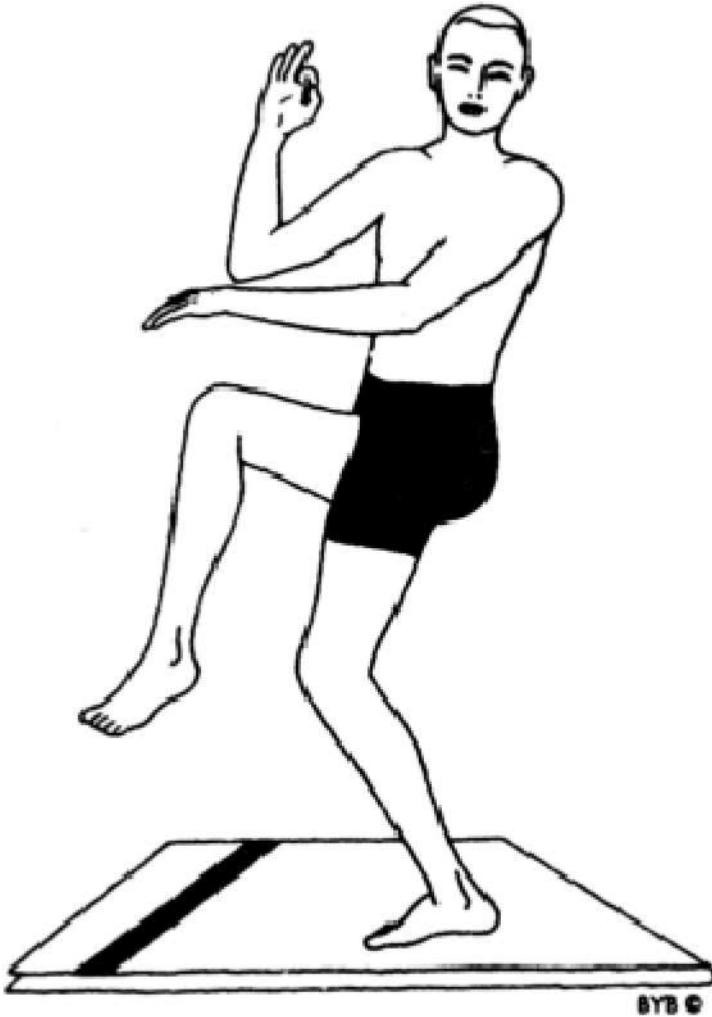
**Duration:** Practice up to 3 rounds on each side.

**Awareness:** Physical - on maintaining balance while focusing on a fixed point.

Spiritual - on mooladhara chakra.

**Benefits:** Garudasana strengthens the muscles, tones the nerves and loosens the joints of the legs and arms. It relieves sciatica, rheumatism, and hydrocele.

# NATARAJASANA



## **Natarajasana (Lord Shiva's dance) - dance form**

Stand upright with the feet slightly apart.

Bend and raise the left knee so the thigh is horizontal, the foot pointing away from the body and slightly to the right of the right leg. Bend the right knee slightly.

Place the left arm across the body in line with the left thigh, with the palm and fingers facing down. Bend the right elbow so that the right palm faces forwards and the forearm is vertical.

The right elbow should be just behind the left wrist. Practice gyana mudra with the right hand and gaze toward the horizon.

This is the final position.

**Breathing:** Breathe normally throughout the practice.

**Duration:** Up to 3 times on each side, holding each time for as long as possible.

**Awareness:** Physical - on maintaining balance while focusing on gyana mudra.

Spiritual - on ajna chakra.

**Benefits:** This asana balances the nervous system, develops control of the body and mental concentration, and makes the legs supple.



### **Variation I: Natarajasana (Lord Shiva's pose)**

**Preparatory:** Stand with the feet together and focus on a fixed point at eye level. Bend the right knee and grasp the ankle with the right hand behind the body.

Keep both knees together and maintain the balance. Slowly raise and stretch the right leg backwards, as high as possible.

Make sure the right hip does not twist and the leg is raised directly behind the body.

Reach upward and forward with the left arm, bringing the tip of the index finger and thumb of the left hand together to form gyana mudra. Focus the gaze on the left hand. This is the final position.

Hold the position for as long as possible.

Lower the left arm to the side. Lower the right leg, bringing the knees together. Release the right ankle and lower the foot to the floor. Lower the right arm to the side.

Relax, then repeat with the left leg.

**Other details:** As for the dance form of this asana.



### **Variation 2: Natarajasana (Lord Shiva's pose)**

**Full form:** This form of natarajasana is similar to the preparatory form except that the right big toe is held instead of the ankle.

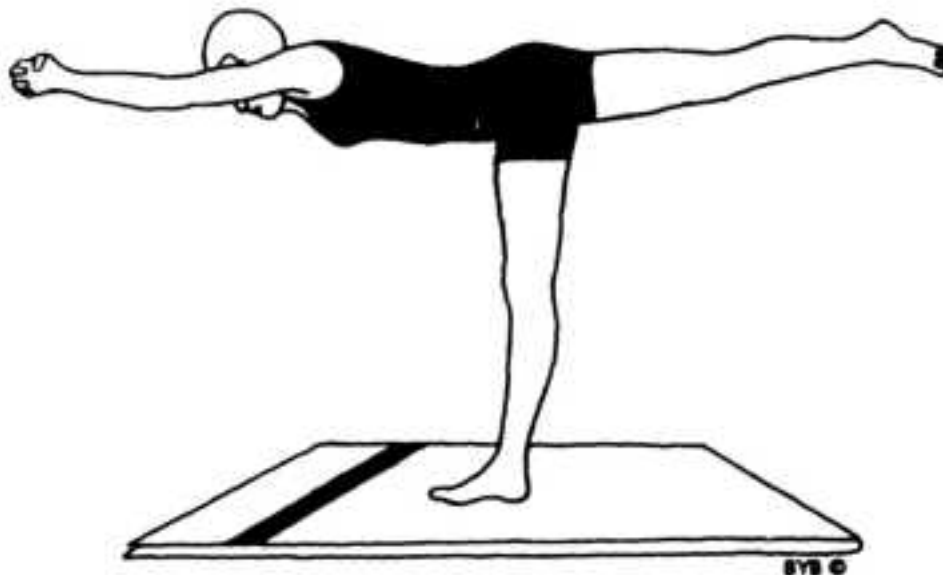
The elbow of the arm holding the big toe should point upward. This position of the hand and arm will allow the foot to be raised nearer to the back of the head. Advanced practitioners with flexible bodies may be able to touch the back of the head with the toes or to hold the toes with both hands.

**Other details:** As for the dance form of this asana.

**Practice note:** This full form of natarajasana should not be attempted until the preparatory form has been perfected.



# EKA PADASANA



## **Eka Padasana (one foot pose)**

Relax the body in the standing position with the feet together.

Raise the arms directly above the head and interlock the fingers with the palms downward.

Bend forward slowly from the hips, keeping the trunk, head and arms in a straight line.

Simultaneously raise the left leg straight back, keeping it in line with the trunk.

The body should pivot from the right hip joint.

In the final position the left leg, trunk, head and arms are all in one straight, horizontal line. The right leg is straight and vertical.

Focus the gaze on the hands.

Hold the final position for as long as possible and then slowly return to the starting position.

Repeat the movement, raising the right leg back.

**Breathing:** Inhale while raising the arms.

Exhale while bending to assume the final position.

Breathe normally in the final position.

Inhale while returning to the upright position.

Exhale while lowering the arms.

**Duration:** Up to 3 times on each side, holding for as long as possible each time.

**Awareness:** Physical - on maintaining balance.

Spiritual - on swadhisthana or manipura chakra.

**Sequence:** This asana should be preceded or followed by a backward bending asana such as makarasana. This posture may be used as a preliminary practice to bakasana.

**Contra-indications:** People with high blood pressure should not do this asana.

**Benefits:** This asana strengthens the arms, wrists, hips and leg muscles. It relaxes the lower back and helps develop nervous coordination.

## BAKASANA



### **Bakasana (crane pose)**

Relax in the standing position with the feet together. Raise the arms in front of the body over the head.

Bend forward from the hips and grasp the toes of the right foot with both hands.

Slowly stretch the left leg behind, raising it as high as

possible and bring the forehead towards the knees. Keep both legs straight.

Lower the leg and return to the upright position. Change legs and repeat the practice.

**Breathing:** Inhale while raising the arms.

Exhale while bending forward.

Breathe normally in the final position.

Inhale while returning to the upright position.

Exhale, lowering the arms.

**Duration:** Up to 3 times on each side, holding for as long as possible each time.

**Benefits:** Strengthens the hip and leg muscles, improves blood circulation to the brain and nervous coordination.

**Other details:** As for eka padasana.

## UTTHITA HASTA PADANGUSTHASANA



### **Utthita Hasta Padangusthasana (raised hand to big toe pose)**

Stand upright with the feet together and relax the whole body.

Focus the gaze on a fixed point at eye level.

Bend the right knee bringing the thigh as close as possible to the chest.

Place the right arm around the outside of the bent leg and take hold of the big toe.

Straighten the right leg and slowly pull it up closer to the body.

Raise the left arm to the side for balance and perform chin or gyana mudra with the hand.

Hold the final position for as long as possible.

Bend the knee, release the toe and slowly lower the foot to the floor.

Relax the arms.

Repeat with the opposite leg.

**Breathing:** Inhale after grasping the big toe.

Exhale while straightening the raised leg, then inhale. Exhale while pulling the leg higher.

Breathe deeply in the final position.

Exhale while lowering the leg.

**Duration:** Hold the final position for up to 60 seconds. Those people who are unable to maintain the pose may repeat up to 5 times with each leg.

**Awareness:** Physical - on maintaining balance by focusing on a fixed point at eye level.

Spiritual - on mooladhara or swadhisthana chakra.

**Contra-indications:** Do not strain the leg muscles. This asana should not be practiced by people with sciatica or with hip or knee joint complaints.

**Benefits:** Improves concentration and coordinates muscular and nervous balance. The hips and the leg muscles are strengthened and toned.

**Variation I:** Repeat the basic form but hold the raised straight leg with both hands. Clasp the fingers together and place them behind the heel. Using the arms as levers, gently pull the leg as near as possible to the head.

Advanced practitioners may be able to touch their chin to the raised leg.

**Variation 2:** Stand upright with the feet together and focus on a fixed point at eye level.

Bend the right knee and raise the thigh as high as possible towards the chest.

Place the right arm along the inside of the right leg and hold the big toe with the hand.

Turn the knee out to the right and slowly straighten the leg to the side.

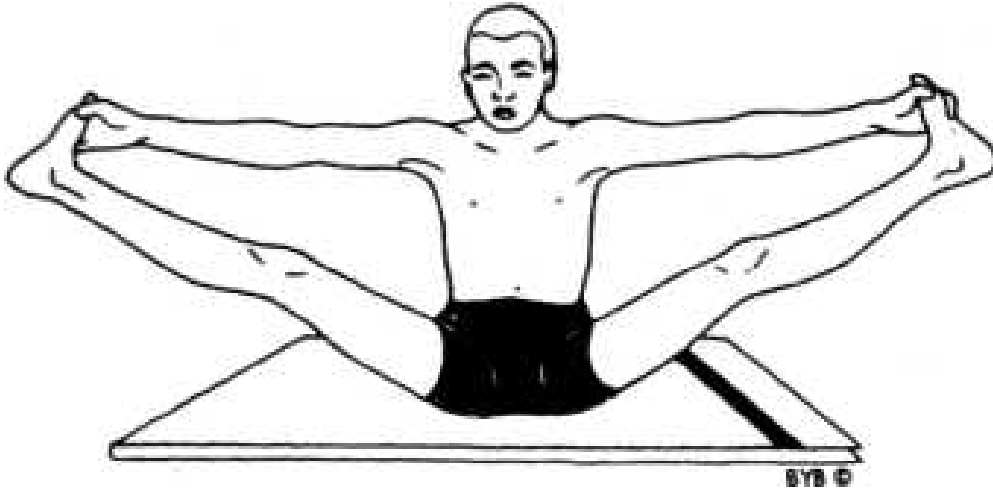
Raise the left arm to the side to assist with balance and adopt gyana mudra.

Raise the leg higher and bring it closer to the body. Hold the final position for as long as is comfortable. Bend the right knee and bring the leg back to the centre. Release the toe and lower the leg to the floor. Repeat with the opposite leg.



**Variation 2**

# MERUDANDASANA



## **Merudandasana (spinal column pose)**

Sit with the legs outstretched.

Bend the knees and place the feet flat on the floor in front of the buttocks, about half a meter apart. Holding the big toes, slowly lean backward, balancing on the coccyx. Straighten the legs and arms, raising them upward. Steady the body, keeping the spine straight, then separate the legs as wide as possible.

Hold the final position, keeping the gaze focused on a fixed point at eye level. Do not strain.

Bring the legs together at the center, bend the knees and lower the feet to the floor.

**Breathing:** Inhale in the sitting position.

Retain the breath inside while stretching the legs and holding the final position. If holding the pose for some time, breathe normally.

Exhale after lowering the feet.

**Duration:** Practice up to 5 rounds, holding the breath in the final position for as long as is comfortable.

**Awareness:** Physical - on the coccyx, on maintaining balance by focusing on a fixed point.

Spiritual - on swadhisthana chakra.

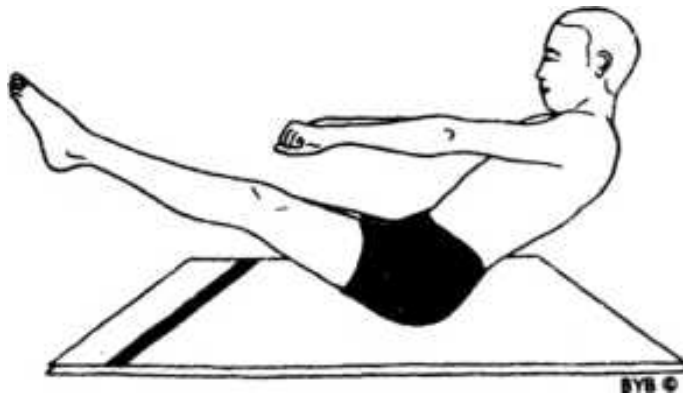
**Contra-indications:** Merudandasana should not be practiced by people with high blood pressure, heart ailments, slipped disc or sciatica.

**Benefits:** This asana tones abdominal organs, especially the liver, and strengthens the abdominal muscles. It helps to remove intestinal worms and stimulates intestinal peristalsis, alleviating constipation. It tones the sympathetic and parasympathetic nervous systems, strengthens the muscles of the back and helps to realign the spine.



**Variation I: Utthita Hasta Merudandasana (raised hand and spine pose)**

The instructions are the same as for merudandasana except that instead of separating the legs in the final position, keep them together.



**Variation 2: Mukta Hasta Merudandasana (rocking horse)**

Sit with the legs outstretched and the feet together.

Bend the knees and bring them to the chest, keeping the feet flat on the floor.

Bend the arms and place the fists outside the knees.

Focus the gaze on a fixed point at eye level.

Lean backwards, simultaneously straightening and raising the arms and legs.

Keep the fists above the knees and the spine straight. The whole body should be balanced on the buttocks. Raise the legs as high as possible. Maintain the final position for a short time and then return to the starting position in the reverse order.

Relax and repeat several times.

**Sequence:** This asana may be used as a preliminary practice to merudandasana or niralamba pashchimottanasana.

## NIRALAMBA PASCHIMOTTANASANA



### **Niralamba Paschimottanasana (unsupported back stretching pose)**

Sit with the legs outstretched and the feet together.

Bend the knees and bring them to the chest, keeping the feet flat on the floor. Place the arms outside the legs and grasp the soles of the feet.



Relax the whole body and focus on a fixed point in front at eye level. Lean backwards slightly onto the coccyx, lifting the feet off the floor. Slowly raise the feet and straighten the knees.

Balance on the buttocks.

Pulling the arms back, draw the knees towards the head. Relax the back as much as possible in the final position. Do not strain.

Hold the position for as long as is comfortable.

Slowly bend the knees and lower the feet to the floor. Stretch the legs forward.

Relax the whole body.

**Breathing:** Inhale in the sitting position.

Retain the breath in while raising and lowering the legs and while balancing.

Retain the breath, or breathe deeply and slowly if holding the pose for an extended period.

Exhale after lowering the feet.

**Duration:** Practice up to 3 rounds, or hold once for up to 3 minutes.

**Awareness:** Physical - on maintaining balance by focusing on a fixed point.

Spiritual - on swadhisthana chakra.

**Sequence:** This practice may be followed by bhujangasana or makarasana.

**Contra-indications:** People suffering from slipped disc, sciatica, sacral infections, high blood pressure or heart disease should not practice this asana.

**Benefits:** This practice has similar benefits to paschimottanasana. In addition, it helps balance the nervous system.

# ARDHA PADMA PADMOTTANASANA



**Ardha Padma Padmottanasana (half lotus leg stretch pose)** Sit with the legs outstretched.

Bend the left knee and place the left foot on top of the right thigh in the half lotus position.

Bend the right knee and place the foot flat on the floor. Fold the forearms under the right thigh.

Focus the gaze on a fixed point in front.

Lean backward onto the coccyx. Slowly raise the right leg and straighten the knee.

Balance on the back of the buttocks, bring the raised leg closer to the body, using the clasped arms to support it. Hold the final position for as long as is comfortable. Bend the right knee, lower the foot to the floor and stretch the leg forward.

Repeat on the other side.

**Breathing:** Inhale while seated.

Retain the breath in while assuming and holding the final position.

Exhale after lowering the foot to the floor.

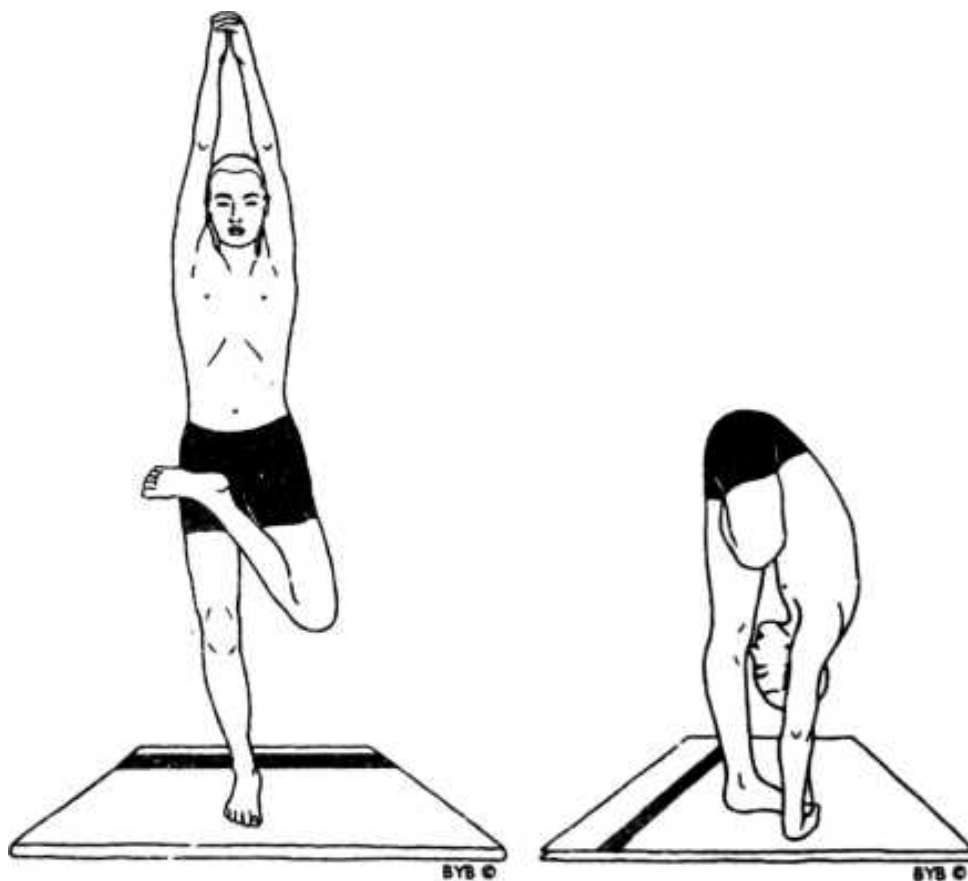
**Duration:** Up to 5 times on each side.

**Awareness:** Physical - on maintaining balance while focused on a fixed point.

Spiritual - on swadhisthana chakra.

**Benefits:** This asana prepares the legs for padmasana. It also balances the nervous system and activates intestinal peristalsis, alleviating constipation.

## ARDHA BADDHA PADMOTTANASANA



### **Ardha Baddha Padmottanasana (half lotus forward bending)**

Stand with the feet together.

Focus the gaze on a fixed point at eye level.

While balancing on the left leg, bend the right knee and place the foot as high as possible on the left thigh, in the half lotus position.

Raise the arms above the head and interlock the fingers, palms down. The elbows should be straight.

Relax and steady the whole body.

This is the starting position.

Slowly bend forward, keeping the arms straight. Bring the interlocked fingers down to the left foot or place the palms of the hands flat on the floor. Bring the forehead to the left knee.

Hold the final position for as long as is comfortable. Slowly raise the torso and arms to the starting position with the hands above the head.

Lower the arms beside the body and release the right leg.

Relax in the standing position with both feet on the floor. Close the eyes;

Repeat with the left leg.

**Breathing:** Inhale in the starting position.

Exhale while bending forward.

Breathe normally in the final position.

Inhale while returning to the starting position.

Exhale, lowering the arms.

**Duration:** Practice one round, holding the pose for up to 2 minutes on each side.

**Awareness:** Physical - on maintaining balance or on the breathe.

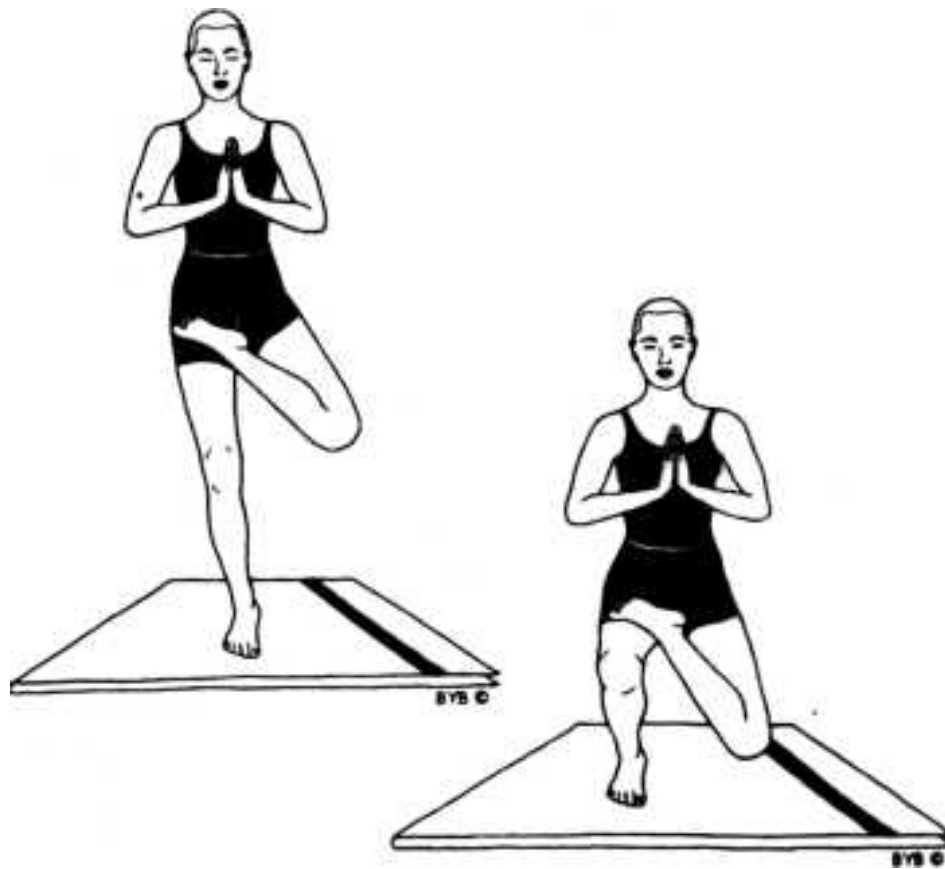
Spiritual - on swadhisthana chakra.

**Sequence:** This asana should be preceded or followed by bhujangasana, chakrasana or dhanurasana.

**Contra-indications:** People with sciatica, slipped disc, hernia, weak legs or high blood pressure should not practice this asana.

**Benefits:** This asana stimulates digestion, removes constipation, improves blood circulation and strengthens the legs.

# VATAYANASANA



## **Vatayanasana (flying horse pose)**

Stand with the feet together.

Focus the gaze on a fixed point at eye level.

Bend the left knee and place the foot on the right thigh in the half lotus position.

Hold the left ankle until the body is steady, then place the palms of the hands together in front of the chest.

Slowly bend the right knee and lower the body, maintaining balance, until the left knee rests on the floor.

Hold the final position for a short duration.

Slowly raise the body, straightening the right knee and return to the starting position.

Release the left leg and lower it to the floor. Relax in the standing position with the eyes closed.

Repeat the practice with the opposite leg.

**Breathing:** Inhale while standing on one foot in the starting position.

Retain the breath while lowering and raising the body. Breathe normally in the final position.

Exhale when once more standing upright.

**Duration:** Up to 3 times on each side.

**Awareness:** Physical - on maintaining balance.

Spiritual - on swadhisthana chakra.

**Benefits:** This asana strengthens the leg muscles and knee joints. It reduces hyperactivity of the kidneys and diuresis. It develops the ability to retain seminal fluid for the maintenance of brahmacharya.

**Variation:** Practice vatayanasana with the arms stretched downward at a 45 degree angle from the body or stretched sideways like the wings of a bird.

## PADA ANGUSHTHASANA



### **Pada Angushthasana (tiptoe pose)**

Assume a squatting posture and focus the gaze on a fixed point straight ahead.

Raise the heels and balance on the tiptoes.

Allow the knees to come forward slightly so that the thighs are horizontal.

Adjust the heel of the left foot so that it presses against the perineum.

Place the right foot on top of the left thigh, turning the sole upward.

Balance the whole body and then place the palms together in front of the chest.

Stay in the final position for as long as possible, maintaining balance.

Replace the right foot on the floor.

Relax for a short time and then repeat the practice with the left foot on top of the right thigh.

**Breathing:** Breathe normally throughout the practice.

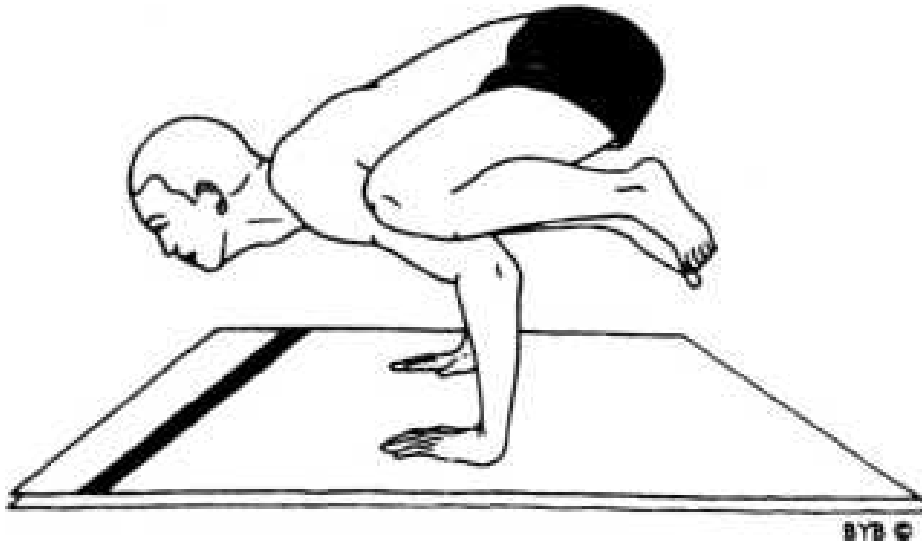
**Duration:** Practice 2 to 3 times on each side.

**Awareness:** Physical - on maintaining balance by focusing on a fixed point.

Spiritual - on mooladhara chakra.

**Benefits:** This asana helps to maintain brahmacharya. It regulates the reproductive system and prevents spermatorrhea. It also remedies flat feet and strengthens the toes and ankles.

# BAKA DHYANASANA



## **Baka Dhyanasana (patient crane pose)**

Squat on the floor with the feet apart.

Balance on the toes and place the hands flat on the floor directly in front of the feet, with the Fingers pointing forward. The elbows should be slightly bent.

Lean forward and adjust the knees so that the inside of the knees touch the outside of the upper arms as near as possible to the armpits.

Lean forward further, lifting the feet off the floor. Balance on the hands with the knees resting firmly on the upper arms.

Bring the feet together.

Focus the gaze at the nose tip.

Hold the final position for as long as is comfortable. Slowly lower the feet to the floor.

**Breathing:** Retain the breath inside in the final position if holding the pose for a short period. Breathe normally if holding for longer periods.

**Duration:** Either practice holding the pose once for 2 or 3 minutes or practice raising and lowering the feet several times.

**Awareness:** Physical - on maintaining balance.

Spiritual - on the nose tip as in nasikagra drishti.

**Sequence:** Relax in advasana following this asana.

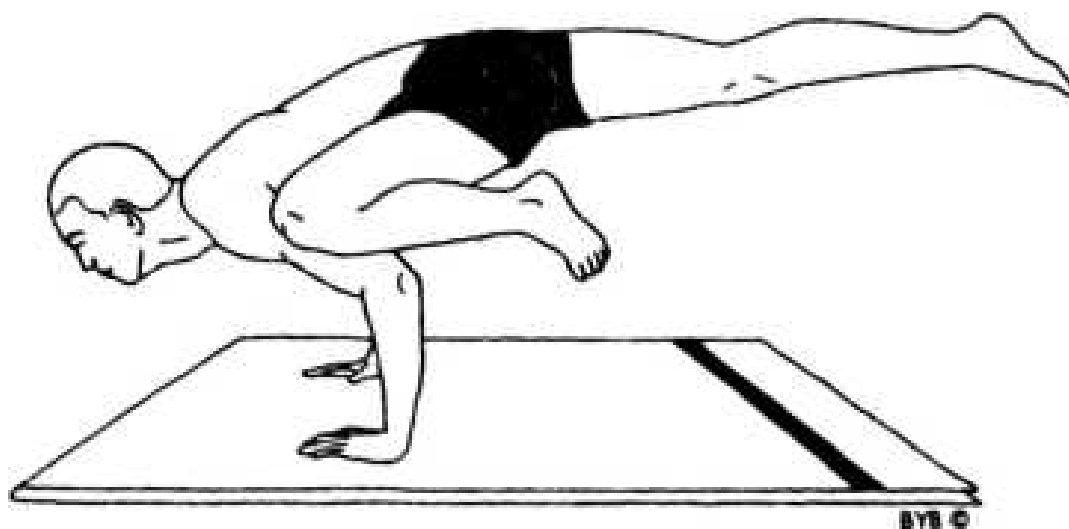


**Contra-indications:** People with high blood pressure, heart disease or cerebral thrombosis should not attempt this practice.

**Benefits:** This asana balances the nervous system. It strengthens the arms and wrists and develops the sense of physical balance.

**Practice note:** This asana requires more coordination than muscular strength.

## EKA PADA BAKA DHYANASANA



### **Eka Pada Baka Dhyanasana (one-legged crane pose)**

Assume the final position of baka dhyanasana.

Focus the gaze at the nose tip.

Maintaining the balance, slowly stretch the right leg back until it is straight.

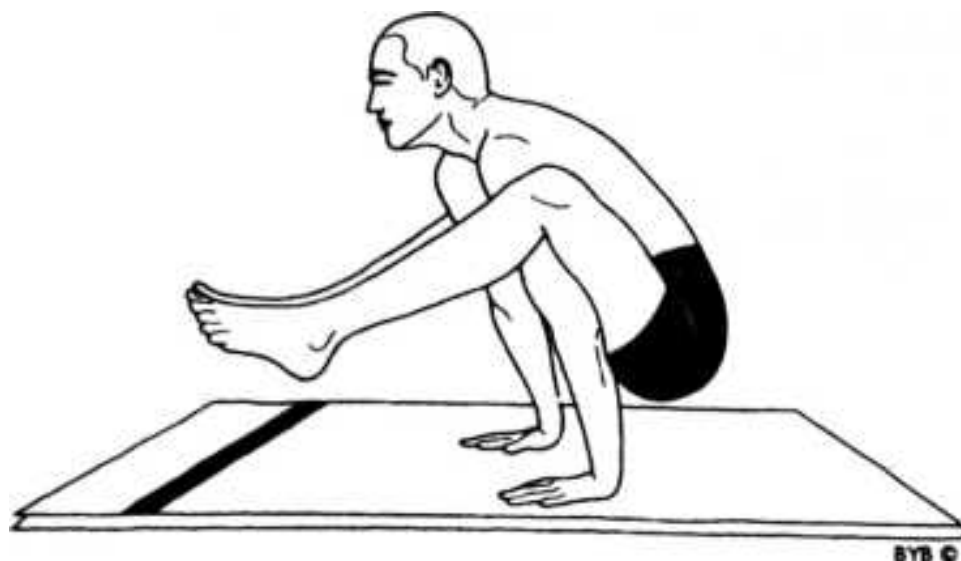
Hold this position for as long as possible.

Return the right knee to rest on the upper right arm. Lower the feet to the floor.

**Breathing:** Retain the breath inside while holding the final position.

**Other details:** As for baka dhyanasana.

## DWI HASTA BHUJANGASANA



### **Dwi Hasta Bhujangasana (two-handed cobra pose)**

Stand with the feet about 45 cm apart.

Bend the knees and come into a squatting position.

Place both palms flat on the floor between the feet.

Focus on a fixed point at eye level.

Take the left foot off the floor and, wrapping the left leg around the outside of the left arm, rest it on the upper arm.

Maintain the balance.

Transfer the weight of the body onto the arms and, raising the right foot, slowly rest the right leg on the outside of the right arm above the elbow.

This must be done carefully to avoid overbalancing.

In the final position the whole body is supported by the arms and hands.

Hold the position for as long as is comfortable.

Slowly reverse the order of movements and resume the starting position.

**Breathing:** Breathe normally throughout the practice.

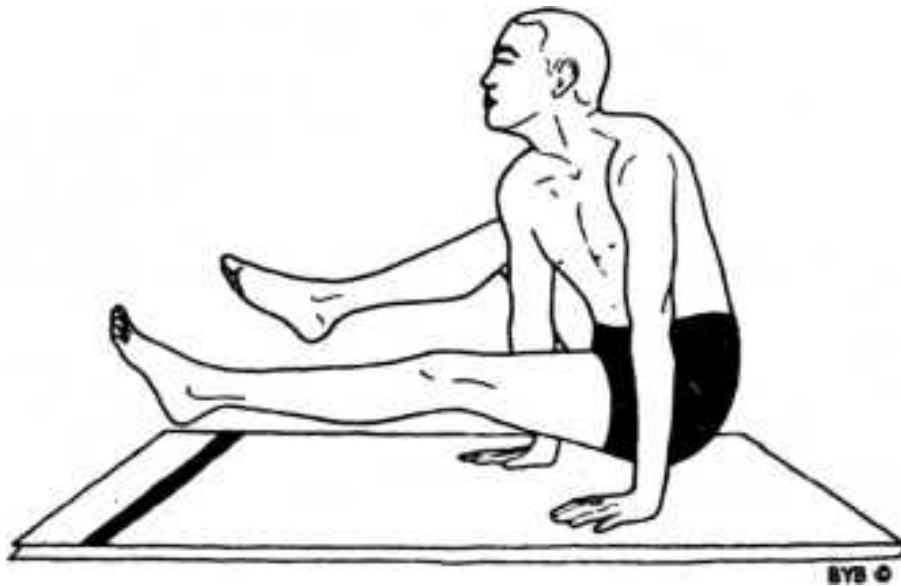
**Duration:** Practice 2 or 3 times.

**Awareness:** Physical - on maintaining balance.

Spiritual —on vishuddhi chakra.

**Benefits:** This asana develops the arm muscles and increases flexibility in the shoulder joints and lower back. It massages and tones the abdomen and visceral organs, stimulating the pancreas to secrete insulin.

## **EKA HASTA BHUJANGASANA**



### **Eka Hasta Bhujangasana (single-handed cobra pose)**

Sit on the floor with both legs outstretched.

Bend the left leg at the knee and place it as high as possible on the outside of the left upper arm.

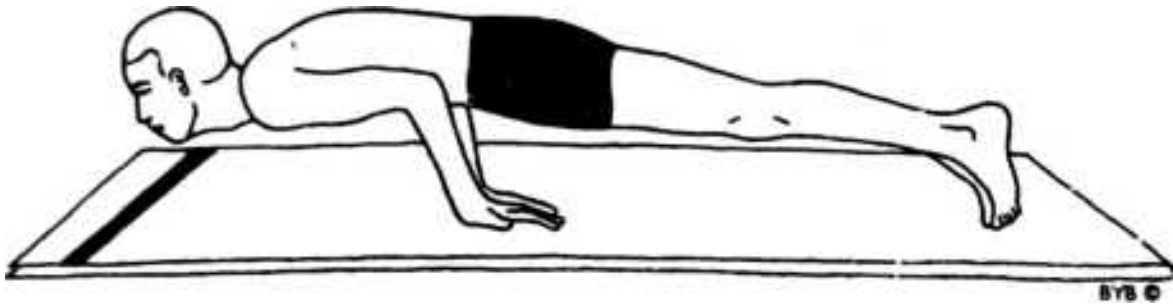
Place both palms flat on the floor with the right palm on the outside of the right leg.

Focus on a fixed point at eye level.

Raise the whole body off the ground, keeping the right leg straight and parallel to the floor between the two arms. Hold the final position for a comfortable length of time. Lower the body to the floor and completely relax in the seated position.

Repeat the practice with the left leg held straight

**Other details:** As for dwi hasta bhujangasana.



## **Hamsasana (swan pose)**

Kneel on the floor with the feet together and the knees apart. Place the palms flat on the floor with the fingers pointing towards the feet. Bring the wrists and forearms together so that they touch.

Lean forward so that the abdomen rests on top of the elbows and the chest rests on the upper arms.

Maintain the balance and slowly stretch the legs backward until they are straight.

Keep the feet together and place the tips of the toes on the floor.

Raise the head slightly and focus the gaze on a fixed point in front at eye level.

In the final position, all the weight of the body should rest on the hands and the tips of the toes.

Hold the position for as long as is comfortable.

Do not strain.

Lower the knees to the floor and sit up in vajrasana. Relax the whole body.

**Breathing:** Exhale completely before moving into the first position.

Retain the breath out if assuming and holding the final position for a short time and when lowering the body. Alternatively, breathe deeply and slowly if holding the pose for an extended period.

Inhale after returning to the sitting position.

**Duration:** Adepts may hold the final position for up to 3 minutes. Beginners should hold the pose for a few seconds, gradually increasing the duration over a period of weeks. Practice up to 3 rounds.

**Awareness:** Physical - on the breath or abdomen.  
Spiritual - on manipura chakra.

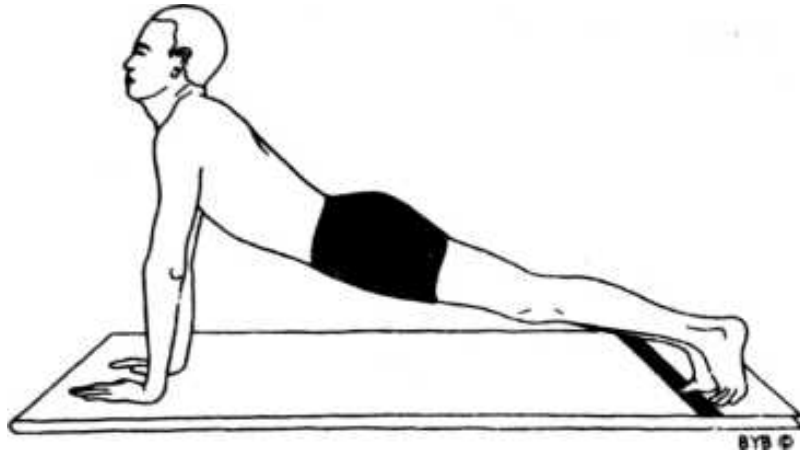
**Sequence:** This pose is a preparation for mayurasana and may be performed as an alternative by people who do not have the muscular strength required for that practice. It should not precede inverted asanas.

**Contra-indications:** People suffering from peptic or duodenal ulcers, hyperacidity, hernia or high blood pressure should not practice this asana. Pregnant women are strictly advised not to attempt this asana.

**Benefits:** Hamsasana massages and stimulates all the abdominal organs and muscles. It helps to remove constipation, flatulence, sluggishness of the liver and kidneys, and to expel stomach and intestinal worms. It also stimulates the appetite and may be practiced to eliminate dysentery.

**Practice note:** A cushion or pillow should be placed under the face to prevent injury in case the practitioner loses balance.

# SANTOLANASANA



## **Santolanasana (balancing pose)**

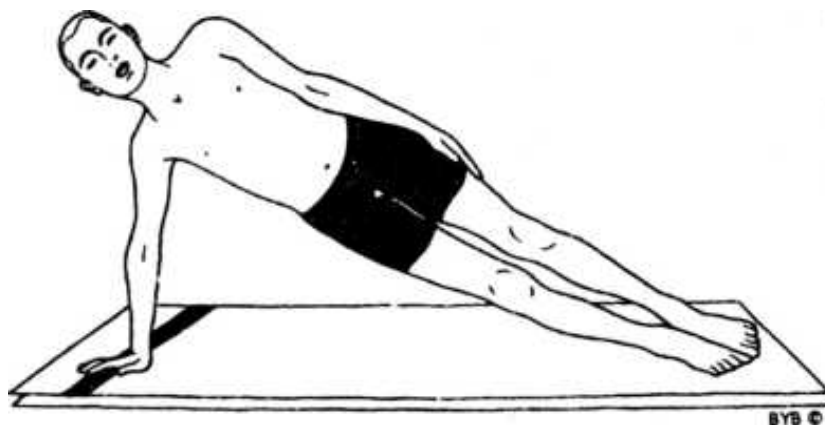
Sit in vajrasana. Stand up on the knees and place the palms of the hands on the floor beneath the shoulders. Raise the buttocks and straighten the knees.

Move the shoulders forward and drop the buttocks until the body is straight. The arms should be vertical.

Focus the gaze on a fixed point in front at eye level. Hold the final position for a short duration.

Lower the knees to the floor.

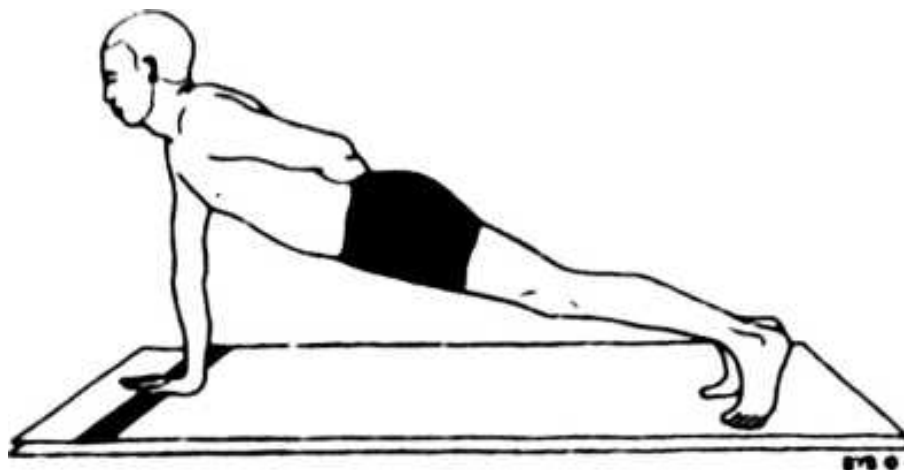
Relax in marjari-asana or shashankasana.



**Variation I:** Assume the final position of santolanasana.

Slowly raise the left arm, keeping the body straight, and roll onto the right side so that the chest faces forward.

Rest the upper arm and hand along the trunk and thigh. Roll back to the initial position and repeat the movement to the left side.



**Variation 2:** Assume the final position of santolanasana.

Focus the eyes on a point in front of the body.

Raise the right arm and place it behind the back so that the forearm rests across the small of the back.

Lower the arm and repeat on the other side.

**Variation 3:** Assume the final position of santolanasana.

Focus the eyes on a point in front of the body.

Either keep both hands on the floor, or assume the raised arm position of variation 2.

Raise the right leg, stretching it back and up.

Hold for a short duration.

Lower the leg and arm. Repeat on the left side.

**Breathing:** Breathe normally in the base position.

Retain the breath inside when practicing the variations.

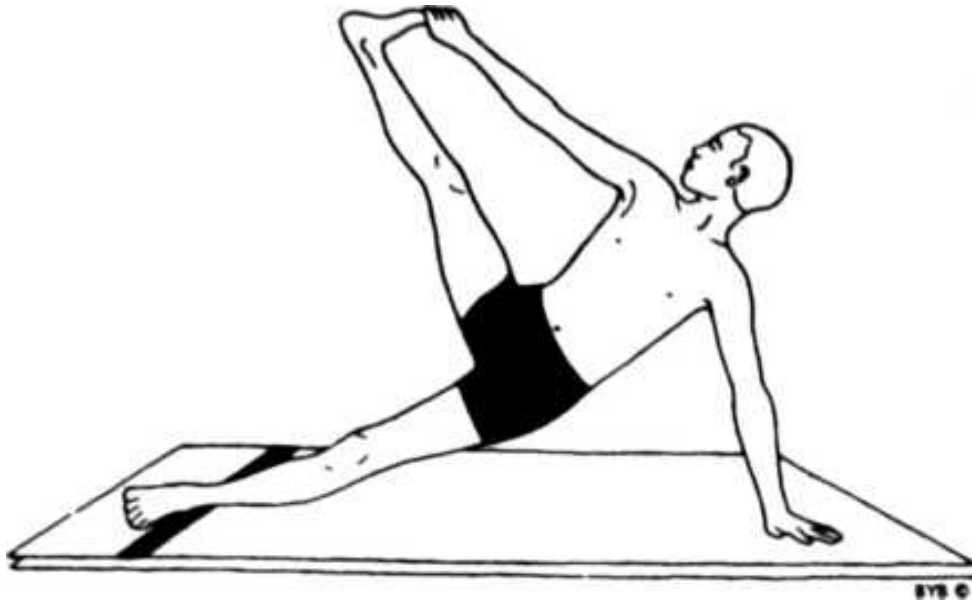
**Duration:** Up to 5 times on each side.

**Awareness:** Physical - on maintaining balance.

Spiritual - on manipura chakra.

**Benefits** This asana improves nervous balance and develops a sense of inner equilibrium and harmony. It strengthens the muscles of the arms, shoulders and spine, and balances the interaction between the dorsal and ventral muscles.

# VASHISHTHASANA



## Vashishthasana (straight arm stretch pose)

Assume the position of santolanasana.

Raise the right arm and roll the body over onto the left side. The outer side of the left foot must be firmly on the floor with the right foot resting on top of it.

The right arm should lie along the right side and thigh. Balance in this position, keeping the body straight. Bend the right knee and take hold of the big toe. Straighten the knee and raise the leg to the vertical position. Turn the head and focus the gaze on the right big toe. Balance the body, keeping the legs and arms straight. Hold the final position for a short duration.

Do not strain.

Bend the right knee and release the toe. Lower the leg and return to santolanasana.

Lower the knees to the floor and relax in marjari-asana or shashankasana.

Repeat the practice on the other side.

**Breathing:** Breathe normally while in santolanasana.

Retain the breath inside while assuming the final position and lowering the leg.



Breathe normally or retain the breath inside while holding the final position.

Exhale while moving back into santolanasana.

**Duration:** Practice up to 3 times on each side.

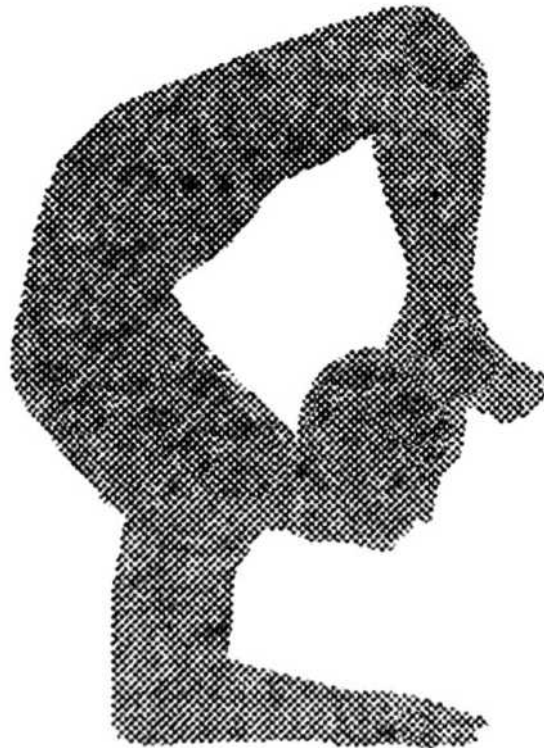
**Awareness:** Physical - maintaining balance and relaxing the leg muscles.

Spiritual - on manipura chakra.

**Benefits:** This asana improves nervous balance. It also makes the leg muscles supple, strengthens the arms and tones the lower back.

# Asana

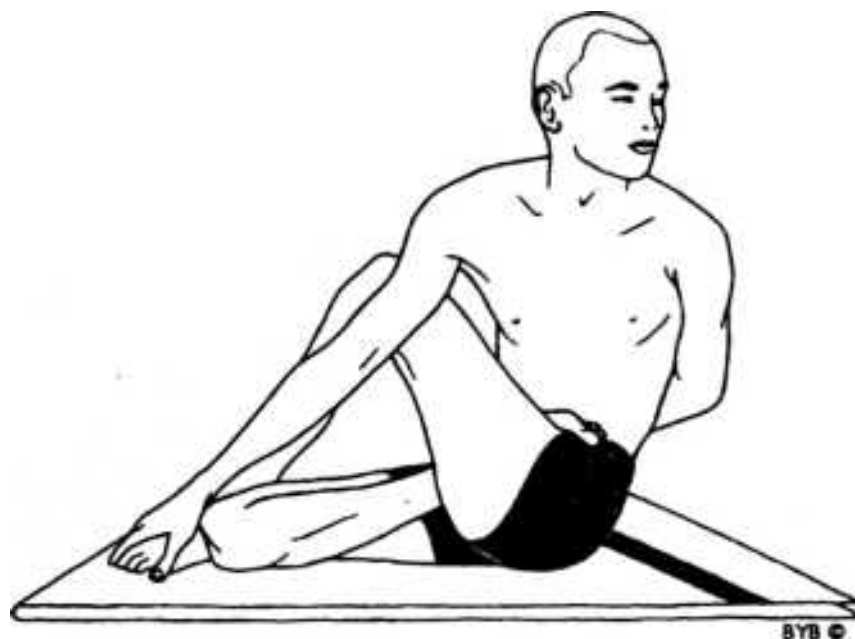
Advanced Group



## **Advanced Asanas**

The advanced asana group should not be attempted unless the body is very flexible. The asanas in the beginners and intermediate groups must be mastered before trying to perform any of these postures. While practicing the advanced asanas it is essential to avoid over straining the body in any way. These practices require the limbs and joints to move into unusual positions to which they are not habituated. Any strain may damage them. Gently coaxing the body to perform advanced asanas over a period of time is for better than trying to achieve quick results through force.

# POORNA MATSYENDRASANA



## **Poorna Matsyendrasana (full spinal twist pose)**

Sit on the floor with the legs stretched forward.

Relax the whole body.

Place the right foot on the left thigh as near to the waist as possible, as in ardhha padmasana.

The right foot should press against the abdomen with the right knee remaining on the floor.

Bend the left knee and place the foot on the outside of the right knee with the sole on the floor.

Twist the body to the left, bringing the right armpit against the outside of the left knee and reach down to grasp the left ankle or toe with the right hand.

Try to keep the head and spine straight.

The right arm should eventually be straight and in line with the left calf.

Place the left arm behind the back and try to touch the right heel with the hand.

Do not strain.

Using the right arm as a lever, twist the trunk further to the left.

Finally, twist the head to the left.

This is the final position.

Maintain the pose for as long as is comfortable.

Slowly return to the forward position, release the limbs and relax.

Repeat the same process with the legs reversed and twist in the opposite direction.

After twisting to each side, stretch the legs forward and relax in shavasana.

**Breathing:** Exhale as the body twists.

Breathe normally in the final position.

Inhale while returning to the forward facing pose.

**Duration:** Hold the pose up to 2 minutes on each side.

It should not be maintained for long periods of time.

**Awareness:** Physical - on the twist of the spine or on the natural breath.

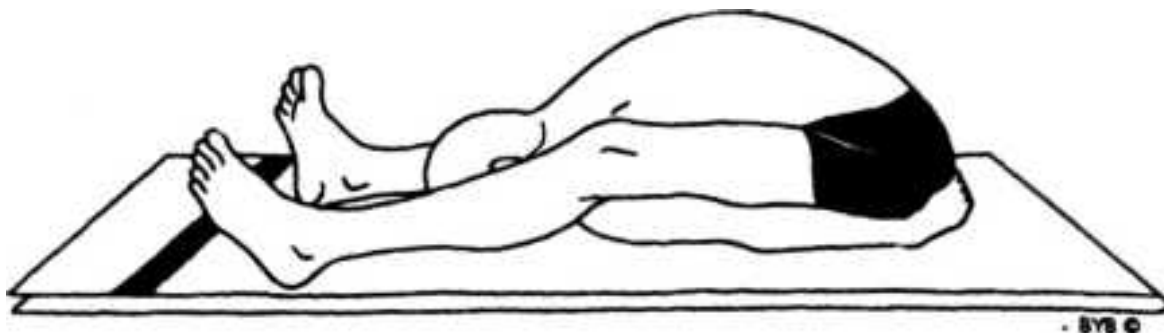
Spiritual - on ajna chakra.

**Contra-indications:** Be careful not to strain the body in any way by either twisting the trunk more than its flexibility will allow or by placing the leg, in ardha padmasana, higher than it is able to go naturally.

**Benefits:** Essentially the same as for ardha matsyendrasana but more accentuated. This posture enhances circulation in the back, increases muscle flexibility, stretches the vertebrae and discs, and frees the nerves from tension. It tones those nerves in the neck which connect the brain with the different parts of the body and helps to relieve neck and headache. It makes the leg muscles more supple. It massages the internal organs and is useful in the treatment of abdominal ailments, such as constipation, dyspepsia and diabetes. It regulates the secretion of adrenaline, increasing vitality and calmness.

**Note:** *This asana is dedicated, to the great yogi Matsyendranath who founded hatha vidya.*

# KOORMASANA



## **Koormasana (tortoise pose)**

Sit on the ground with the legs outstretched.

Separate the feet as wide apart as possible.

Bend the knees slightly, keeping the heels in contact with the floor.

Lean forward from the hips and place the hands under the knees, palms facing either up or down.

Lean further forward and slowly slide the arms under the legs.

The knees may be bent more if necessary.

Slide the arms sideways and backward until the elbows lie near the back of the knees.

Do not tense the back muscles.

Slowly push the heels forward and straighten the legs as far as possible.

The body will simultaneously bend further forward as leverage is applied on the hands and legs. Gradually, keeping the awareness on breath and relaxation, move the body forward until the forehead or chin touches the floor between the legs.

Do not force or strain in any way.

Fold the arms around the back and interlock the fingers of both hands under the buttocks.

This is the final position.

Relax the whole body, close the eyes and breathe slowly and deeply.

Stay in the final position for as long as is comfortable.

Return to the starting position.

Perform a counterpose and then relax in shavasana.

**Breathing:** Exhale while bending forward.

Breathe normally in the final position.

**Duration:** Hold the pose for up to 3 minutes.

For spiritual purpose, it may be held for longer periods.

**Awareness:** Physical - on relaxing the spine, back muscles and abdomen, and on the breath in the final position.

Spiritual - on swadhisthana or manipura chakra.

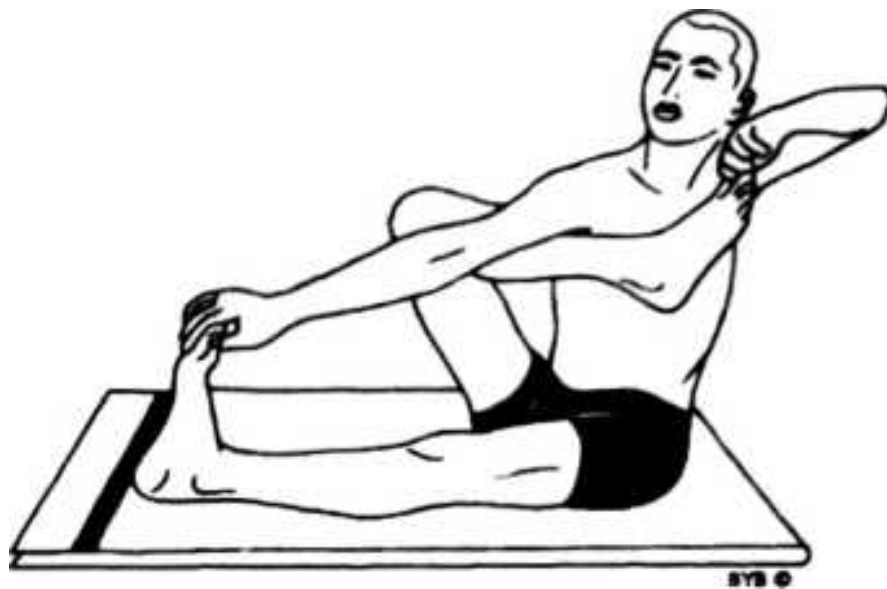
**Sequence:** Follow or precede with a backward bending asana such as bhujangasana, matsyasana or supta vajrasana. Poorna dhanurasana is the perfect counterpose for koormasana.

**Contra-indications:** Those suffering from slipped disc, sciatica, hernia or chronic arthritis should not perform this asana. It should only be attempted if the spine is sufficiently flexible.

**Benefits:** Koormasana tones all the organs of the abdomen and is helpful in the treatment of disorders such as diabetes, flatulence and constipation. It increases circulation in the spine, soothing the nerves and relieving head and neck ache. It induces introversion, mental relaxation, composure and a sense of inner security and surrender. Passion, fear and anger subside, and the body and mind are refreshed through this practice.

**Note:** *This asana prepares the spiritual aspirant for the fifth stage of yogic practice, pratyahara, sense withdrawal, which is symbolized by the tortoise. The Bhagavad Gita states, "When he (the yogic aspirant) can withdraw his senses from association with other objects, as a tortoise withdraws its limbs from external danger, then he is firmly fixed on the path towards wisdom." (2:58) Koormasana is dedicated to Koorma, the tortoise incarnation of Lord Vishnu, maintainer of the universe.*

# DHANURAKARSHANASANA



## **Dhanurakarshanasana (archer's pose)**

Sit with the legs together and outstretched in front of the body.

Straighten the arms and cross them with the right arm uppermost

Bend slightly forward from the hips and grasp the big toe of the right foot with the left hand, wrapping the second finger around the big toe to form a loop which is closed with the thumb.

Grab the big toe of the left foot with the right hand.

Pull the right foot up under the right arm.

Place the foot on the left thigh.

Keep the right arm straight and hold the spine and head erect

Pull the right big toe towards the left ear.

The right knee should touch the right elbow.

This is the final position.

Hold for as long as the breath can be comfortably retained. Try not to bend the head forward.

Lower the right foot to the left thigh, stretch the leg forward and release the hands.

Repeat on the other side.



**Breathing:** Inhale before pulling the big toe towards the ear. Retain the breath while drawing the foot towards the ear, remaining in the final position, and while returning the foot to the thigh.

Exhale at the end of each round.

**Duration:** 3 times on each side.

**Awareness:** Physical - on applying maximum pull on the foot, the stretch of the thigh and hip muscles, and on the breath.

Spiritual - on swadhisthana chakra.

**Sequence:** This asana may be performed at any stage during the asana program.

**Contra-indications:** Those suffering from slipped disc, sciatica or dislocation of the hip joints should not practice this asana.

**Benefits:** This is an excellent asana for loosening the hip joints and making the legs supple. It strengthens the arms and helps to relieve tension in the back and neck. It also tones the abdominal organs and is useful in the treatment of hydrocele.

*Note: The word dhanu means 'bow' and akarshan means 'drawing' or 'pulling back'. This pose is very graceful. It should be practiced until it comes effortlessly and gives the appearance of a trained archer discharging arrows from his bow.*

# VRISCHIKASANA



## **Vrishikasana (scorpion pose)**

Place a folded blanket or a soft cushion on the floor for the head. Assume the final position of sirshasana.

Relax the whole body, bend the knees and arch the back. After securing the balance, move the forearms carefully so that they lie on each side of the head, parallel with each other, palms flat on the floor.

Lower the feet as far as possible toward the head.

Slowly raise the head backward and upward.

Raise the upper arms so that they are vertical.

The heels should rest on the crown of the head in the final position.

Try to relax the whole body as much as possible.

Hold the final position for as long as is comfortable. Slowly return to sirshasana and lower the feet to the floor. Relax in shashankasana for a minute or two before assuming the upright position.

**Breathing:** Retain the breath inside while assuming sirshasana and while going into the final position.

Breathe normally in sirshasana.

As the neck, shoulders, spine and abdomen are all extended in this pose, breathing may be fast and heavy. However, try to breathe normally in the final position. When starting to practice vrischikasana the legs may be lowered in stages; inhaling and relaxing the spine, exhaling and lowering a little more each time.

**Duration:** Vrischikasana is difficult to maintain for long. In the beginning it may be held up to 30 seconds, although adepts may maintain it up to 5 minutes.

**Awareness:** Physical - on maintaining balance.  
Spiritual - on ajna chakra.

**Sequence:** Practice vrischikasana at the end of an asana session. Follow with a forward bending asana for an equal amount of time. After that, perform tadasana for 30 seconds. Finally, rest in shavasana.

**Contra-indications:** This asana should not be practiced by people with high blood pressure, vertigo, cerebral thrombosis, chronic catarrh or heart disease. Only those who can perform all the inverted poses without the slightest difficulty should attempt it

**Benefits:** Vrischikasana reorganizes prana in the body, arresting the physical ageing process. It increases the blood flow to the brain and pituitary gland, revitalizing all the body's systems and rectifying nervous and glandular disorders.

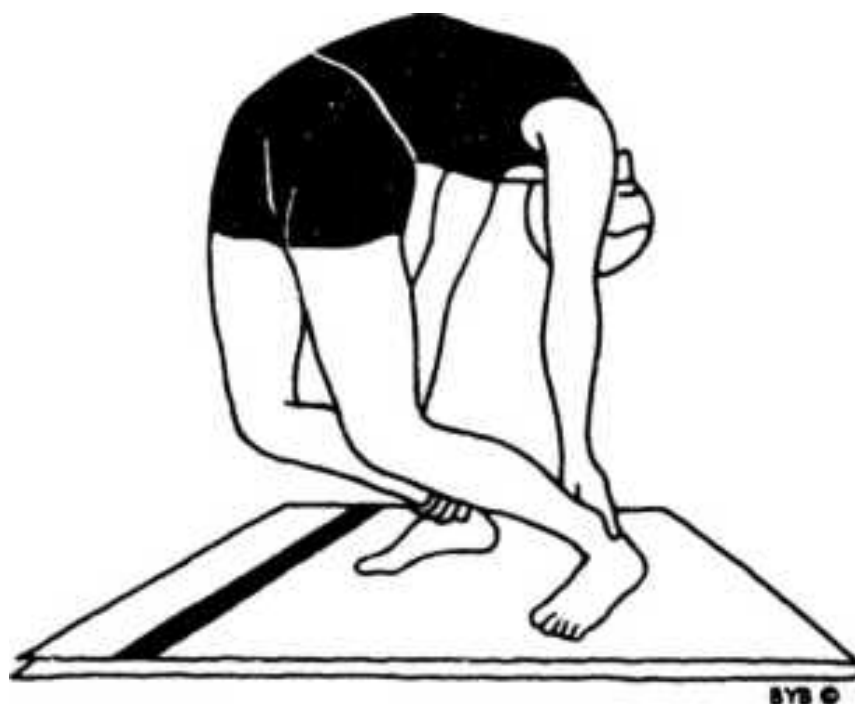
It increases circulation in the lower limbs and abdomen, alleviating piles and varicose veins, and toning the reproductive organs. The arched position stretches and loosens the back, toning the nerves of the spine. It strengthens the arms and develops the sense of balance.

**Practice note:** Practice near a wall until this pose is perfected. There should be no furniture or other objects nearby against which the body may fall, if balance is lost

**Note:** *In order to sting its victim, the scorpion arches its tail above its back and then strikes beyond its head. This asana resembles a striking scorpion. Vrischikasana also has a psychological significance. The head, which is the seat of knowledge, is also the seat of pride, anger,*

*hatred, jealousy, intolerance and malice. These emotions are more deadly than the poison which the scorpion carries in its sting. The yogi, by stamping on his own head -with his feet, attempts to eradicate these self-destroying emotions and passions. Thus he seeks to develop humility, calmness and tolerance, and to become free from ego, for subjugation of the ego leads to harmony and happiness.*

## **PRISHTHASANA**



### **Prishthasana (back pose)**

Stand erect with the feet one foot apart and the toes turned out to the sides. Bend the knees, bringing them as close to the floor as possible.

Simultaneously, bend the trunk backward from the waist. Move the arms back and reach down to grasp the ankles. Bend the head back.

Try to lower the head and back nearer to the floor.

Hold the final position for as long as is comfortable. Alternatively, the hands may be placed on the waist to support the backward movement of the spine, and then moved down the thighs and legs.

**Breathing:** Inhale while in the standing position.

Exhale while bending backwards and grasping the ankles.

Breathe normally in the final position.

Retain the breath inside while returning to the starting position.

Exhale in the standing position.

**Duration:** Practice a maximum of 3 times. Gradually extend the length of time in the posture.

**Awareness:** Physical - on relaxing the back and maintaining balance.

Spiritual - on manipura chakra.

**Sequence:** Follow with a standing, forward bending posture such as utthita janu sirshasana.

**Contra-indications:** Not for people with stomach ulcers, high blood pressure, coronary thrombosis or serious back ailments.

**Benefits:** This asana stretches and tones the abdominal muscles and organs. It increases circulation in the back, stimulating and toning the nerves of the spine. It strengthens the legs and develops balance.

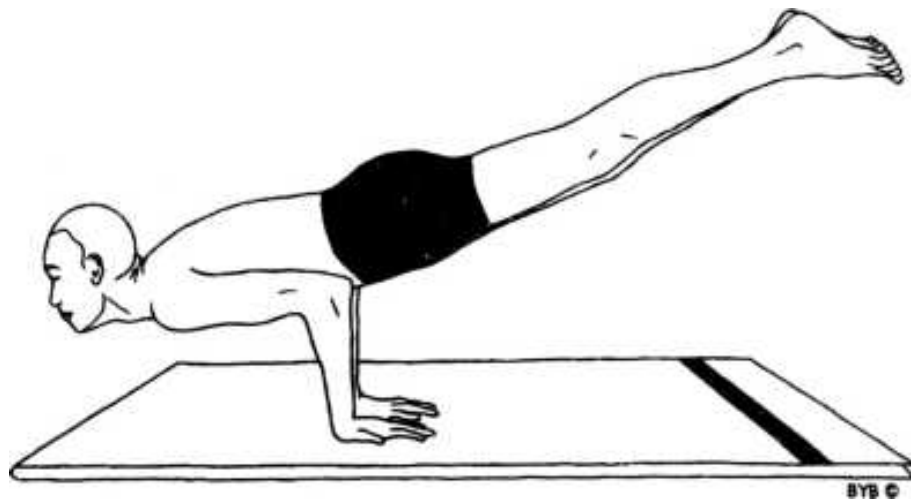
**Variation:** Stand erect with the feet one foot apart and the toes turned out to the sides.

Raise the arms over the head and slowly bend the trunk backward from the waist. Simultaneously, bend the knees and bring them forward.

Move the arms to the sides and reach down to grasp the ankles.

**Note\*** *The basic pose is comparable to dhanurasana in the standing position and the variation is comparable poorna dhanurasana in the standing position.*

# MAYURASANA



## **Mayurasana (peacock pose)**

Kneel on the floor.

Place the feet together and separate the knees.

Lean forward and place both palms between the knees on the floor with the fingers pointing towards the feet. The hand position will have to be adjusted according to comfort and flexibility.

Bring the elbows and forearms together.

Lean further forward and rest the abdomen on the elbows and the chest on the upper arms.

Stretch the legs backward so they are straight and together. Tense the muscles of the body and slowly elevate the trunk and legs so that they are horizontal to the floor. Hold the head upward.

The whole body should now be balanced only on the palms of the hands.

Try to elevate the legs and feet higher, keeping them straight by applying more muscular effort and by adjusting the balance of the body.

Do not strain.

In the final position the weight of the body should be supported by the muscles of the abdomen and not the chest.

Maintain the pose for a short period of time, then slowly return to the base position.

This is one round.

The asana may be repeated when the breathing rate has returned to normal.

**Breathing:** Exhale while raising the body from the floor. Inhale while lowering the body back to the floor.

To begin with, hold the breath out in the final position. Advanced practitioners may breathe slowly and deeply in the pose.

Allow the breathing to return to normal before attempting a second round.

**Duration:** Up to 3 rounds. In the beginning, this asana should be held for a few seconds, slowly increasing the duration with practice. Adept may hold the final position for a few minutes.

**Awareness:** Physical - on maintaining balance.

Spiritual - on manipura chakra.

**Sequence:** Perform at the end of an asana session. Mayurasana speeds up the circulation quite vigorously and tends to increase the amount of toxins in the blood as part of the process of purification. Therefore, it should never be practiced before any inverted asana as it may direct excess toxins to the brain.

**Contra-indications:** Mayurasana should not be practiced by people with high blood pressure or any heart ailment, hernia, peptic or duodenal ulcer. This pose should not be attempted if there is any sign of illness or physical weakness. Pregnant women are advised not to practice it.

**Benefits:** This asana stimulates the metabolic processes which increase secretions from different organs. It stimulates the elimination of toxins from the blood, assisting the removal of skin conditions such as boils. All the digestive organs are massaged and intestinal peristalsis is stimulated. It is used in the treatment of flatulence, constipation, diabetes, sluggishness of the liver and kidneys. It harmonizes the glands of the endocrine system, develops mental and physical balance, strengthens the muscles of the whole

body and develops muscular control. In particular, the toxins already accumulated in the body are burnt, bringing the three doshas or humours: *vata*, wind; *kapha*, phlegm; and *pitta*, bile, into balance and harmony.

People who are advised to speed up the body purification processes and eliminate toxins should prepare for this practice by observing the following instructions:

- a) Eliminate milk products, meat, fat, spices and any other foods which are difficult to digest from the diet.
- b) For one month take fruits, vegetables, rice, whole wheat chapattis or bread, buttermilk and other simple foods which are easy to digest.
- c) After two weeks of this restricted diet, begin the practice of mayurasana, or hamsasana if mayurasana is too difficult.

Within a month the entire system should be purified, both internally and externally. If not, the diet and practice of mayurasana should be continued.

**Practice note:** As women have a different muscular system to men in the abdomen and chest areas, they may find mayurasana difficult to perform.

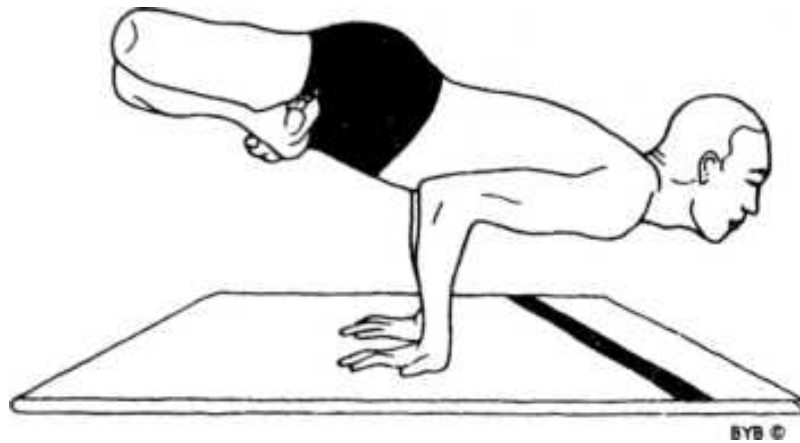
It is very easy to fall forward from the final position and crush the nose on the floor. So, be careful and, if necessary, place a small cushion on the floor under the face.

**Note:** *Just as a peacock can kill and digest snakes without being affected by the poison, this asana enables the practitioner to digest and metabolize the residual toxins and poisons in the body.*

*According to hatha yoga texts, mayurasana speeds up the digestive fire and those adepts who have mastered this pose are able to digest anything, including the most deadly poisons.*



# PADMA MAYURASANA



## **Padma Mayurasana (lotus or bound peacock pose)**

Sit in padmasana and mentally relax the whole body. Using the hands, raise the body so that the weight is supported on the knees. Place the palms flat on the floor in front of the body with the fingers pointing backwards towards the knees.

Bend the elbows and bring them together.

Lean forward and place the elbows against each side of the abdomen.

Lean further forward so that the chest rests on the upper arms. Find the balance point of the body.

Lean further forward and slowly raise the folded legs from the floor. Do not strain.

The trunk, head and legs should lie in one horizontal, straight line.

This is the final position.

Maintain the position for a comfortable length of time. Slowly lower the knees and return to the starting position. Change the position of the legs, making the opposite leg uppermost, and perform another round.

**Other details:** As for mayurasana.

**Practice note:** If the practitioner is able to sit comfortably in padmasana, padma mayurasana is easier to perform than the basic mayurasana pose, especially for women.

# HANUMANASANA



## **Hanumanasana (Hanuman's pose)**

Kneel on the left knee and place the right foot about 30 cm in front of the left knee.

Place the palms of the hands on the floor on either side of the right foot. Gently and gradually slide the right foot forward. Simultaneously, support the weight of the body on the hands.

Straighten both legs, moving the right foot as far forward and the left as far backward as they will go without strain. In the final position the buttocks are lowered so that the pelvic floor and both legs rest on the ground in one straight line.

Close the eyes, relax the body and bring the palms together in front of the sternum.

Check that the back knee is straight.

Hold the position for as long as is comfortable.

Return to the starting position.

Repeat the asana with the opposite leg forward.

**Breathing:** Breathe normally throughout.

**Duration:** Once on each side.

**Awareness:** Physical - on the stretch of the leg muscles and on the breath.

Spiritual - on mooladhara, ajna or anahata chakra.

**Sequence:** After completing this asana, sit with both of the legs extended forward for one or two minutes.

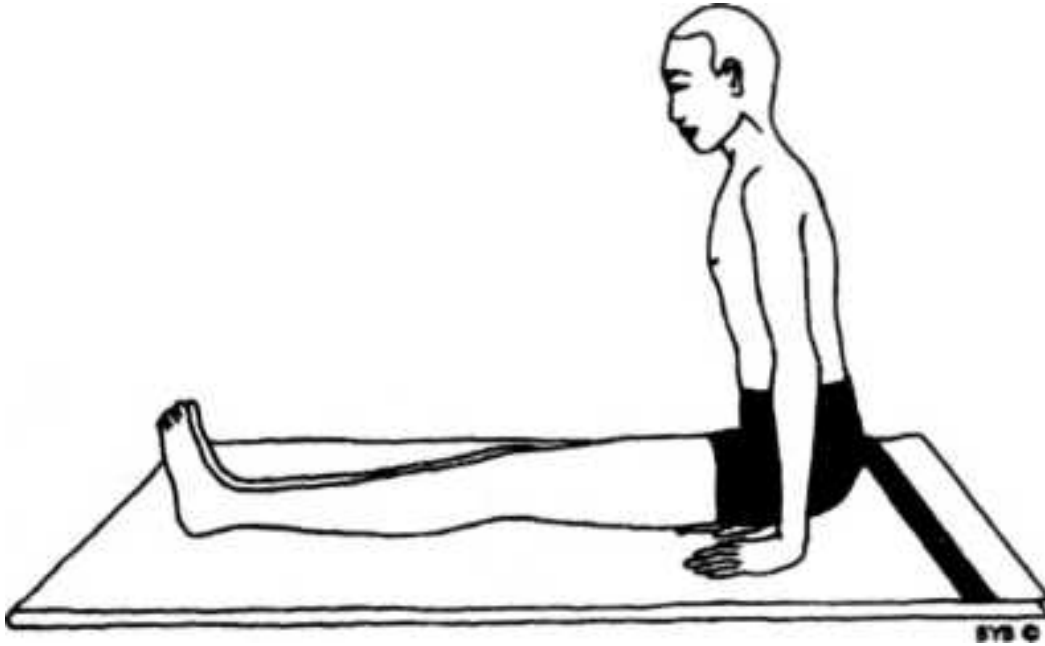
**Contra-indications:** People who suffer from conditions such as slipped disc, sciatica, hernia and dislocation of the hip joint are strictly advised not to attempt this asana.

**Benefits:** This pose improves flexibility and blood circulation in the legs and hips. It massages the abdominal organs, tones the reproductive system and prepares the female body for childbirth.

**Practice note:** Hanumanasana is the ultimate test of leg and hip flexibility. Very few people will be able to lower the body to the floor in the final position. Those who cannot may place a cushion or folded blanket underneath the pelvic floor to avoid strain.

*Note: Hanuman was a great devotee of Lord Rama who possessed extraordinary strength and power. The combination of devotion, flexibility, strength of body and will which is associated with him is generated by this asana.*

# BRAHMACHARYASANA



## **Brahmacharyasana (celibate's pose)**

Sit with the legs together and outstretched in front of the body.

Make sure the spine and head are upright and straight. Place the palms of the hands on the floor on either side of the hips with the fingers pointing forward and the elbows straight.

Adjust the position of the hands, bringing them slightly forward, until the centre of gravity is found.

Push down with the arms, using the abdominal muscles to lift the buttocks, legs and feet from the floor.

In the final position only the palms of the hands remain on the floor.

The whole body is supported and balanced on the hands alone.

The legs should be horizontal and straight. Keep the spine and head as straight as possible.

Do not strain.

Hold the position for as long as is comfortable.

Slowly lower the buttocks and legs to the floor.

Relax for a few moments with the legs outstretched before performing the next round.

**Breathing:** Inhale while seated on the floor.

Retain inside while raising and balancing the body. Exhale while returning to the floor.

**Duration:** Up to 3 rounds.

**Awareness:** Physical - on maintaining balance or on the tension in the abdomen, hips, arms or perineum.

Spiritual - on mooladhara or manipura chakra.

**Sequence:** Follow with shavasana or advasana.

**Benefits:** This asana strengthens the abdominal organs and muscles, as well as the arms. The muscles of the perineum contract strongly while this asana is performed, automatically inducing vajroli mudra, ashwini mudra, and moola bandha. Consequently, it is an important asana for the conservation of sexual energy for spiritual purposes. It may also be used for the treatment of prolapse in women. Those who find this pose too difficult, may utilize the simplified variation.

**Variation:** Sit on the floor with the legs outstretched.

Place the hands on either side of the buttocks with the palms flat on the floor and the fingers pointing forward. Adjust the hands to find the centre of gravity.

Keep the spine as straight as possible throughout.

Inhale and, while holding the breath, raise both heels about 25cm from the floor. Brace the movement by pushing down on the palms.

Keep the knees straight.

Hold for as long as is comfortable.

Try not to allow the trunk and head to bend backward. Slowly exhale and lower the heels to the floor.

Perform 2 or 3 times and then relax in shavasana.

# MOOLABANDHASANA



## **Moolabandhasana (perineal contraction pose)**

Sit with the legs outstretched in front of the body.

Bend the knees and bring the soles of the feet together. Draw the heels towards the body.

The outside of the feet should remain on the floor. Placing the hands behind the buttocks with the fingers pointing backward, raise the buttocks-onto the heels, so that the heels press the perineum.

The knees remain on the floor. Do not strain the ankles. Place the hands on the knees in either chin or gyana mudra.

Practice nasikagra drishti.

Hold the final position for as long as is comfortable. Release the legs and stretch them forward.

Repeat when all the tension has left the legs and feet.

**Breathing:** Breathe normally throughout the practice.

**Awareness:** Physical - on the pressure of the heels at the perineum.

Spiritual - on mooladhara chakra or the tip of the nose.

**Benefits:** This asana automatically induces moolabandha and is primarily used for awakening mooladhara chakra. It is

an important asana for the conservation of sexual energy, and tones the reproductive and eliminatory organs. It also makes the legs and feet exceptionally supple.

Note; Bhadrasana, *the gentle or gracious pose, is a variation of moolabandhasana.*

## GORAKSHASANA



### **Gorakshasana (Yogi Gorakhnath's pose)**

Sit with the legs stretched out in front of the body.

Bend the knees, take hold of the feet and place the soles together. Draw the heels up to the perineum.

Raise the heels, keeping the balls of the feet on the floor. Place the hands behind the buttocks, fingers pointing backward, and lever the body forward until the feet become vertical. The knees should remain on the floor.

Do not strain.

Cross the wrists in front of the navel. Hold the left heel with the right hand and the right heel with the left hand. Straighten the spine and face forward.

Perform nasikagra drishti.

This is the final position.

Hold for as long as is comfortable.

**Breathing:** Breathe normally throughout the practice.

**Awareness:** Physical - on maintaining balance or on the feet and knees.

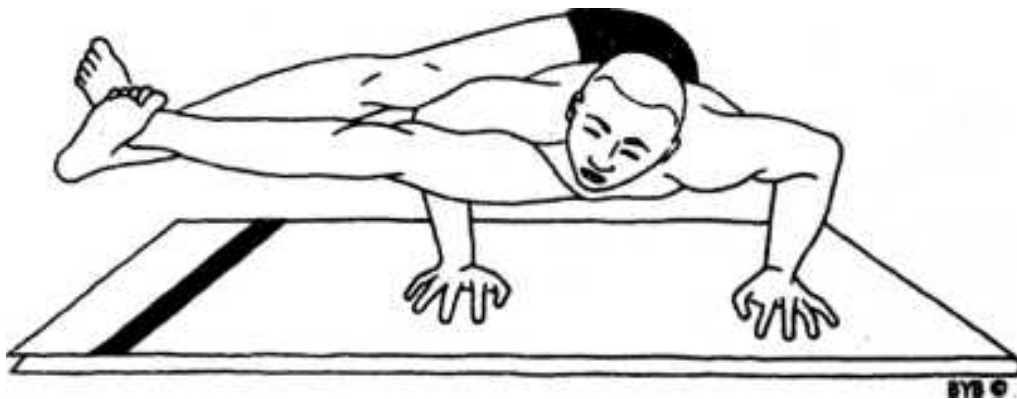
Spiritual - on mooladhara chakra.

**Benefits:** This asana reverses the flow of apana, directing it upward to the higher centres for use in meditative states. It makes the legs and feet extremely supple.

**Practice note:** To perform this asana, the muscles of the legs and feet need to be slowly stretched over a period of time.

**Note:** *People who can comfortably remain in the final position may utilize it for meditation. This was the preferred meditation asana of the great yogi, Gorakhnath.*

## ASTAVAKRASANA



### **Astavakrasana (eight-twists pose)**

Stand with the feet about half a meter apart.

Bend the knees. Place the right palm on the floor between the feet and the left palm a little in front of the left foot. Place the right leg above the right arm, resting the thigh on the back of the upper right arm, just above the elbow. Bring the left foot forward between the arms so that it lies close to the right foot.



Lift both legs from the floor.

Interlock the legs by placing the left foot on the right ankle.

Stretch both legs to the right side.

Be sure that the right arm is between the thighs.

The right elbow should be slightly bent below the thighs. The left arm should be straight.

Balance on the arms.

Bend the elbows, lower the trunk and head until they are parallel to the floor.

This is the final position.

Hold the position for as long as is comfortable.

Straighten the arms and raise the trunk. Release the legs and lower them to the floor.

Return to the starting position.

Repeat on the opposite side.

**Breathing:** Exhale while lifting the legs off the floor and lowering the head and trunk into the final position. Breathe normally in the final position.

Inhale while stretching the legs sideways and while raising the trunk to come out of the final position.

**Awareness:** Physical - on maintaining balance.

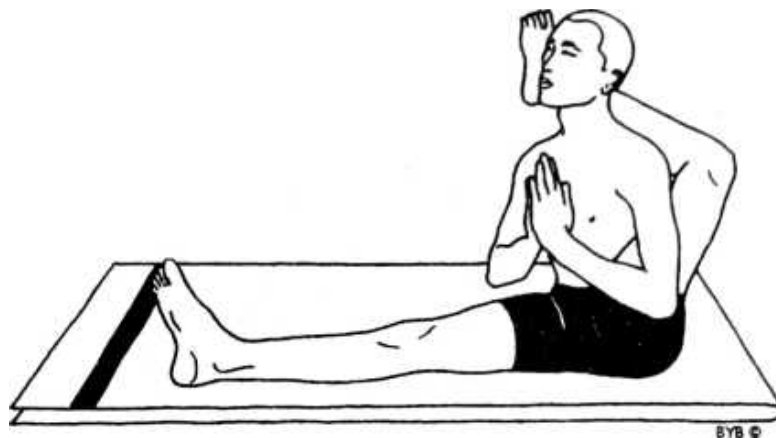
Spiritual - on manipura chakra.

**Sequence:** Follow this asana with either shavasana or advasana.

**Benefits:** This asana develops nervous control throughout the body and mind. It reverses the flow of apana, directing the energy towards manipura chakra, helping to maintain brahmacharya, 'celibacy'. It strengthens the wrists, the arm and leg muscles, and the muscles of the abdomen.

**Note:** *Astavakrasana is dedicated to Sage Astavakra, the spiritual preceptor of King Janaka of Mithila. When the sage was in his mother's womb, his father Kagola made several mistakes while reciting the Vedas. Hearing these, the unborn sage laughed. His father became enraged and cursed his son to be born crooked. So it came to pass that he was born twisted in eight places, and was thus named Astavakra.*

# EKA PADA SIRASANA



## **Eka Pada Sirasana (one foot to head pose)**

Sit with the legs outstretched in front of the body.

Bend the right knee, turning it slightly out to the side. Bring the right arm under the calf muscle and hold the outside of the leg just above the ankle.

Raise the left arm and hold the outside of the right ankle. The right arm should be positioned so that the elbow lies between the thigh and the lower leg.

Raise the right leg using the arms and hands.

As the leg is raised, bend the trunk forward and twist slightly to the left.

Place the leg on top of the right shoulder.

Do not strain.

Release the grip of the right hand.

Raise the right leg higher by using the left arm and by pushing the thigh back using the right upper arm. Without straining, place the right foot behind the head at the nape of the neck.

This is achieved by bending the head forward under the calf muscle which then rests on the shoulder.

Finally, place the hands in front of the chest at the centre of the sternum.

Try to straighten the spine and hold the head upright.

This is the final position.

Close the eyes and hold the pose for as long as is comfortable.

Slowly release the leg and return to the starting position. Repeat on the other side.

**Breathing:** Breathe normally while moving into the pose.

Breathe slowly and deeply in the final position.

**Duration:** 1 or 2 times on each side.

**Awareness:** Physical - on maintaining balance.

Spiritual - on anahata chakra.

**Sequence:** Any backward bending asana may be performed immediately before or after eka pada sirasana.

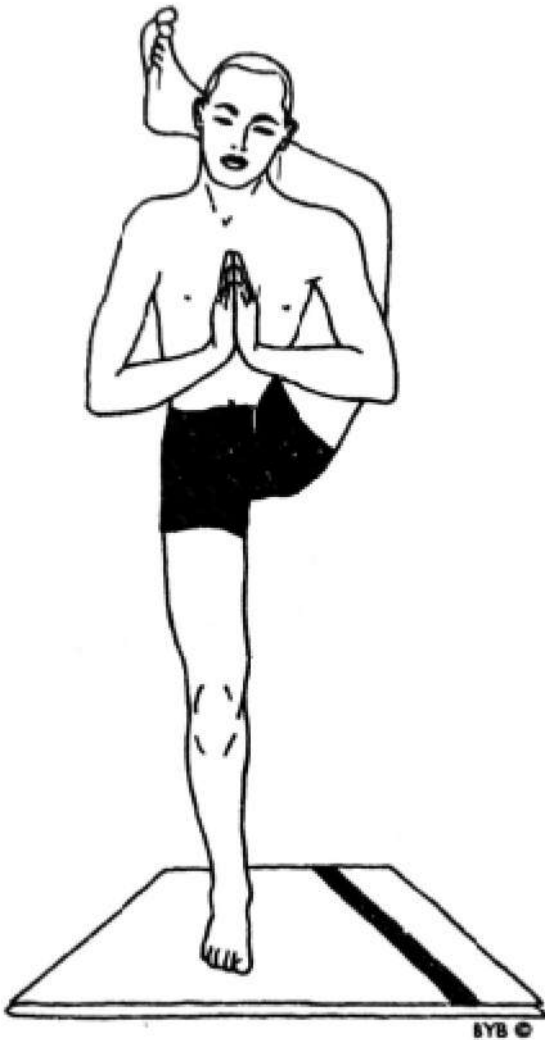
**Contra-indications:** This posture should not be attempted by people with slipped disc, sciatica or hernia.

**Benefits:** This asana compresses each side of the abdomen, thoroughly massaging the internal organs, stimulating peristalsis and removing constipation. It tones the reproductive organs and helps in the treatment of associated disorders. It improves blood circulation in the legs, relieving varicose veins, and in the spine, increasing the level of energy in the chakras. The hemoglobin content of the blood improves, vitalizing the body and mind.

**Practice note:** The right leg should be raised first in order to massage the internal organs in the natural direction of the digestion.

In order to practice this posture, the hips must be extremely flexible.

# UTTHAN EKA PADA SIRASANA



## Utthan Eka Pada Sirasana (standing foot to head pose)

Sit on the floor with the legs outstretched.

Bend the left knee and place the left heel to the outside of the left buttock.

Assume eka pada sirasana with the right leg behind the head.

Place both palms on the floor, using the hands and arms for support.

Lean back slightly and come into a squatting position on the left leg.

Straighten the knee and stand upright.

Do not strain.

When balance is secured in

the standing position, place the palms together in front of the chest. This is the final position.

Maintain balance in the standing position for as long as is comfortable. Carefully sit down and release the raised leg. Stretch the legs forward and relax.

Repeat with the other leg behind the head.

**Breathing:** Inhale as the body is raised. Breathe normally in the final position. Exhale as the body is lowered.

**Sequence:** This asana should only be attempted after mastering eka pada sirasana.

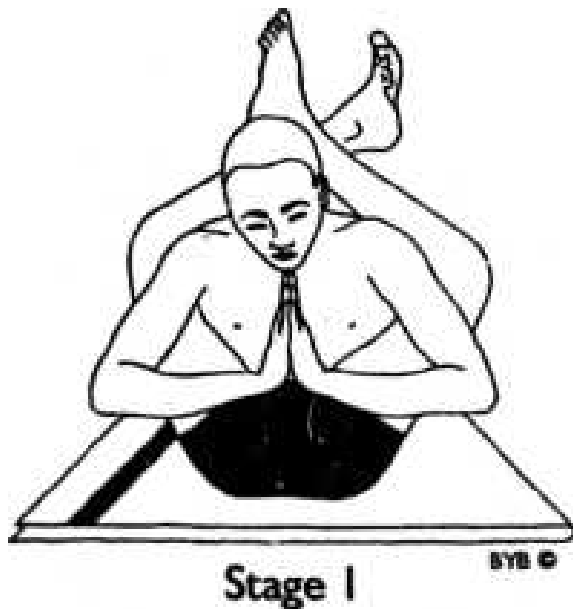
**Awareness:** Physical - on raising the body to the upright position, normal breathing in the final position and on maintaining balance.

Spiritual - on anahata chakra.

**Other details:** As for eka pada sirasana.

**Practice note:** Since it is very difficult to balance in this pose, it may be necessary to ask the help of a friend or use of a wall in the beginning.

## DWI PADA SIRASANA



### **Dwi Pada Sirasana (two feet to head pose)**

Perform eka pada sirasana and take a few normal breaths. Exhale, take hold of the left ankle with the left hand, pull the thigh up and back and place the leg over the left shoulder as described for eka pada sirasana.

Lock the feet behind the neck by crossing the ankles.

Do not strain.

Place the hands on the floor by the side of the hips and balance on the coccyx.

Once balance is achieved, proceed to the following stages:

**Stage I:** Place the palms together at the chest and breathe normally.

Maintain this position for 10 to 30 seconds, then again place the palms beside the hips.

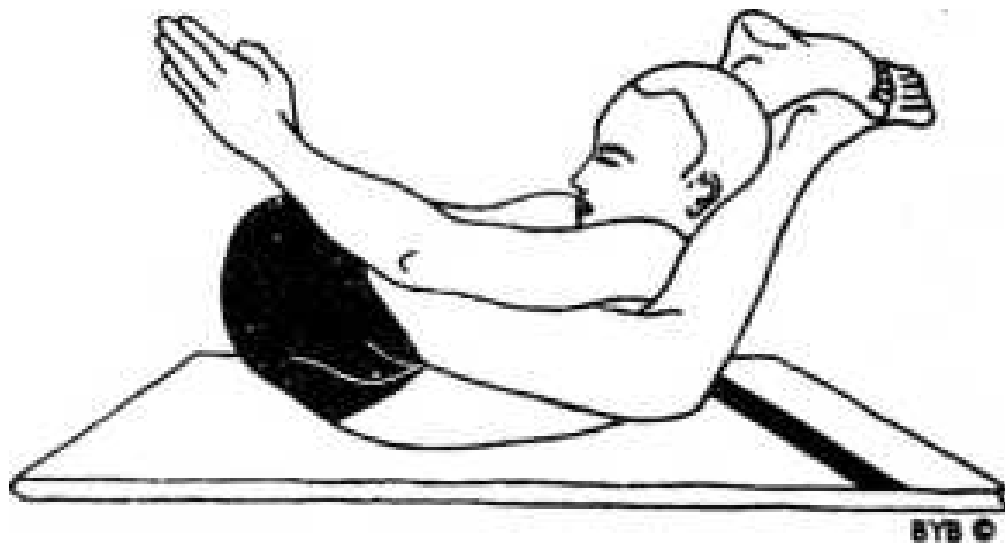
**Stage 2:** Straighten the elbows, exhale, and lift the whole body off the floor, balancing on the hands.

Do not release the ankle lock.

Maintain this position for a comfortable length of time and then gently lower the body to the ground.

**Other details:** As for dwi pada kandharasana.

## DWI PADA KANDHARASANA



### **Dwi Pada Kandharasana (two-legged shoulder pose)**

Lie on the back.

The legs should be in a straight line with the body and the arms should rest at the sides.

Relax the whole body.

Bend one leg and bring it up towards the head. Place it so that the foot is behind the head and the leg under the arm.

Repeat the process with the other leg so that both arms rest above the legs.

Gently press the legs downward with the arms.

Try to cross the feet behind the head.

Do not strain.

In the final position, point the arms forward and place the palms together.

Relax the whole body.

Close the eyes and maintain the position for as long as is comfortable.

Release the legs and return to the starting position.

**Breathing:** Breathe normally while assuming the final position.

Breathe slowly and deeply in the final position.

**Duration:** Practice once during an asana program.

**Awareness:** Physical - on the breath.

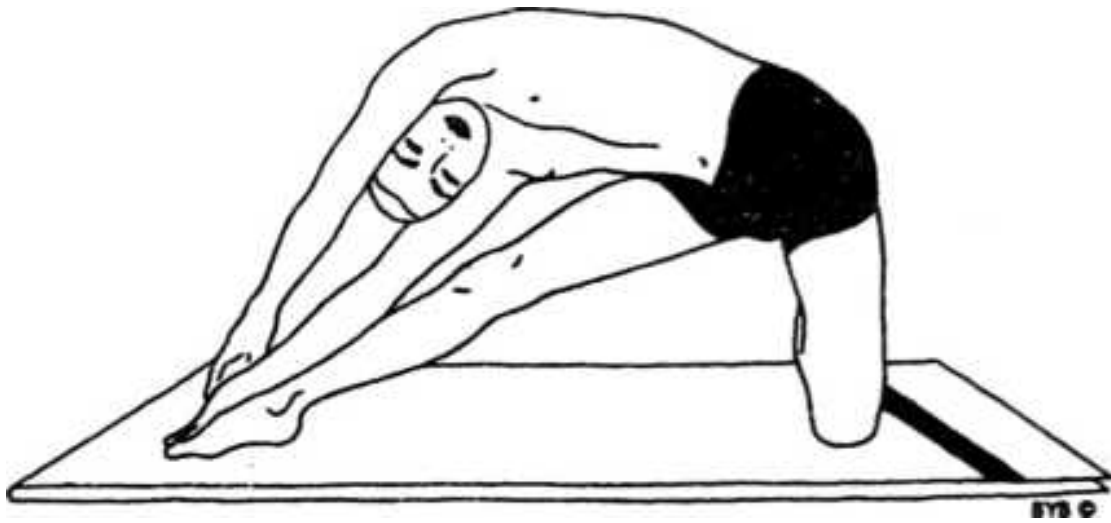
Spiritual - on swadhisthana chakra.

**Sequence:** Dwi pada kandharasana should not be attempted before eka pada sirasana is mastered. It should be practiced towards the end of the asana program and followed by a backward bending asana such as dhanurasana, bhujangasana or matsyasana.

**Contra-indications:** To prevent strained muscles and torn ligaments this asana should not be attempted unless the body is very flexible. It should be avoided by persons with any back ailment.

**Benefits:** This asana helps to control the nervous system. The solar plexus and the adrenal glands are powerfully massaged, increasing vitality. It tones all the abdominal and pelvic organs, improving the efficiency of the digestive, reproductive and eliminatory systems.

# PARIGHASANA



## **Parighasana (beam or cross-bar pose)**

Kneel on the floor with the ankles together, toes flat on the floor and the trunk upright.

Mentally relax the whole body.

Stretch the right leg sideways to the right, keeping it in line with the trunk and the left knee.

Turn the right toes in slightly and rest the sole of the right foot on the ground.

Raise the arms sideways at shoulder level so that they form one straight line.

Move the trunk and right arm towards the extended leg. Rest the right forearm and wrist on the right shin and ankle respectively, with the right palm facing upward. The right ear will then rest on the right upper arm.

Move the left arm over the head and place the left palm on top of the right palm.

The left ear will now touch the left upper arm.

Make sure that the head and trunk face forwards so the front of the body lies in one plane.

This is the final position.

Remain in this pose for as long as is comfortable, up to one minute.



Come back to the upright position.

Bend the right leg and kneel on the floor, keeping the ankles together in the starting position.

Repeat the pose on the other side and hold the final position for an equal length of time.

**Breathing:** Inhale while raising the arms horizontally.

Exhale while bending to the side.

Breathe normally in the final position.

**Duration:** One time on each side, holding the position for up to one minute.

**Awareness:** Physical - on the lateral stretch and on maintaining balance.

Spiritual - on ajna chakra.

**Benefits:** The posture gives a good lateral stretch to the pelvic region and trunk. It massages the abdominal muscles and organs and prevents the skin around the abdomen from sagging.

**Note:** *In this posture, the body resembles the beam or bar, parigha, used to shut a gate.*

# PADMA PARVATASANA



## **Padma Parvatasana (lotus mountain pose)**

Perform padmasana.

Relax the whole body.

Supporting the weight with the hands, slowly lean forward and raise the buttocks off the floor.

Adjust the position of the hands for comfort and balance. Still using the support of the hands, stretch the trunk up vertically, standing on the knees.

Balance gradually by lifting the hands from the floor one at a time.

Focus the gaze on a fixed point in front to maintain balance. When balanced, bring the palms of the hands together in front of the chest in the prayer pose.

Hold the final position for as long as possible without strain.

Slowly lower the hands and buttocks to the floor and sit in padmasana.

Release the legs, change their position and repeat the pose for the same length of time.

**Breathing:** Exhale while initially raising the buttocks.

Breathe normally in the final position.

Exhale while lowering the body to the floor.

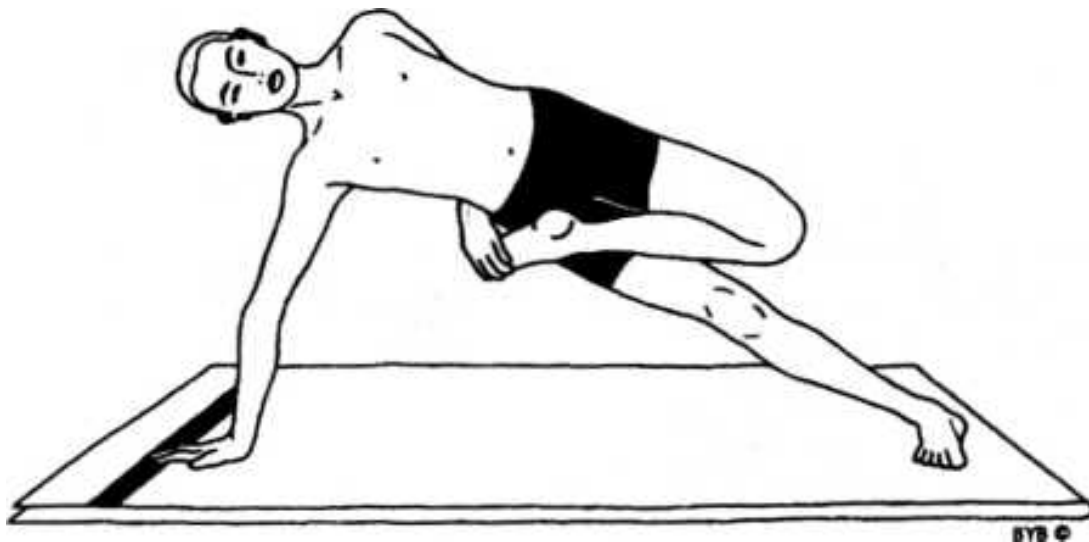
**Awareness:** Physical - on maintaining balance and on the breath.

Spiritual - on swadhisthana chakra.

**Benefits:** In addition to the benefits of padmasana, this asana develops the sense of balance.

**Variation:** Instead of bringing the hands together in front of the chest, raise both arms overhead, one at a time, keeping the elbows straight.

## KASHYAPASANA



### Kashyapasana (Sage Kashyapa's pose)

Assume santolanasana, variation 1.

Bend the left knee and place the foot on the right thigh as in ardha padmasana.

Take the left arm behind the back and catch hold of the left big toe with the left hand.

The chest and extended right arm should be in one plane. This is the final position.

Hold for as long as is comfortable without strain.

Release the left foot and return to santolanasana.

Turn the body over to the left, balancing on the left hand and foot only.

Place the right foot on the left thigh in ardha padmasana. Take the right arm behind the back and catch hold of the right big toe with the right hand.

Balance in the pose for the same length of time as on the right side.

Come back into santolanasana, placing the right palm back on the floor.

Relax in shashankasana.

**Breathing:** Normal throughout.

**Duration:** One time on each side.

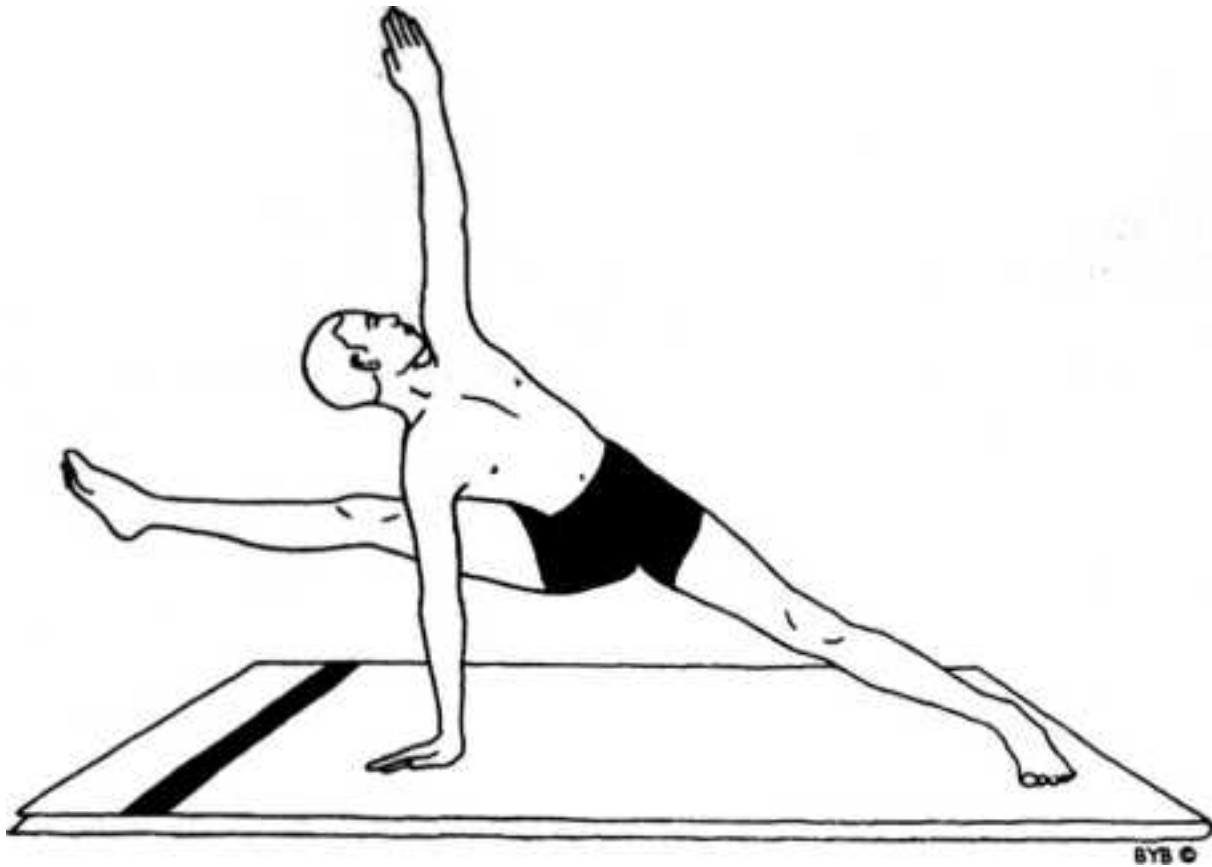
**Awareness:** Physical - on maintaining balance.

Spiritual - on manipura chakra.

**Benefits:** This asana provides a deep muscular massage to the abdomen, toning the digestive organs, alleviating disorders of the large intestine and stimulating the digestive fire. Manipura chakra and samana are activated. A sense of balance and concentration is developed.

**Note:** *This asana is dedicated to Sage Kashyapa, son of Sage Marichi, who was said to be the son of Brahma. He is also said to be the father of all living beings and is often called Prajapati, the progenitor.*

# VISHWAMITRASANA



## **Vishwamitrasana (Sage Vishwamitra's pose)**

Stand upright with the arms by the sides and the feet together.

Close the eyes and mentally relax the whole body.

Open the eyes, slowly bend forward from the hips and place the palms on the floor beside the feet.

Without moving the hands, take the legs back about 120 to 150 cm and rest the crown of the head on the floor with the buttocks raised.

Raise the head, swing the right leg over the right hand and place the back of the right thigh on the back of the upper part of the right arm.

The right foot should not touch the floor.

Immediately, turn the body to the left, place the left arm along the left thigh and balance.

Turn the left foot sideways and press the heel on the floor. Straighten the right leg.

Stretch the left arm up vertically from the shoulder and gaze at the up-stretched left hand.

This is the final position.

Hold for as long as is comfortable.

Release the right leg and come back to the starting position. Repeat the pose for the same length of time on the other side.

**Breathing:** Inhale as the arm moves up.

Exhale as the arm comes down.

**Duration:** One time on each side, holding the position up to 30 seconds.

**Awareness:** Physical - on maintaining balance.

Spiritual - on mooladhara chakra.

**Benefits:** This asana stretches and tones the muscles of the arms and legs, and the sciatic nerves. It strengthens the internal organs, improves concentration and the sense of balance.

**Note:** *Sage Vishwamitra was originally a kshatriya, a member of the warrior class, and the king of Kanyakubja. One day while out hunting, he came across the hermitage of Sage Vashishtha. Seeing Kamadhenu, The Cow of Plenty, he offered the sage untold treasures in exchange for her. The sage refused him and so he tried to take her by force. A long contest ensued in which he was defeated.*

*Although sorely vexed, the king was greatly impressed with the power inherent in Brahmanism. He devoted himself to the most rigorous yogic austerities until he successfully achieved the titles of rajarshi, royal sage, rishi, sage or seer, maharshi, great sage or patriarch of mankind, and finally brahmarshi, brahmanical sage. This asana is dedicated to him.*

# Pranayama



अथासने दृढे योगी वशी हितमिताशनः ।  
गुरूपदिष्टमार्गेण प्राणायामान्समभ्यसेत् ॥२:१॥

*Athaasane dridhe yogee vashee hitamitaashanaha  
Guroopadishtamaargena praanaayaamaansamabhyset.*

Thus being established in asana and having control (of the body), taking a balanced diet; pranayamas should be practiced according to the instructions of the guru.

*Hatha Yoga Pradipika (2:1)*



# Introduction to Pranayama

Pranayama is generally defined as breath control. Although this interpretation may seem correct in view of the practices involved, it does not convey the full meaning of the term. The word pranayama is comprised of two roots: *prana* plus *ayama*. Prana means ‘vital energy’ or ‘life force’. It is the force which exists in all things, whether animate or inanimate. Although closely related to the air we breathe, it is more subtle than air or oxygen. Therefore, pranayama should not be considered as mere breathing exercises aimed at introducing extra oxygen into the lungs. Pranayama utilizes breathing to influence the flow of prana in the *nadis* or energy channels of the *pranamaya kosha* or energy body.

The word *yama* means ‘control’ and is used to denote various rules or codes of conduct. However, this is not the word which is joined to prana to form pranayama; the correct word is *ayama* which has far more implications than the word *yama*. *Ayama* is defined as ‘extension’ or ‘expansion’. Thus, the word pranayama means ‘extension or expansion of the dimension of prana’. The techniques of pranayama provide the method whereby the life force can be activated and regulated in order to go beyond one’s normal boundaries or limitations and attain a higher state of vibratory energy.

## Four aspects of pranayama

In the pranayama practices there are four important aspects of breathing which are utilized. These are:

- a) *Pooraka* or inhalation
- b) *Rechaka* or exhalation

- c) *Antar kumbhaka* or internal breath retention
- d) *Bahir kumbhaka* or external breath retention.

The different practices of pranayama involve various techniques which utilize these four aspects of breathing. There is another mode of pranayama which is called *kevala kumbhaka* or spontaneous breath retention. This is an advanced stage of pranayama which occurs during high states of meditation. During this state, the lungs stop their activity and the respiration ceases. At this time, the veil which prevents one from seeing the subtle aspect of existence is lifted and a higher vision of reality is attained.

*The most important part of pranayama is actually kumbhaka or breath retention.* However, in order to perform kumbhaka successfully, there must be a gradual development of control over the function of respiration. Therefore, in the pranayama practices more emphasis is given to inhalation and exhalation at the beginning, in order to strengthen the lungs and balance the nervous and pranic systems in preparation for the practice of kumbhaka. These practices influence the flow of prana in the nadis, purifying, regulating and activating them, thereby inducing physical and mental stability. (For more information on nadis see the chapter *Psychic Physiology of Yoga*.)

### The pranic body

According to yogic physiology, the human framework is comprised of five bodies or sheaths, which account for the different aspects or dimensions of human existence. These five sheaths are known as:

- a) *Annamaya kosha*, the food or material body
- b) *Manomaya kosha*, the mental body
- c) *Pranamaya kosha*, the bioplasmic or vital energy body
- d) *Vijnanamaya kosha*, the psychic or higher mental body
- e) *Anandamaya kosha*, the transcendental or bliss body.

Although these five sheaths function together to form an integral whole, the practices of pranayama work mainly with *pranamaya kosha*. The *pranamaya kosha* is made up of five major pranas which are collectively known as the *pancha*, or five, pranas: *prana*, *apana*, *samana*, *udana* and *vyana*.

## The Pranic Body



**Prana** in this context, does not refer to cosmic prana but rather to just one part of the pranamaya kosha, governing the area, between the larynx and the top of the diaphragm. It is associated with the organs of respiration and speech, and the gullet, together with the muscles and nerves that activate them. It is the force by which the breath is drawn inside.

**Apana** is located below the navel region and provides energy for the large intestine, kidneys, anus and genitals. It is concerned with the expulsion of waste from the body.

**Samana** is located between the heart and the navel. It activates and controls the digestive system: the liver, intestines, pancreas and stomach, and their secretions. Samana also activates the heart and circulatory system, and is responsible for the assimilation and distribution of nutrients.

**Udana** controls the area of the body above the neck, activating all the sensory receptors such as the eyes, nose and ears. Thought and consciousness of the outside world would be impossible without it. Udana also harmonizes and activates the limbs and all their associated muscles, ligaments, nerves and joints, as well as being responsible for the erect posture of the body.

**Vyana** pervades the whole body, regulating and controlling all movement, and coordinating the other pranas. It acts as the reserve force for the other pranas.

Along with the five major pranas there are five minor pranas known as the *upa-pranas*. These five sub-pranas are: naga, koorma, krikara, devadatta and dhananjaya. Their functions are described as follows. *Naga* is responsible for belching and hiccups. *Koorma* opens the eyes and stimulates blinking. *Krikara* generates hunger, thirst, sneezing and coughing. *Devadatta* induces sleep and yawning. *Dhananjaya* lingers immediately after death and is responsible for decomposition of the body.

For further information on the pranic body, preparatory techniques and pranayama practices described in this section, refer to the Bihar School of Yoga publications, *Prana Pranayama Prana Vidya* and *Yoga Darshan*.

### **Prana and lifestyle**

Lifestyle has a profound impact on the pranamaya kosha and its pranas. Physical activities such as exercise, work, sleep, intake of food and sexual relations, all affect the distribution and flow of prana in the body. Faculties of the mind such as emotion, thought and imagination affect the pranic body even more. Irregularities in lifestyle, dietary indiscretions and stress, deplete and obstruct the pranic flow. This results in what people experience as being ‘drained of energy’. Depletion of energy in a particular prana leads to the devitalization of the

organs and limbs it governs and ultimately to disease or metabolic dysfunction. The techniques of pranayama reverse this process, energizing and balancing the different pranas within the pranamaya kosha. Pranayama practices should be performed after asana in an integrated yoga program.

### **Breath, health and pranayama**

The breath is the most vital process of the body. It influences the activities of each and every cell and, most importantly, is intimately linked with the performance of the brain. Human beings breathe about 15 times per minute and 21,600 times per day. Respiration fuels the burning of oxygen and glucose, producing energy to power every muscular contraction, glandular secretion and mental process. The breath is intimately linked to all aspects of human experience.

Most people breathe incorrectly, using only a small part of their lung capacity. The breathing is then generally shallow, depriving the body of oxygen and prana essential to its good health. The first five practices given in this section are preparatory techniques which introduce correct breathing habits. In addition, they help focus the awareness on the breathing process, which is otherwise normally ignored. Practitioners develop sensitivity to the respiratory process and retrain the muscles of the pulmonary cavity, enhancing their vital capacity and preparing them for pranayama.

Rhythmic, deep and slow respiration stimulates and is stimulated by calm, content states of mind. Irregular breathing disrupts the rhythms of the brain and leads to physical, emotional and mental blocks. These, in turn, lead to inner conflict, imbalanced personality, disordered lifestyle and disease. Pranayama establishes regular breathing patterns, breaking this negative cycle and reversing the process. It does so by taking control of the breath and re-establishing the natural, relaxed rhythms of the body and mind.

Although breathing is mainly an unconscious process, conscious control of it may be taken at any time. Consequently, it forms a bridge between the conscious and unconscious areas of the mind. Through the practice of pranayama, the energy

trapped in neurotic, unconscious mental patterns may be released for use in more creative and joyful activity.

### **Breathing and life span**

In addition to influencing the quality of life, the length or quantity of life is also dictated by the rhythm of the respiration. The ancient yogis and rishis studied nature in great detail. They noticed that animals with a slow breath rate such as pythons, elephants and tortoises have long life spans, whereas those with a fast breathing rate, such as birds, dogs and rabbits, live for only a few years. From this observation they realized the importance of slow breathing for increasing the human lifespan. Those who breathe in short, quick gasps are likely to have a shorter life span than those who breathe slowly and deeply. On the physical level, this is because the respiration is directly related to the heart. A slow breathing rate keeps the heart stronger and better nourished and contributes to a longer life. Deep breathing also increases the absorption of energy by the pranamaya kosha, enhancing dynamism, vitality and general wellbeing.

### **Pranayama and the spiritual aspirant**

Pranayama practices establish a healthy body by removing blockages in the pranamaya kosha, enabling an increased absorption of prana. The spiritual seeker, however, also requires tranquility of mind as an essential prelude to spiritual practice. To this end, many pranayama techniques utilize kumbhaka, breath retention, to establish control over the flow of prana, calming the mind and controlling the thought process.

Once the mind has been stilled and prana flows freely in the nadis and chakras, the doorway to the evolution of consciousness opens, leading the aspirant into higher dimensions of spiritual experience. In *The Science of Pranayama*, Swami Sivananda writes, “There is an intimate connection between the breath, nerve currents and control of the inner prana or vital forces. Prana becomes visible on the physical plane as motion and action, and on the mental plane as thought.

Pranayama is the means by which a yogi tries to realize within his individual body the whole cosmic nature, and attempts to attain perfection by attaining all the powers of the universe.”

### **General notes for the practitioner**

In the traditional texts, there are innumerable rules and regulations pertaining to pranayama. The main points are to exercise moderation, balance and common sense with regard to inner and outer thinking and living. However, for those who seriously wish to take up the advanced practices of pranayama, the guidance of a guru or experienced teacher is essential.

**Breathing:** Always breathe through the nose and not the mouth unless specifically instructed otherwise. The nose should be cleaned regularly by jala neti prior to the practice session. Be aware of the nostrils throughout the techniques. While inhaling, the nostrils should dilate or expand outwards and while exhaling, they should relax back to their normal position.

**Time of practice:** The best time to practice pranayama is during the early morning when the body is fresh and the mind has very few impressions. If this is not possible, another good time is just after sunset. Tranquillizing pranayamas may be performed before sleep. Try to practice regularly at the same time and place each day. Regularity in practice increases strength and willpower as well as acclimatizing the body and mind to the increased pranic force. Do not be in a hurry; slow, steady progress is essential.

**Place of practice:** Practice in a quiet, clean and pleasant room which is well ventilated but not draughty. Generally, avoid practicing in direct sunlight, as the body will become over-heated, except at dawn when the soft rays of the early morning sun are beneficial. Practicing in a draught or wind, in air-conditioning or under a fan may upset the body temperature and cause chills.

**Sitting position:** A comfortable, sustainable meditation posture is necessary to enable efficient breathing and body steadiness during the practice. Siddha/siddha yoni asana is one of the best postures for pranayama. The body should be as

relaxed as possible throughout the practice with the spine, neck and head erect. Sit on a folded blanket or cloth of natural fiber to ensure the maximum conduction of energy during the practice.

**Sequence:** Pranayama should be performed after asanas and before meditation practice. After practicing pranayama one may lie down in shavasana for a few minutes.

**Clothes:** Loose, comfortable clothing made of natural fibers should be worn during the practice. The body may be covered with a sheet or blanket when it is cold or to keep insects away.

**Bathing:** Take a bath or shower before commencing the practice, or at least wash the hands, face and feet. Do not take a bath for at least half an hour after the practice to allow the body temperature to normalize.

**Empty stomach:** Wait at least three to four hours after meals before starting pranayama. Food in the stomach places pressure on the diaphragm and lungs, making full, deep respiration difficult.

**Digestion:** When commencing pranayama practice, constipation and a reduction in the quantity of urine may be experienced. In the case of dry motion, stop taking salt and spices, and drink plenty of water. In the case of loose motion, stop the practices for a few days and go on a diet of rice and curd or yoghurt.

**Diet:** A balanced diet of protein, carbohydrates, fats, vitamins and minerals is suitable for most pranayama practices. A combination of grains, pulses, fresh fruit and vegetables, with a little milk product if necessary, is recommended. The more advanced stages of pranayama require a change in diet and a guru should be consulted for guidance on this.

**Avoid strain:** With all pranayama practices it is important to remember that the instruction not to strain, not to try to increase your capacity too fast, applies just as it does to asana practice. If one is advised to practice a pranayama technique for a specific length of time, before moving on to a more advanced practice or ratio, it is wise to follow that instruction. Furthermore, breath retention should only be practiced for as long as is comfortable. The lungs are very delicate organs and



any misuse can easily cause them injury. Not only the physical body but also the mental and emotional aspects of the personality need time to adjust. Never strain in any way.

**Side effects:** When practicing for the first time, various symptoms may manifest in normally healthy people. These are caused by the process of purification and the expulsion of toxins. Sensations of itching, tingling, heat or cold and feelings of lightness or heaviness may occur. Such experiences are generally temporary but if they persist during the practice, check with a yoga teacher.

**Contra-indications:** Pranayama should not be practiced during illness, although simple techniques such as breath awareness and abdominal breathing in shavasana may be performed. Always consult a yoga therapist or teacher before using any pranayama for therapeutic purposes.

**No smoking:** It is not advisable for pranayama practitioners to smoke tobacco or cannabis.

# NATURAL BREATHING

This is a simple technique which introduces practitioners to their own respiratory system and breathing patterns. It is very relaxing and may be practiced at any time. Awareness of the breathing process is itself sufficient to slow down the respiratory rate and establish a more relaxed rhythm.

## **Natural breathing**

Sit in a comfortable meditation posture or lie in shavasana and relax the whole body.

Observe the natural and spontaneous breathing process. Develop total awareness of the rhythmic flow of the breath. Feel the breath flowing in and out of the nose.

Do not control the breath in any way.

Notice that the breath is cool as it enters the nostrils and warm as it flows out.

Observe this with the attitude of a detached witness.

Feel the breath flowing in and out at the back of the mouth above the throat.

Bring the awareness down to the region of the throat and feel the breath flowing in the throat.

Bring the awareness down to the region of the chest and feel the breath flowing in the trachea and bronchial tubes. Next, feel the breath flowing in the lungs.

Be aware of the lungs expanding and relaxing.

Shift the attention to the rib cage and observe the expansion and relaxation of this area.

Bring the awareness down to the abdomen. Feel the abdomen move upward on inhalation and downward on exhalation.

Finally, become aware of the whole breathing process from the nostrils to the abdomen and continue observing it for some time.

Bring the awareness back to observing the physical body as one unit and open the eyes.

# ABDOMINAL BREATHING

Abdominal or diaphragmatic breathing is practiced by enhancing the action of the diaphragm and minimizing the action of the rib cage. The diaphragm is a domed sheet of muscle that separates the lungs from the abdominal cavity and, when functioning correctly, promotes the most efficient type of breathing. It is the effect of the diaphragm rather than the diaphragm itself that is experienced as the stomach rises and falls. Sensitivity to the muscle itself, however, will come with practice. During inhalation the diaphragm moves downward, pushing the abdominal contents downward and outward. During exhalation the diaphragm moves upward and the abdominal contents move inward.

Movement of the diaphragm signifies that the lower lobes of the lungs are being utilized. The proper use of the diaphragm causes equal expansion of the alveoli, improves lymphatic drainage from basal parts of the lungs, massages the liver, stomach, intestines and other organs that lie immediately beneath it, exerts a positive effect on the cardiac functions and coronary supply, and improves oxygenation of the blood and circulation.

Abdominal breathing is the most natural and efficient way to breathe. Due to tension, poor posture, restrictive clothing and lack of training, however, it is often forgotten. Once this technique again becomes a part of daily life and correct breathing is restored, there will be a great improvement in the state of physical and mental wellbeing.

## **Abdominal (or diaphragmatic) breathing**

Lie in shavasana and relax the whole body.

Observe the spontaneous breath without controlling it in any way. Let it be absolutely natural.

Continue observing the natural breath for some time. Place the right hand on the abdomen just above the navel and the left hand over the center of the chest.

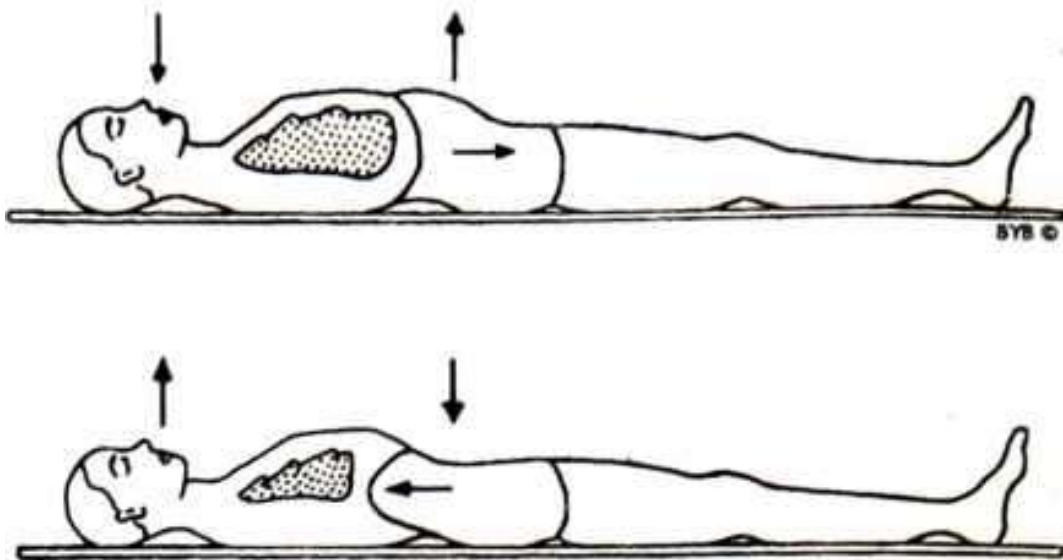
The right hand will move up with inhalation and down with exhalation. The left hand should not move with the breath.

There should be no tension in the abdomen. Do not try to force the movement in any way.

Try not to expand the chest or move the shoulders.

Feel the abdomen expanding and contracting.

Continue breathing slowly and deeply.



Inhale while expanding the abdomen as much as possible, without expanding the rib cage.

At the end of the inhalation the diaphragm will be compressing the abdomen and the navel will be at its highest point.

On exhalation the diaphragm moves upward and the abdomen moves downward.

At the end of the exhalation the abdomen will be contracted and the navel compressed towards the spine.

Continue for a few minutes.

# THORACIC BREATHING

Thoracic breathing utilizes the middle lobes of the lungs by expanding and contracting the rib cage. It expends more energy than abdominal breathing for the same quantity of air exchange. It is often associated with physical exercise and exertion, as well as stress and tension, when it helps the body to obtain more oxygen. However, the tendency in many people is to continue this type of breathing long after the stressful situation has passed, creating bad breathing habits and continued tension.

## **Thoracic breathing**

Sit in a meditation posture or lie in shavasana and relax the whole body.

Maintain unbroken awareness of the natural breath for some time, concentrating on the sides of the chest. Discontinue any further use of the diaphragm and begin to inhale by slowly expanding the rib cage. Feel the movement of the individual ribs outward and upward, and be aware of this expansion drawing air into the lungs.

Expand the chest as much as possible.

Exhale by relaxing the chest muscles. Feel the rib cage contracting and forcing the air out of the lungs.

Breathe slowly and deeply through the chest with total awareness.

Do not use the diaphragm.

Continue thoracic breathing for a few minutes, pausing slightly after each inhalation and exhalation.

# CLAVICULAR BREATHING

Clavicular breathing is the final stage of total rib cage expansion. It occurs after the thoracic inhalation has been completed. In order to absorb a little more air into the lungs, the upper ribs and the collar bone are pulled upwards by the muscles of the neck, throat and sternum. This requires maximum expansion on inhalation and only the upper lobes of the lungs are ventilated. In daily life, clavicular breathing is only used under conditions of extreme physical exertion and when experiencing obstructive airway diseases such as asthma.

## **Clavicular breathing**

Lie in shavasana and relax the whole body.

Perform thoracic breathing for a few minutes.

Inhale, fully expanding the rib cage.

When the ribs are fully expanded, inhale a little more until expansion is felt in the upper portion of the lungs around the base of the neck.

The shoulders and collar bone should also move up slightly.

This will take some effort.

Exhale slowly, first releasing the lower neck and upper chest, then relax the rest of the rib cage back to its starting position.

Continue for a few more breaths, observing the effect of this type of breathing.

# YOGIC BREATHING

Yogic breathing combines the previous three techniques. It is used to maximize inhalation and exhalation. Its purpose is to gain control of the breath, correct poor breathing habits and increase oxygen intake.

It may be practiced at any time and is especially useful in situations of high stress or anger for calming the nerves. However, while its inclusion in a daily yoga program will correct and deepen natural breathing patterns, yogic breathing itself should not be performed continually.

## **Yogic breathing**

Sit in a meditation posture or lie in shavasana and relax the whole body.

Inhale slowly and deeply, allowing the abdomen to expand fully.

Try to breathe so slowly that little or no sound of the breath can be heard.

Feel the air reaching into the bottom of the lungs.

At the end of abdominal expansion, start to expand the chest outward and upward.

When the ribs are fully expanded, inhale a little more until expansion is felt in the upper portion of the lungs around the base of the neck. The shoulders and collar bone should also move up slightly. Some tension will be felt in the neck muscles.

The rest of the body should be relaxed.

Feel the air filling the upper lobes of the lungs.

This completes one inhalation.

The whole process should be one continuous movement, each phase of breathing merging into the next without any obvious transition point. There should be no jerks or unnecessary strain. The breathing should be like the swell of the sea.

Now start to exhale.

First, relax the lower neck and upper chest, then allow the chest to contract downward and then inward.

Next, allow the diaphragm to push upward and toward the chest.

Without straining, try to empty the lungs as much as possible by drawing or pulling the abdominal wall as near as possible to the spine.

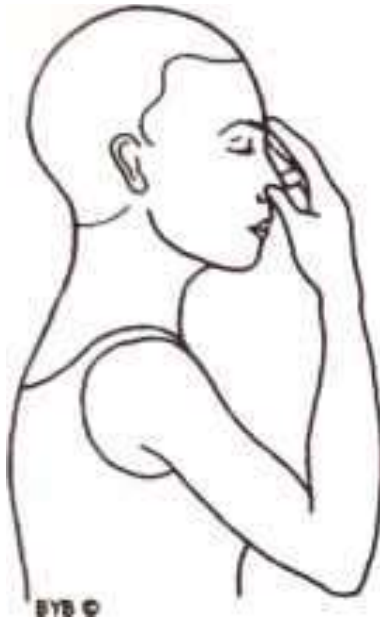
The entire movement should be harmonious and flowing. Hold the breath for a few seconds at the end of exhalation. This completes one round of yogic breathing.

At first perform 5 to 10 rounds and slowly increase to 10 minutes daily.

**Practice note:** Yogic breathing is used in most pranayamas. The main requirement, however, is that respiration be comfortable and relaxed. Consequently, once awareness and control of the breathing process has been established, the clavicular technique is dropped and yogic breathing is modified to become a combination of abdominal and thoracic breathing. The breath should flow naturally and not be forced.



# NADI SHODHANA PRANAYAMA



## **Hand position: Nasagra Mudra (nose tip position)**

Hold the fingers of the right hand in front of the face. Rest the index and middle fingers gently on the eyebrow centre. Both fingers should be relaxed.

The thumb is above the right nostril and the ring finger above the left. These two digits control the flow of breath in the nostrils by alternately pressing on one nostril, blocking the flow of breath, and then the other. The little finger is comfortably folded. When practicing for long periods, the elbow may be supported by the left hand although care is needed to prevent chest restriction.

## **Nadi Shodhana Pranayama (psychic network purification) Technique I: Preparatory practice**

Sit in any comfortable meditation posture, preferably siddha/siddha yoni asana or padmasana. (Those who cannot sit in a meditation posture may sit against a wall with the legs outstretched or in a chair which has a straight back). Keep the head and spine upright.

Relax the whole body and close the eyes.

Practice yogic breathing for some time.

Adopt nasagra mudra with the right hand and place the

left hand on the knee in chin or gyana mudra.

Close the right nostril with the thumb.

Inhale and exhale through the left nostril 5 times.

The rate of inhalation/exhalation should be normal.

Be aware of each breath.

After 5 breaths release the pressure of the thumb on the right nostril and press the left nostril with the ring finger, blocking the flow of air.

Inhale and exhale through the right nostril 5 times, keeping the respiration rate normal.

Lower the hand and breathe 5 times through both nostrils together.

This is one round.

Practice 5 rounds or for 3 to 5 minutes, making sure that there is no sound as the air passes through the nostrils. After practicing for 15 days go on to technique 2.

### **Technique 2: Alternate nostril breathing**

In this technique the duration of inhalation/exhalation is controlled.

Close the right nostril with the thumb and breathe in through the left nostril.

At the same time count mentally, “1, Om; 2, Om; 3, Om”, until the inhalation ends comfortably. This is the basic count.

Breathe deeply with yogic breathing. Do not strain.

Close the left nostril with the ring finger, release the pressure of the thumb on the right nostril and while breathing, out through the right nostril, simultaneously count, “1, Om; 2, Om; 3, Om”. The time for inhalation and exhalation should be equal.

Next, inhale through the right nostril, keeping the same count in the same manner.

At the end of inhalation close the right nostril, open the left nostril and exhale through the left nostril, counting as before.

This is one round.

Practice 10 rounds.

**Ratio and timing:** After a few days, if there is no difficulty, increase the length of inhalation/exhalation by one count. Continue in this way, increasing the inhalation/exhalation by one count as it becomes easy, until the count of 24:24 is reached.

Do not force the breath in any way and be careful not to speed up the counting during exhalation to compensate for shortage of breath. At the slightest sign of discomfort reduce the count.

After perfecting the above ratio, it may be changed to 1:2. For example, breathe in for a count of 4 and breathe out for a count of 8 or breathe in for a count of 5 and breathe out for a count of 10, up to the count of 12:24. This ratio establishes a calming rhythm for the brain and heart, assisting the treatment of cardiovascular and nervous system disorders specifically, and stress related conditions generally.

When this technique can be performed with complete ease move on to technique 3.

### **Technique 3: with Antar Kumbhaka (inner retention)**

In this technique antar kumbhaka or internal breath retention is introduced.

Close the right nostril and breathe in slowly through the left nostril for a count of 5.

At the end of inhalation, close both nostrils and retain the air in the lungs for a count of 5.

The glottis may be slightly contracted to hold the air within the lungs.

Open the right nostril, breathe in slightly through the right nostril and then slowly breathe out through the same nostril for a count of 5.

This slight inhalation at the end of inner retention helps to bring the respiratory muscles back into action again and relieves the locked condition of the glottis.

The exhalation should be smooth and controlled and of the same length as the inhalation.

At the end of exhalation, immediately inhale through the

right nostril for a count of 5, keeping the left nostril closed.

Again, retain the breath for a count of 5 with both nostrils closed.

Open the left nostril, breathe in slightly through the left nostril and then breathe out through the same nostril for a count of 5.

This is one round.

Maintain constant awareness of the count and of the breath. Practice 10 rounds.

**Ratio and timing:** The maintenance of a strict ratio during inhalation, kumbhaka and exhalation is of the utmost importance. The ratio will change as the ability to hold the breath for longer periods of time progressively develops. After mastering the ratio of 1:1:1, increase the ratio to 1:1:2. For example, inhale for a count of 5, perform internal kumbhaka for a count of 5 and exhale for a count of 10. After some weeks of practice, when this ratio has been mastered, increase the ratio to 1:2:2. Inhale for a count of 5, do internal kumbhaka for a count of 10 and exhale for a count of 10.

After mastering the ratio of 1:2:2, gradually increase the count by adding one unit to the inhalation (e.g. 5 becomes 6), 2 units to the retention and 2 units to the exhalation (making each of them 12). The count of one round will then be 6:12:12. When this has been perfected and there is absolutely no discomfort, increase the count to 7:14:14. Gradually increase the count over a period of one or two years to 24:48:48. Thereafter, gradually increase the ratio to 1:3:2, and 1:4:2. Once this has been established, move on to technique 4.

#### **Technique 4: with Antar and Bahir Kumbhaka (internal and external retention)**

In this technique bahir kumbhaka or outer breath retention is introduced.

Do not try to hold the breath outside for too long athirst, even though it may seem easy.

Inhale through the left nostril.

Retain the breath inside in antar kumbhaka as described in technique 3.

Exhale through the right nostril.

After exhalation, when the lungs are deflated as much as possible, close both nostrils and hold the breath out for the chosen count

The glottis may be slightly contracted to hold the air out of the lungs.

Exhale slightly through the right nostril immediately before inhaling. This will release the lock on the lungs and the glottis and bring the respiratory system smoothly back into operation.

Inhale slowly through the right nostril.

Retain the breath inside in antar kumbhaka.

Exhale through the left nostril.

Again, hold the breath out in bahir kumbhaka to the count, with both nostrils closed.

This is one round.

Remember to exhale slightly through the right nostril before breathing in at the start of the next round.

Practice 5 rounds.

**Ratio and timing:** The ratio should start off as 1:4:2:2 for inhalation, internal retention, exhalation, external retention. The duration of inhalation should slowly be increased from 5 to 6 counts, then from 6 to 7 and so on, and the duration of exhalation and retention should be adjusted accordingly.

Do not increase the count for inhalation until the relative counts for exhalation and breath retention are comfortable.

**Advanced practice:** Nadi shodhana pranayama may be practiced in conjunction with jalandhara, moola and uddiyana bandhas (for details of these practices refer to the section Bandha). First practice jalandhara bandha with internal breath retention only. Once this practice has been perfected, combine jalandhara bandha with external breath retention. Then introduce moola bandha with jalandhara

during internal retention, then external retention. When this has been mastered, apply uddiyana bandha on external retention only.

It may be necessary to adjust the ratio of the breath to suit the individual capacity.

**Breathing:** Breathing should be silent in all techniques of nadi shodhana, ensuring that it is not forced or restricted in any way. As the ratio and duration increases the breath becomes very light and subtle. Increased ratios and breath duration should not be attained at the expense of relaxation, rhythm and awareness. The flow of breath must be smooth, with no jerks, throughout the practice. Always use the chest and diaphragm muscles and practice yogic breathing. If one of the nostrils is blocked, perform jala neti or breath balancing exercises before commencing.

**Awareness:** Physical - on the breath and the counting.

Mental-it is easy for the mind to wander during nadi shodhana. Simply be aware of this wandering tendency of the mind, continue the practice and the count. This will automatically encourage the awareness to return to the practice.

Spiritual - on ajna chakra.

**Precautions:** Depending on the phase of the moon, one of the two nostrils usually becomes strongly dominant during the time of sunrise and sunset. This is a period of intense *swara*, 'breath', activity and it is not advisable to alter the flows at this time. Under no circumstance should the breath be forced. Never breathe through the mouth. Proceed carefully and only under expert guidance. At the slightest sign of discomfort, reduce the duration of inhalation/ exhalation/retention and, if necessary, discontinue the practice for the day. Nadi shodhana should never be rushed.

**Sequence:** Nadi shodhana should be practiced after asanas and heating or cooling pranayamas, and before bhramari and ujjayi pranayamas. The best time to practice is from 4 to 6 am; however, it may be performed any time during the day except after meals.

**Duration:** 5 to 10 rounds or 10 to 15 minutes daily.

**Benefits:** Nadi shodhana ensures that the whole body is nourished by an extra supply of oxygen. Carbon dioxide is efficiently expelled and the blood is purified of toxins. The brain centres are stimulated to work nearer to their optimum capacity. It also induces tranquility, clarity of thought and concentration, and is recommended for those engaged in mental work. It increases vitality and lowers levels of stress and anxiety by harmonizing the pranas. It clears pranic blockages and balances ida and pingala nadis, causing sushumna nadi to flow, which leads to deep states of meditation and spiritual awakening.

**Practice note:** Development of nadi shodhana is intended to take place over a long period of time. Each technique should be practiced for a minimum of 6 months, except for technique 1 which may be practiced for 2 to 4 weeks. Developing the ratios and timing of the breath in each technique may even take years.

Techniques 1 and 2 prepare the lungs and the nervous system for techniques 3 and 4 which introduce antar and bahir kumbhaka, internal and external breath retention. Mastery of the later techniques may take some time to realize as the body and mind need to adjust to the effects of extended breath retention. The full benefits of this practice will be obtained by systematically perfecting each level rather than by struggling prematurely with the advanced techniques.

**Note:** *The word nadi means 'channel' or 'flow' of energy and shodhana means 'purification'. Nadi shodhana, therefore, means that practice which purifies the nadis.*

*The number 24, used for timing the breath, derives from classical texts which use the Gayatri mantra as a meter to measure the length of pranayamas; the Gayatri mantra is made up of 24 individual mantras.*

# SHEETALI PRANAYAMA



## **Sheetali Pranayama (cooling breath)**

Sit in any comfortable meditation posture with the hands on the knees in chin or gyana mudra.

Close the eyes and relax the whole body.

Extend the tongue outside the mouth as far as possible without strain.

Roll the sides of the tongue up so that it forms a tube. Inhale and draw the breath in through this tube.

At the end of inhalation, draw the tongue in, close the mouth and exhale through the nose.

Practice yogic breathing throughout.

The breath should produce a noise similar to rushing wind.

A feeling of icy coldness will be experienced on the tongue and the roof of the mouth.

This is one round.

Practice 9 rounds.

**Duration:** Gradually increase the number of rounds from 9 to 15 and the duration of each inhalation/exhalation.

For general purposes 15 rounds is sufficient; however, up to 60 rounds may be performed in very hot weather.

**Awareness:** On the tongue and the cooling sensation of the breath.



**Sequence:** Practice after asanas and other yogic practices which heat the body in order to restore temperature balance.

**Precaution:** This technique should not be practiced in a dirty polluted atmosphere or during cold weather. The nose heats up and cleans the inhaled air before it enters the delicate lungs. However, breathing through the mouth bypasses this air-conditioning and the induction of cold or dirty air directly into the lungs may cause harm.

**Contra-indications:** People suffering from low blood pressure or respiratory disorders such as asthma, bronchitis and excessive mucus should not practice this pranayama. Those with heart disease should practice without breath retention. This practice cools down the activity of the lower energy centers, therefore, those suffering from chronic constipation should avoid it. Generally, this pranayama should not be practiced in winter or in cool climates.

**Benefits:** This practice cools the body and the mind as well. It affects important brain centers associated with biological drives and temperature regulation. It cools and reduces mental and emotional excitation, and encourages the free flow of prana throughout the body. It induces muscular relaxation, mental tranquility and may be used as a tranquillizer before sleep. It gives control over hunger and thirst, and generates a feeling of satisfaction. It helps reduce blood pressure and acid stomach.

**Advanced practice:** This pranayama may also be combined with jalandhara bandha on internal retention (for details of this practice refer to the section Bandha). Do not strain when performing kumbhaka, one or two seconds is sufficient at first. The duration may be increased gradually as the technique is mastered.

**Practice note:** About one third of the population possesses a genetic inability to roll the sides of the tongue into a tube. The practice of seetkari pranayama gives similar benefits.

**Note:** *The Sanskrit word sheetali is derived from the root sheet which means 'cold'. Sheetal means 'that which is calm, passionless and soothing'.*

# SEETKARI PRANAYAMA



## **Seetkari Pranayama (hissing breath)**

Sit in any comfortable meditation posture.

Close the eyes and relax the whole body.

Hold the teeth lightly together.

Separate the lips, exposing the teeth.

The tongue may be kept flat or folded against the soft palate in khechari mudra (refer to the section Mudra). Breathe in slowly and deeply through the teeth.

At the end of the inhalation, close the mouth, keeping the tongue either flat or in khechari mudra.

Breathe out slowly through the nose, in a controlled manner.

This is one round.

Practice 9 rounds.

**Duration:** As for sheetali pranayama.

**Awareness:** On the hissing sound.

**Sequence:** As for sheetali pranayama.

**Contra-indications:** As for sheetali pranayama. Practitioners with sensitive teeth, missing teeth or dentures should practice sheetali pranayama instead

**Benefits:** As for sheetali pranayama with the additional advantage that it keeps the teeth and gums healthy.

**Advanced practice:** As for sheetali pranayama.

Note; *Through perfection of this practice, the adept becomes like the god Kamadeva. Kama means 'desire' and deva means 'master', therefore, through this practice desire is mastered and a state of balanced purification is achieved.*

## **BHRAMARI PRANAYAMA**



### **Bhramari Pranayama (humming bee breath)**

Sit in a comfortable meditation asana. The spinal cord should be erect, the head straight and the hands resting on the knees in chin or gyana mudra.

The ideal posture for this practice is padmasana or siddha/ siddha yoni asana.

The position of nadanusandhana asana, which is used in nada yoga, may also be utilized as follows. Sit on a rolled blanket with the heels drawn up to the buttocks. Place the feet flat on the floor with the knees raised and the elbows resting on the knees. (For full details refer to Bihar School of Yoga publication *Yoga and Kriya*).

Close the eyes and relax the whole body for a short time. The lips should remain gently closed with the teeth slightly

separated throughout the practice. This allows the sound vibration to be heard and felt more distinctly in the brain. Make sure the jaws are relaxed.

Raise the arms sideways and bend the elbows, bringing the hands to the ears. Use the index or middle finger to plug the ears. The flaps of the ears may be pressed without inserting the fingers.

If the position of nadanusandhana has been assumed, plug the ears with the thumbs, resting the other four fingers on the head.

Bring the awareness to the centre of the head, where ajna chakra is located, and keep the body absolutely still. Breathe in through the nose. Exhale slowly and in a controlled manner while making a deep, steady humming sound like that of the black bee.

The humming sound should be smooth, even and continuous for the duration of the exhalation.

The sound should be soft and mellow, making the front of the skull reverberate.

This is one round.

At the end of exhalation, breathe in deeply and repeat the process.

Perform 5 rounds.

**Awareness:** Physical - on the humming sound within the head and on making the breath steady and even.

Spiritual - on ajna chakra.

**Duration:** 5 to 10 rounds is sufficient in the beginning, then slowly increase to 10 to 15 minutes. In cases of extreme mental tension or anxiety, or when used to assist the healing process, practice for up to 30 minutes.

**Time of practice:** The best time to practice is late at night or in the early morning as there are fewer external noises to interfere with internal perception. Practicing at this time awakens psychic sensitivity. However, bhramari may be practiced at any time to relieve mental tension, providing the surroundings are peaceful.

**Contra-indications:** Bhramari should not be performed while lying down. People suffering from severe ear infections

should not practice this pranayama until the infection has cleared up. Those with heart disease must practice without breath retention.

**Benefits:** Bhramari relieves stress and cerebral tension, alleviating anger, anxiety and insomnia, and reducing blood pressure. It speeds up the healing of body tissue and may be practiced after operations. It strengthens and improves the voice and eliminates throat ailments.

**Advanced practice:** Once the basic form of bhramari has been mastered, jalandhara and moola bandhas may be incorporated into the practice in conjunction with internal breath retention (for details of these practices refer to the section Bandha). Do not strain when performing kumbhaka, one or two seconds is sufficient at first. The duration may be increased gradually as the technique is mastered. When the head has returned to the upright position and the ears are plugged, slowly exhale producing the humming sound. As an alternative practice, contract the throat while inhaling as in ujjayi pranayama, only more strongly. In this way a humming sound can be produced on inhalation as well as exhalation.

**Practice note:** Bhramari pranayama induces a meditative state by harmonizing the mind and directing the awareness inwards. The vibrations of the sounds create a soothing effect on the mind and nervous system. It is also an important aspect of nada yoga which uses subtle sound vibration to attune the practitioners with their true nature.

*Note: The word bhramari means 'bee' and the practice is so-called because a sound is produced which imitates that of the black bee.*

# UJJAYI PRANAYAMA

## Ujjayi Pranayama (the psychic breath)

Sit in any comfortable position, preferably a meditation asana.

Close the eyes and relax the whole body.

Take the awareness to the breath in the nostrils and allow the breathing to become calm and rhythmic.

After some time, transfer the awareness to the throat.

Try to feel or to imagine that the breath is being drawn in and out through the throat and not through the nostrils; as if inhalation and exhalation are taking place through a small hole in the throat.

As the breathing becomes slower and deeper, gently contract the glottis so that a soft snoring sound like the breathing of a sleeping baby is produced in the throat. If this is practiced correctly there will be a simultaneous contraction of the abdomen. This happens by itself, without any effort being made.

Both inhalation and exhalation should be long, deep and controlled.

Practice yogic breathing while concentrating on the sound produced by the breath in the throat.

The sound of the breath should not be very loud. It should just be audible to the practitioner but not to another person unless they are sitting very close.

When this breathing has been mastered, fold the tongue back into khechari mudra (refer to the section Mudra).

If the tongue becomes tired, release it, while continuing the ujjayi breathing. When the tongue is rested, again fold it back.

**Duration:** Practice for 10 to 20 minutes.

**Contra-indications:** People who are too introverted by nature should not perform this practice. Those suffering from heart disease should not combine bandhas or breath retention with ujjayi.

**Benefits:** Ujjayi is classified as a tranquillizing pranayama and it also has a heating effect on the body. This practice is used in yoga therapy to soothe the nervous system and calm the mind. It has a profoundly relaxing effect at the psychic level. It helps to relieve insomnia and may be practiced in shavasana just before sleep. The basic form without breath retention or bandhas slows down the heart rate and is useful for people suffering from high blood pressure. Ujjayi alleviates fluid retention. It removes disorders of the *dhatu*, which are the 7 constituents of the body: blood, bone, marrow, fat, semen, skin and flesh.

**Advanced practice:** After becoming proficient in the practice, ujjayi may be performed with jalandhara bandha and moola bandha in conjunction with internal and external kumbhaka (for details of these practices refer to the section Bandha). Do not strain when performing kumbhaka, one or two seconds is sufficient at first. The duration may be increased gradually as the technique is mastered.

**Practice note:** Ujjayi may be performed in any position, standing, sitting or lying. Those suffering from slipped disc or vertebral spondylitis may practice ujjayi in vajrasana or makarasana.

Many people contort their facial muscles when they do ujjayi. This is unnecessary. Try to relax the face as much as possible. Do not contract the throat too strongly. The contraction should be slight and applied continuously throughout the practice.

**Note:** *The Sanskrit word ujjayi means victorious. It is derived from the root ji, which means 'to conquer' or 'to acquire by conquest', and the prefix ud, which means 'bondage'. Ujjayi is therefore the pranayama which gives freedom from bondage. It is also known as the psychic breath, as it leads to subtle states of mind and is used together with khechhari mudra, the tongue lock, in tantric meditation techniques such as mantra japa, ajapa japa, kriya yoga and prana vidya.*

# BHASTRIKA PRANAYAMA

**Preparatory practice:** Sit in any comfortable meditation posture, preferably padmasana, ardha padmasana or siddha/ siddha yoni asana, with the hands resting on the knees in either chin or gyana mudra. Keep the head and spine straight, close the eyes and relax the whole body.

Take a deep breath in and breathe out forcefully through the nose. Do not strain.

Immediately afterwards breathe in with the same force. During inhalation the diaphragm descends and the abdomen moves outward.

During exhalation the diaphragm moves upward and the abdomen moves inward.

The above movements should be slightly exaggerated. Continue in this manner, counting 10 breaths.

At the end of 10 breaths, take a deep breath in and breathe out slowly.

This is one round.

Practice up to 5 rounds.

Keep the eyes closed and concentrate on the breathing and the counting.

**Practice note:** When accustomed to this style of breathing, gradually increase the speed, always keeping the breath rhythmical.

Inhalation and exhalation must be equal.

## **Bhastrika Pranayama (bellows breath)**

Sit in any comfortable meditation asana, preferably padmasana, ardha padmasana or siddha/siddha yoni asana, with the hands resting on the knees in either chin or gyana mudra.

Keep the head and spine straight. Close the eyes and relax the whole body.

Raise the right hand and perform nasagra mudra.



**Left nostril:** Close the right nostril with the thumb.

Breathe in and out forcefully, without straining, through the left nostril 10 times. Count each breath mentally. The abdomen should expand and contract rhythmically with the breath.

The pumping action should be performed by the abdomen alone. Do not expand the chest or raise the shoulders. The body should not jerk.

There should be a snuffing sound in the nose but no sound should come from the throat or chest.

After 10 respirations, breathe in deeply through the left nostril keeping the right nostril closed.

Fill the lungs as much as possible, expanding both the chest and abdomen.

Close both nostrils and hold the breath inside.

Retain the breath for a few seconds.

Exhale through the left nostril.

**Right nostril:** Close the left nostril and breathe in and out forcefully 10 times through the right nostril, counting each time.

Inhale slowly and deeply through the right nostril.

Close both nostrils and hold the breath inside.

Retain the breath for a few seconds.

Breathe out slowly through the right nostril.

**Both nostrils:** Open both nostrils.

Breathe in and out forcefully through both nostrils 10 times, mentally counting each time.

Inhale slowly and deeply through both nostrils.

Close both nostrils and retain the breath for a few seconds. Breathe out slowly through both nostrils together. Breathing through the left, the right and both nostrils, as above, forms one complete round.

**Breathing:** Bhastrika may be practiced at three different breath rates: slow, medium and fast, depending on the capacity of the practitioner.

Slow bhastrika is practiced to approximately one breath every two seconds, with no undue force on inhalation or exhalation. It is like amplified normal breathing. It is

especially useful for beginners and those using bhastrika for therapeutic purposes, although it may also be practiced at all stages. Medium bhastrika increases the speed of respiration to approximately one breath every second.

Fast bhastrika means a breathing speed of around two breaths per second. Both medium and fast breathing are suitable for intermediate and advanced practitioners. The abdominal muscles will become stronger with regular practice. As they do so, the number of respirations may be increased by 5 per month from the initial count of 10 to a maximum count of 40 to 50 respirations through the left, the right and both nostrils.

**Duration:** Up to 5 rounds. Slowly increase the duration of retention up to 30 seconds after breathing through the left, the right and both nostrils. Do not strain.

**Awareness:** Physical - on the breathing process, the physical movement of the abdomen and mental counting.

Spiritual - on manipura chakra.

**Precautions:** A feeling of faintness, excessive perspiration or a vomiting sensation indicates that the practice is being performed incorrectly. Avoid violent respiration, facial contortions and excessive shaking of the body. If any of these symptoms are experienced, the advice of a yoga teacher should be sought.

This practice is ideal for purifying the blood and eradicating a bad complexion. However, if the stages are rushed, all the impurities will be ejected from the body in a rush which may exacerbate the condition. A slow, conscientious approach to this practice is, therefore, recommended.

Bhastrika is a dynamic practice requiring a large expenditure of physical energy. Beginners are advised to take a short rest after each round.

**Contra-indications:** Bhastrika should not be practiced by people who suffer from high blood pressure, heart disease, hernia, gastric ulcer, stroke, epilepsy or vertigo. Those suffering from lung diseases such as asthma and chronic bronchitis,

or who are recovering from tuberculosis, are recommended to practice only under expert guidance.

**Benefits:** This practice burns up toxins and removes diseases of the *doshas* or humours: *kapha*, phlegm; *pitta*, bile; and *vata*, wind. Because of the rapid exchange of air in the lungs, there is an increase in the exchange of oxygen and carbon dioxide into and out of the bloodstream. This stimulates the metabolic rate, producing heat and flushing out wastes and toxins. The rapid and rhythmic movement of the diaphragm also massages and stimulates the visceral organs, toning the digestive system. It is a useful practice for women during labor after a few months of proper preparation. *Bhastrika* reduces the level of carbon dioxide in the lungs. It is an excellent practice for asthmatics and those suffering from other lung disorders. It alleviates inflammation in the throat and any accumulation of phlegm. It balances and strengthens the nervous system, inducing peace, tranquility and one-pointedness of mind in preparation for meditation.

**Advanced practice:** Once this practice has been mastered, *jalandhara* and *moola bandha* may be combined with internal breath retention.

**Practice note:** Both nostrils must be clear and flowing freely. Mucus blockages may be removed through the practice of *neti* (see the section *Shatkarma*). If the flow of breath in the nostrils is unequal, it may be balanced by practicing *padadhiraasana* as a breath balancing technique (see chapter *Vajrasana Group of Asanas*).

Beginners should be familiar with abdominal breathing before taking up *bhastrika*.

*Note: The Sanskrit word bhastrika means 'bellows'. Thus, bhastrika pranayama is also known as the bellows breath, as air is drawn forcefully in and out of the lungs like the bellows of a village blacksmith. The bellows increases the flow of air into the fire, producing more heat. Similarly, bhastrika pranayama increases the flow of air into the body to produce inner heat at both the physical and subtle levels, stoking the inner fire of mind/body.*

# KAPALBHATI PRANAYAMA

## **Kapalbhati Pranayama (frontal brain cleansing breath)**

Sit in any comfortable meditation asana; padmasana, as a first choice, or siddha/siddha yoni asana, with the head and spine straight and the hands resting on the knees in either chin or gyana mudra.

Close the eyes and relax the whole body.

Inhale deeply through both nostrils, expanding the abdomen, and exhale with a forceful contraction of the abdominal muscles. Do not strain.

The next inhalation takes place by passively allowing the abdominal muscles to expand. Inhalation should be a spontaneous or passive recoil, involving no effort. Perform 10 respirations to begin with.

Count each respiration mentally.

After completing 10 rapid breaths in succession, inhale and exhale deeply.

This is one round.

Practice 3 to 5 rounds.

After completing the practice, maintain awareness of the void in the region of the eyebrow center, feeling an all- pervading emptiness and calm.

**Breathing:** It is important that the rapid breathing used in these techniques be from the abdomen and not from the chest.

The number of respirations may be increased from the initial count of 10 up to 20, as the abdominal muscles become stronger.

**Duration:** Up to 5 rounds of 10 to 20 breaths.

Advanced practitioners may extend the number of rounds to 10 or more; longer periods than this should only be practiced under expert guidance.

**Awareness:** Physical - on rhythmic breathing, keeping count of the respirations.

Spiritual - on chidakasha or the void at the eyebrow center.

**Sequence:** Kapalbhathi should be practiced after asanas or neti and immediately before pratyahara and dharana meditation techniques. It may be performed at any time of day but should only be practiced on an empty stomach, 3 to 4 hours after meals.

**Precautions:** If pain or dizziness is experienced, stop the practice and sit quietly for some time. When the sensation has passed, recommence the practice with more awareness and less force. If the problem continues, consult a yoga teacher.

**Contra-indications:** Kapalbhathi should not be practiced by those suffering from heart disease, high blood pressure, vertigo, epilepsy, stroke, hernia or gastric ulcer.

**Benefits:** Kapalbhathi purifies ida and pingala nadis, and also removes sensory distractions from the mind. It is used to energize the mind for mental work, to remove sleepiness and to prepare the mind for meditation.

It has a similar cleansing effect on the lungs to bhasrika and is, therefore, a good practice for asthmatics and those suffering from emphysema, bronchitis and tuberculosis. After a few months of proper preparation, it can be effective for women to use during childbirth.

It balances and strengthens the nervous system and tones the digestive organs.

For spiritual aspirants, this practice arrests thoughts and visions.

**Practice note:** Although kapalbhathi is similar to bhasrika, there are important differences. Bhasrika uses force on both inhalation and exhalation, expanding and contracting the lungs above and below their resting or basic volume. Kapalbhathi, on the other hand, actively reduces the volume of air in the lungs below this level through forced exhalation. In this practice, inhalation remains a passive process which brings the level of air in the lungs back to the basic volume only. This way of breathing reverses the normal breathing process which involves active inhalation and passive exhalation.

*Note: Kapalbhata is also one of the six shatkarmas. The Sanskrit word kapal means 'cranium' or 'forehead,' and, bhata means 'light' or 'splendor' and also 'perception' or 'knowledge.' Hence, kapalbhata is the practice which brings a state of light or clarity to the frontal region of the brain. Another name for this practice is kapalshodhana, the word shodhana meaning 'to purify'.*

## **MOORCHHA PRANAYAMA**



### **Moorchha Pranayama (swooning or fainting breath)**

Sit in any comfortable meditation asana, preferably padmasana or siddha/siddha yoni asana.

Keep the head and spine straight. Relax the whole body. Observe the breath until it becomes slow and deep. Adopt khechari mudra, then slowly inhale through both nostrils with ujjayi pranayama, while gently and smoothly bending the head slightly back.

Perform shambhavi mudra.

Keep the arms straight by locking the elbows and pressing the knees with the hands.

Retain the breath inside for as long as is comfortable, maintaining shambhavi mudra.

Exhale while relaxing the arms. Close the eyes and slowly bring the head back to the upright position.

Relax the whole body for a few seconds, keeping the eyes closed. Experience the lightness and tranquility in the mind and body.

This is one round.

**Duration:** Practice until a fainting sensation is felt.

**Awareness:** Physical - on the breath, head movement and eyebrow center.

Spiritual - on chidakasha or the void behind the eyebrow center.

**Sequence:** After asanas and other pranayamas and before meditation. It is also beneficial before sleep.

**Precautions:** This technique induces the sensation of lightheadedness or swooning and should only be practiced under the guidance of an expert.

**Contra-indications:** This technique should not be practiced by those suffering from heart disease, high blood pressure, epilepsy, brain disorders or atherosclerosis of the carotid or basilar arteries. Discontinue the practice as soon as the fainting sensation is felt. The aim is to induce a state of semi-fainting, not complete unconsciousness.

**Benefits:** Moorchha pranayama is an excellent preparation for meditation as it draws the mind inwards and enables a psychic state to be experienced. It cuts out the distractions of the outside world, inhibits identification with the physical body and brings about mental tranquility. It alleviates tension, anxiety, anger, neuroses and other mental problems and raises the level of prana.

**Practice note:** The essence of moorchha pranayama is internal breath retention; the longer it is held, the stronger the practice will be. Given the correct environment and instruction, along with intense self-purification and a carefully selected diet, it is possible to slowly develop the capacity to hold the breath for long periods of time. Without proper preparation however, prolonged kumbhaka can prove dangerous. *Stopping the breath acts directly on the mind via the pranic body to induce a state of void.*

The fainting and light-headedness arise for two reasons: firstly, pressure on the blood vessels in the neck causes fluctuations in the pressure within the cranial cavity, and secondly, the carotid sinuses, vital to maintaining autonomic control of the body's circulation, are continuously compressed, changing the tone of the autonomic nervous system and inducing a swooning sensation. The practice of kumbhaka further reduces the oxygen supply to the brain, especially if held for a long time.

## **SURYA BHEDA PRANAYAMA**

### **Surya Bheda Pranayama (vitality stimulating breath)**

Assume a comfortable meditation asana with the head and spine straight.

Place the hands on the knees in either chin or gyana mudra.

Close the eyes and relax the whole body.

When the body is comfortable, still and relaxed, watch the breath for a few minutes until it spontaneously becomes slow and deep.

Adopt nasagra mudra (see nadi shodhana pranayama). Close the left nostril with the ring finger and inhale slowly and deeply through the right nostril.

At the end of inhalation close both nostrils, retain the breath and perform jalandhara and moola bandhas. Maintain for just a few seconds when first practicing this pranayama.

Release moola bandha and then jalandhara bandha. When the head is upright once more, exhale slowly through the right nostril by keeping the left nostril closed with the ring finger.

This is one round.

**Awareness:** On the breath and mechanics of the practice.



**Duration:** When first practicing surya bheda pranayama, 10 rounds are sufficient. Over time, however, as the practice becomes comfortable and easy, the duration may be increased to 10 to 15 minutes. Slowly increase the length of retention over a matter of months. A ratio of 1:1:1 may be introduced which may then be increased to 1:2:2 and later to 1:4:2.

**Precautions:** Never practice surya bheda pranayama after food as it will interfere with the natural flow of energy associated with digestion.

This pranayama may cause imbalance in the breathing cycle if performed for more than 30 minutes.

Surya bheda is a very powerful pranayama and should only be performed under expert guidance.

**Contra-indications:** People suffering from heart disease, hypertension or epilepsy should not practice this pranayama.

**Benefits:** This practice creates heat in the body and counteracts imbalances of the *vata dosha* or wind element. It stimulates and awakens the pranic energy by activating pingala nadi. By increasing extroversion and dynamism, it enables physical activities to be performed more efficiently and helps to alleviate depression. It is especially recommended for those who are dull and lethargic or who find it difficult to communicate with the external world. It makes the mind more alert and perceptive and is an excellent premeditation pranayama. It is also useful in the treatment of low blood pressure, infertility and worms.

**Note:** *The Sanskrit word surya means 'sun', which refers to pingala nadi, while bheda means 'to pierce', 'pass through' or 'awaken'. Surya bheda, then, means to pierce or purify pingala nadi.*

# Bandha



जालन्धरोडद्याणनमूलबन्धा-

अल्पन्ति कण्ठोदरपायुमूलान् ।

बन्धत्रयेऽस्मिन्परिचीयमाने

बन्धः कुतो दारुणकालपाशात् ॥५॥

*Jalandharoddyaananamoolabandhaa*

*njalpanti kanthodarapaayumoolaan.*

*Bandhatrayesminparicheeyamaane*

*bandhaha kuto daarunakaalapaashaat.*

Jalandhara bandha, uddiyana bandha and moola bandha are situated respectively, in the throat, abdomen and perineum.

If their duration can be increased then where is the fear of death?

*Yogataravali (Sutra 5; Sri Adi Shankaracharya)*

# Introduction to Bandha

Traditionally, bandhas were classified as part of mudras, and were handed down by word of mouth from guru to disciple. The *Hatha Yoga Pradipika* deals with bandhas and mudras together and the ancient tantric texts also make no distinction between the two. Bandhas are extensively incorporated in mudra as well as pranayama techniques. Their locking action, however, reveals them as a fundamentally important group of practices in their own right.

The Sanskrit word *bandha* means to ‘hold,’ ‘tighten’ or ‘lock.’ These definitions precisely describe the physical action involved in the bandha practices and their effect on the pranic body. The bandhas aim to lock the pranas in particular areas and redirect their flow into sushumna nadi for the purpose of spiritual awakening.

Bandhas may be practiced individually or incorporated with mudra and pranayama practices. When combined in this way, they awaken the psychic faculties and form an adjunct to higher yogic practices.

## **Bandhas and the granthis**

There are four bandhas: *jalandhara*, *moola*, *uddiyana* and *maha*. The last of these is a combination of the first three. These three bandhas directly act on the three *granthis* or psychic knots. Moola bandha is associated with *brahma granthi*, uddiyana bandha with *vishnu granthi* and jalandhara bandha with *rudra granthi*. The granthis prevent the free flow of prana along sushumna nadi and thus impede the awakening of the chakras and the rising of kundalini.

Brahma granthi is the first knot and it is associated with mooladhara and swadhisthana chakras. It is linked with the survival instinct, the urge to procreate and with deep, instinctive knowledge, awareness and desire. When brahma granthi is transcended, the *kundalini* or primal energy is able to rise beyond mooladhara and swadhisthana without being pulled back down by the attractions and instinctual patterns of the personality.

The second knot is vishnu granthi, associated with manipura and anahata chakras. These two chakras are associated with the sustenance of the physical, emotional and mental aspects of human existence. Manipura sustains *annamaya kosha*, the physical body, governing the digestion and metabolism of food. Anahata sustains *manomaya kosha*, the mental body, and *pranamaya kosha*, the energy body. Once vishnu granthi is transcended, energy is drawn from the universe and not from the localized centers within the human being.

The final knot is rudra granthi which is associated with vishuddhi and ajna chakras. Vishuddhi and ajna sustain *vijnanamaya kosha*, the intuitive or higher mental body, and represent the transformation of an existing form, idea or concept into its universal aspect. When rudra granthi is pierced, individuality is dropped, the old ego awareness is left behind and the experience of unmanifest consciousness emerges beyond ajna chakra at sahasrara.

For more information on bandhas see the Bihar School of Yoga publications *Yoga Darshan* and *Hatha Yoga Pradipika*.

# JALANDHARA BANDHA



## **Jalandhara Bandha (throat lock)**

Sit in padmasana or siddha/siddha yoni asana with the head and spine straight. The knees should be in firm contact with the floor. Those who cannot manage this may perform jalandhara bandha in a standing position.

Place the palms of the hands on the knees.

Close the eyes and relax the whole body.

Inhale slowly and deeply, and retain the breath inside. While retaining the breath, bend the head forward and press the chin tightly against the chest.

Straighten the arms and lock them firmly into position, pressing the knees down with the hands. Simultaneously, hunch the shoulders upward and forward. This will ensure that the arms stay locked, thus intensifying the pressure applied to the neck.

Stay in the final position for as long as the breath can be held comfortably.

Do not strain.

Relax the shoulders, bend the arms, slowly release the lock, raise the head and then exhale.

Repeat when the respiration has returned to normal.

**Variation:** In kriya yoga a more subtle form of jalandhara bandha is practiced where the head is simply bent forward so that the chin presses the neck, and the awareness is concentrated on vishuddhi chakra..This kriya variation is the one most commonly used in association with asana practices.

**Breathing:** The practice may also be performed with external breath retention.

**Duration:** Jalandhara bandha should be held for as long as the practitioner is able to comfortably retain the breath. Gradually increase this period by maintaining a count while retaining the breath and increasing the count one by one. This practice may be repeated up to 5 times.

**Awareness:** Physical - on the throat pit.

Spiritual - on vishuddhi chakra.

**Sequence:** This bandha is ideally performed in conjunction with pranayamas and mudras. If practiced on its own it should be performed after asanas and pranayamas and before meditation.

**Contra-indications:** People suffering from cervical spondylosis, high intracranial pressure, vertigo, high blood pressure or heart disease should not practice jalandhara bandha. Although it reduces blood pressure initially, long retention of the breath brings about some strain on the heart.

**Benefits:** Jalandhara bandha compresses the carotid sinuses, which are located on the carotid arteries, the main arteries in the neck. These sinuses help to regulate the circulatory and respiratory systems. Normally, a decrease of oxygen and increase of carbon dioxide in the body leads to an increased heart rate and heavier breathing. This process is initiated by the carotid sinuses. By artificially exerting pressure on these sinuses, this tendency is prevented, allowing for decreased heart rate and increased breath retention.

This practice produces mental relaxation, relieving stress, anxiety and anger. It develops meditative introversion and one-pointedness. The stimulus on the throat helps to balance thyroid function and regulate the metabolism.

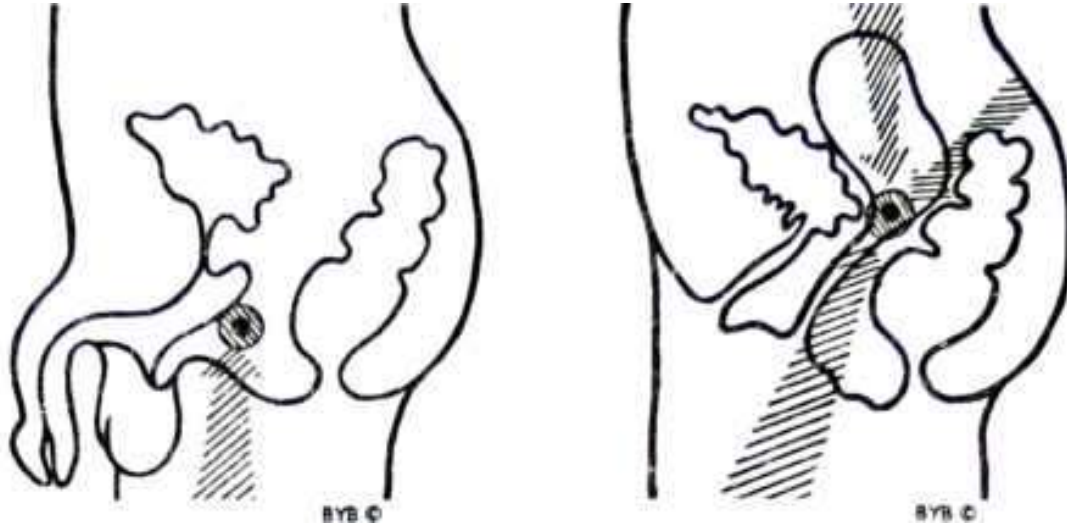
**Practice note:** Do not inhale or exhale until the chin lock and arm lock have been released and the head is fully upright. If any sensation of suffocation is felt, immediately stop and rest. Once the sensation has passed, resume the practice.

***Note:** The Sanskrit word jalan means 'net' and dhara means 'stream' or 'flow'. One interpretation of jalandhara bandha is the lock which controls the network of nadis in the neck. The physical manifestation of these nadis are the blood vessels and nerves of the neck.*

*An alternative definition is that jal means 'throat', jalan, 'water' and that dhara refers to a tubular vessel in the body. Jalandhara bandha is therefore the throat lock which holds the nectar or fluid flowing down to vishuddhi from bindu, and prevents it from falling into the digestive fire. In this way prana is conserved. There is also a third meaning. Adhara means 'base' or 'substratum'. There are sixteen specific centers in the body called adharas which refer to the major and minor chakras. Jalandhara bandha may also be defined as the practice that locks the pranic network of the neck and redirects the flow of subtle energy from this adhara to sushumna nadi in the spine.*



# MOOLA BANDHA



## **Technique I: Moola Bandha (perineum contraction)**

**Stage I:** Sit in siddha/siddha yoni asana so that pressure is applied to the perineal/vaginal region.

Close the eyes and relax the whole body.

Be aware of the natural breath for a short while.

Then focus the awareness on the perineal/vaginal region. Contract this region by pulling up on the muscles of the pelvic floor and then relaxing them.

Continue to briefly contract and relax the perineal/vaginal region as rhythmically and evenly as possible.

**Stage 2:** Slowly contract this region and hold the contraction. Continue to breathe normally; do not hold the breath.

Be totally aware of the physical sensation.

Contract a little tighter, but keep the rest of the body relaxed.

Contract only those muscles related to the mooladhara region.

In the beginning the anal and urinary sphincters also contract, but as greater awareness and control is developed, this will be minimized and eventually will cease. Ultimately, the practitioner will feel one point of movement against the heel.

Relax the muscles slowly and evenly.

Adjust the tension in the spine to help focus on the point of contraction. Repeat 10 times with maximum contraction and total relaxation.

## **Technique 2: Moola Bandha with internal breath retention**

Sit in a meditation asana where the knees firmly touch the floor. The best asanas are siddha/siddha yoni asana or moola bandhasana which press the heel into the perineum and help to improve the performance of the bandha. Place the palms on the knees.

Close the eyes and relax the whole body for a few minutes. Inhale deeply, retain the breath inside and perform jalandhara bandha.

Maintaining jalandhara, perform moola bandha by slowly contracting the perineal/vaginal region and holding the contraction as tightly as possible. Do not strain.

This is the final lock.

Hold it for as long as the breath can comfortably be retained.

Slowly release moola bandha, raise the head to the upright position, and exhale.

Practice up to 10 times.

**Breathing:** The above practice may also be performed with external breath retention.

**Awareness:** Physical - while taking the final position and performing jalandhara bandha, awareness should be directed to the breath. In the final position the awareness should be fixed at the place of perineal contraction.

Spiritual - on the breath and then on mooladhara chakra during contraction.

**Contra-indications:** This practice should only be performed under the guidance of an experienced yoga teacher. Moola bandha raises the energies very fast, and can precipitate symptoms of hyperactivity if wrongly prescribed or if preliminary preparation is not thorough.

**Benefits:** Moola bandha bestows many physical, mental and spiritual benefits. It stimulates the pelvic nerves and tones

the uro-genital and excretory systems. Intestinal peristalsis is also stimulated, relieving constipation and piles. It is also beneficial for anal fissures, ulcers, prostatitis, some cases of prostatic hypertrophy and chronic pelvic infections. Because this practice releases energy, it is also effective in the treatment of psychosomatic and some degenerative illnesses. Its effects spread throughout the body via the brain and endocrine system making it very beneficial in cases of asthma, bronchitis and arthritis. It also relieves depression. The perfection of this practice leads to a spontaneous realignment of the physical, mental and psychic bodies in preparation for spiritual awakening. Moola bandha is both a means to attain sexual control (brahmacharya) and to alleviate a multitude of sexual disorders. It enables sexual energy to be directed either upward for spiritual development, or downward to enhance marital relations. It helps to relieve sexual frustration, suppression of sexual energy and feelings of sexual guilt.

**Practice note:** Moola bandha is the contraction of certain muscles in the pelvic floor. It does not contract the whole perineum. In the male body the area of contraction lies between the anus and the testes. In the female body, the point of contraction is behind the cervix, where the uterus projects into the vagina. On the subtle level it is the energizing of mooladhara chakra. The perineal body, which is the convergence point of many muscles in the groin, acts as a trigger point for the location of mooladhara chakra. Initially, these areas are hard to isolate and it is recommended that ashwini and vajroli mudras be perfected first in preparation for moola bandha.

**Note:** *The Sanskrit word moola means 'root', 'firmly fixed', 'source' or 'cause'. In this context it refers to the root of the spine or the perineum where mooladhara chakra, the seat of kundalini, the primal energy, is located. Moola bandha is effective in releasing brahma granthi and for locating and awakening mooladhara chakra. For further details refer to the Bihar School of Yoga publication Moola Bandha.*

# UDDIYANA BANDHA



## **Preparatory practice: Standing abdominal contraction**

Stand erect with the feet about half a meter apart.

Inhale deeply through the nostrils.

Bend forward from the waist and exhale all the air through the mouth.

Try to empty the lungs as much as possible.

Keep the spine straight and bend the knees slightly. Place the palms of the hands on the thighs just above the knees, so that the knees are supporting the weight of the upper body. The fingers can point either downward or towards each other.

Make sure the arms are straight.

In this position there is an automatic contraction of the abdominal region.

Bend the head forward but do not press the chin against the chest.

Make a false inhalation, keeping the glottis closed and expanding the chest, as though breathing in but not actually taking in air.

Straighten the legs slightly.

This movement will automatically draw the abdomen upward and inward towards the spine to form uddiyana bandha.

Hold this position for a comfortable length of time.

Do not strain.

Release the abdominal lock and relax the chest. Straighten the knees and raise the head.

Exhale slightly to release the lock on the lungs and finally breathe in slowly through the nose.

Remain in the standing position until the breath returns to normal before beginning the next round.



### **Uddiyana Bandha (abdominal contraction)**

Sit in siddha/siddha yoni asana or padmasana with the spine erect and the knees in contact with the floor.

A cushion may be used so that the buttocks are raised, lowering the knees.

Place the palms of the hands flat on the knees.

Close the eyes and relax the whole body.

Breathe in deeply through the nostrils.

Exhale through the mouth with a whoosh, emptying the lungs as much as possible.

Hold the breath outside.

Raise the shoulders, allowing further extension of the spinal cord. Press down on the knees with the palms of the hands, straightening the elbows.

Do spontaneous jalandhara bandha, pressing the chin against the chest. Contract the abdominal muscles inward and upward. Hold the abdominal lock and the breath outside for as long as you can without straining.

Then release the abdominal lock, bend the elbows and lower the shoulders.

Raise the head and then slowly inhale.

Remain in this position until the respiration returns to normal, then begin the next round.

**Breathing:** Uddiyana bandha is performed with external breath retention only.

**Duration:** Practice 3 rounds in the beginning and gradually increase to 10 rounds over a few months as the system becomes accustomed to the practice.

**Awareness:** Physical - on the abdomen and on synchronizing the breath in coordination with each step.

Spiritual - on manipura chakra.

**Sequence:** Uddiyana bandha is easier to perform if preceded by an inverted asana.

**Precaution:** Uddiyana bandha is an advanced technique and should be attempted only under guidance, after attaining some proficiency in breath retention, as well as jalandhara and moola bandhas.

**Contra-indications:** Persons suffering from colitis, stomach or intestinal ulcer, diaphragmatic hernia, high blood pressure, heart disease, glaucoma and raised intracranial pressure should not perform this practice. It should also be avoided by pregnant women.

**Benefits:** Uddiyana bandha is the panacea for many abdominal and stomach ailments, including constipation, indigestion, worms and diabetes, provided they are not chronic. The digestive fire is stimulated and the abdominal organs are all massaged and toned. The adrenal glands are balanced,

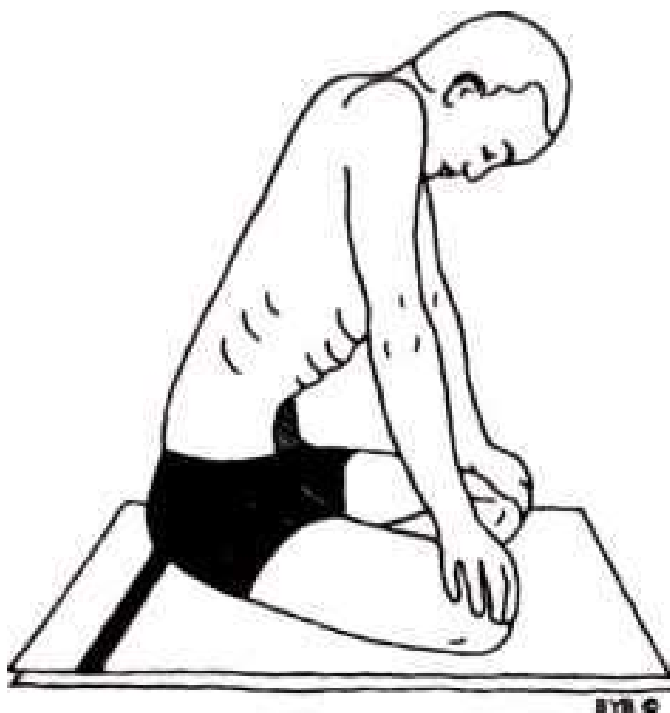
removing lethargy and soothing anxiety and tension. It improves blood circulation to the whole trunk area and strengthens all the internal organs.

Uddiyana bandha stimulates the solar plexus which has many subtle influences on the distribution of energy throughout the body. It creates a suction pressure which reverses the flow of the sub-pranas, apana and prana, uniting them with samana and stimulating manipura chakra. Then there is an explosion of subtle force which travels upward through sushumna nadi.

**Practice note:** Uddiyana bandha must always be practiced on an empty stomach and the bowels should also be empty. Agnisar kriya is an excellent preparatory practice.

**Note:** *The Sanskrit word uddiyana means 'to rise up' or 'to fly upward.'* This practice is so-called because the physical lock applied to the body causes the diaphragm to rise towards the chest. Uddiyana is therefore often translated as the stomach lift. Another meaning is that the physical lock helps to direct prana into sushumna nadi so that it flows upward to sahasrara chakra.

# MAHA BANDHA



## **Maha Bandha (the great lock)**

Sit in siddha/siddha yoni asana or padmasana with the hands on the knees. The spine should be erect and the head straight. Close the eyes and relax the whole body. Breathe in slowly and deeply through the nose. Exhale forcefully and completely through the mouth. Retain the breath outside.

Successively perform jalandhara, uddiyana and moola bandhas in this order.

Hold the bandhas and the breath for as long as is comfortable without straining.

Then release moola, uddiyana and jalandhara bandhas in this order.

Inhale slowly when the head is upright.

This is one round.

Keep the eyes closed, relax the body and let the breath return to normal before commencing another round.

**Awareness:** Physical - after performing the bandhas rotate the consciousness through the perineal, abdominal and throat regions in turn. Remain aware of each region for a few seconds and then move to the next.



Spiritual - after performing the bandhas, rotate the consciousness through mooladhara, manipura and vishuddhi chakras in turn. Remain aware of each chakra for a few seconds and then move to the next.

**Duration:** Once proficiency is attained, and only then, increase by one round over a period of time until 9 rounds can be performed.

**Precaution:** Do not attempt maha bandha until the other three bandhas have been mastered.

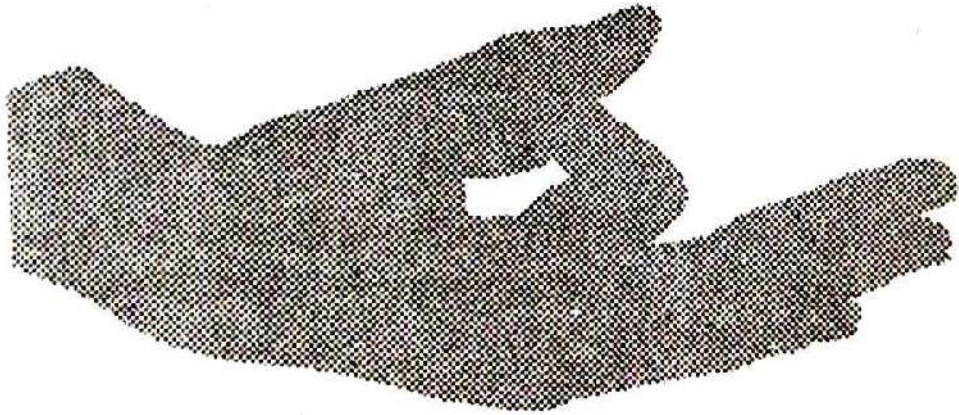
**Contra-indications:** People suffering from high or low blood pressure, heart conditions, stroke, hernia, stomach or intestinal ulcer, and those recovering from any visceral ailment should avoid this practice. Pregnant women should also not attempt this practice.

**Benefits:** Maha bandha gives the benefits of all three bandhas. It affects the hormonal secretions of the pineal gland and regulates the entire endocrine system. The decaying, degenerative and ageing processes are checked and every cell of the body is rejuvenated. It soothes anger and introverts the mind prior to meditation. When perfected it can fully awaken prana in the main chakras. It leads to the merger of prana, apana and samana in agni mandala, which is the culmination of all pranayamas.

**Practice note:** Maha bandha can also be performed from utthan padasana.

**Note:** *The Sanskrit word, maha means 'great'. Maha bandha is called the great lock as it combines all the three bandhas in one practice. For the traditional hatha yoga technique refer to the Bihar School of Yoga publication Hatha Yoga Pradipika.*

# Mudra



तस्मात्सर्वप्रयत्नेन प्रबोधयितुमीश्वरीम् ।  
ब्रह्मद्वारमुखे सुप्तां मुद्राभ्यासं समाचरेत् ॥३:५॥

*Tasmaatsarvaprayatnena prabodhayitumeeshvareem.  
Brahmadvaaramukhe suptaam mudraabhyaasam samaacharet.*

Therefore the goddess sleeping at the entrance of Brahma's door should be constantly aroused with all effort, by performing mudra thoroughly.

*Hatha Yoga Pradipika (3:5)*

# Introduction to Mudra

The Sanskrit word *mudra* is translated as ‘gesture’ or ‘attitude’. Mudras can be described as psychic, emotional, devotional and aesthetic gestures or attitudes. Yogis have experienced mudras as attitudes of energy flow, intended to link individual pranic force with universal or cosmic force.” The *Kularnava Tantra* traces the word mudra to the root *mud* meaning ‘delight’ or ‘pleasure’ and *dravay*, the causal form of *dru* which means ‘to draw forth’. Mudra is also defined as a ‘seal,’ ‘short-cut’ or ‘circuit by-pass.’

Mudras are a combination of subtle physical movements which alter mood, attitude and perception, and which deepen awareness and concentration. A mudra may involve the whole body in a combination of asana, pranayama, bandha and visualization techniques or it may be a simple hand position. The *Hatha Yoga Pradipika* and other yogic texts consider mudra to be a *yoganda*, an independent branch of yoga, requiring a very subtle awareness. Mudras are introduced after some proficiency has been attained in asana, pranayama and bandha, and gross blockages have been removed.

Mudras have been described in various texts from antiquity to the present day in order to preserve them for posterity. However, such references were never detailed or clearly delineated as these techniques were not intended to be learned from a book. Practical instruction from a guru was always considered to be a necessary requisite before attempting them. Mudras are higher practices which lead to awakening of the pranas, chakras and kundalini, and which can bestow major *siddhis*, psychic powers, on the advanced practitioner.

## **Mudras and prana**

The attitudes and postures adopted during mudra practices establish a direct link between *annamaya kosha*, the physical body; *manomaya kosha*, the mental body; and *pranamaya kosha*, the pranic body. Initially, this enables the practitioner to develop awareness of the flow of prana in the body. Ultimately, it establishes pranic balance within the koshas and enables the redirection of subtle energy to the upper chakras, inducing higher states of consciousness.

Mudras manipulate prana in much the same way that energy in the form of light or sound waves is diverted by a mirror or a cliff face. The nadis and chakras constantly radiate prana which normally escapes from the body and dissipates into the external world. By creating barriers within the body through the practice of mudra, the energy is redirected within. For example, by closing the eyes with the fingers in shanmukhi mudra, the prana being radiated through the eyes is reflected back. In the same way, the sexual energy emitted through vajra nadi is redirected to the brain through the practice of vajroli mudra.

*Tantric literature states that once the dissipation of prana is arrested through the practice of mudra, the mind becomes introverted, inducing states of pratyahara, or sense withdrawal and dharana, concentration.* Because of their ability to redirect prana, mudras are important techniques for awakening kundalini. For this reason they are extensively incorporated in kriya and kundalini yoga practices.

## **A scientific look at mudras**

In scientific terms, mudras provide a means to access and influence the unconscious reflexes and primal, instinctive habit patterns that originate in the primitive areas of the brain around the brain stem. They establish a subtle, non-intellectual connection with these areas. Each mudra sets up a different link and has a correspondingly different effect on the body, mind and prana. The aim is to create fixed, repetitive postures and gestures which can snap the practitioner out of instinctive habit patterns and establish a more refined consciousness.

## Five groups of yoga mudras

The yoga mudras can be categorized into approximately five groups which are described as follows:

- a) **Hasta**, hand mudras: The hand mudras presented in this book are meditative mudras. They redirect the prana being emitted by the hands back into the body. Mudras which join the thumb and index finger engage the motor cortex at a very subtle level, generating a loop of energy which moves from the brain down the hand and then back again. Conscious awareness of this process rapidly leads to internalization. Techniques included in this category:
  - i) Gyana mudra
  - ii) Chin mudra
  - iii) Yoni mudra
  - iv) Bhairava mudra
  - v) Hridaya mudra.
- b) **Mana**, head mudras: These practices form an integral part of kundalini yoga and many of them are meditation techniques in their own right. They utilize the eyes, ears, nose, tongue and lips. Techniques included in this category:
  - i) Shambhavi mudra
  - ii) Nasikagra drishti
  - iii) Khechari mudra
  - iv) Kaki mudra
  - v) Bhujangini mudra
  - vi) Bhoochari mudra
  - vii) Akashi mudra
  - viii) Shanmukhi mudra
  - ix) Unmani mudra.
- b) **Kaya**, postural mudras: These practices utilize physical postures combined with breathing and concentration. Techniques included in this category:
  - i) Prana mudra
  - ii) Vipareeta karani mudra
  - iii) Yoga mudra
  - iv) Pashinee mudra

- v) Manduki mudra
  - vi) Tadagi mudra.
- d) **Bandha**, lock mudras: These practices combine mudra and bandha. They charge the system with prana and prepare it for kundalini awakening. Techniques included in this category:
- i) Maha mudra
  - ii) Maha bheda mudra
  - iii) Maha vedha mudra
- e) **Adhara**, perineal mudras: These techniques redirect prana from the lower centers to the brain. Mudras concerned with sublimating sexual energy are in this group. Techniques included in this category:
- i) Ashwini mudra
  - ii) Vajroli/sahajoli mudra.

Between them these groups engage substantial areas of the cerebral cortex. The comparatively large number of head and hand mudras reflects the fact that operation and interpretation of information coming in from these two areas occupies approximately fifty percent of the cortex.

Mudras are performed either in combination with or after asanas and pranayamas. The mudras presented in this book represent a small selection of those discussed in the yogic texts. For more information on mudras see the Bihar School of Yoga publications *Yoga and Kriya*, *Yoga Darshan* and *Hatha Yoga Pradipika*.

# GYANA AND CHIN MUDRAS



## **Gyana Mudra (psychic gesture of knowledge)**

Assume a comfortable meditation posture.

Fold the index fingers so that they touch the inside root of the thumbs. Straighten the other three fingers of each hand so that they are relaxed and slightly apart.

Place the hands on the knees with the palms facing down. Relax the hands and arms.



## **Chin Mudra (psychic gesture of consciousness)**

Chin mudra is performed in the same way as gyana mudra except that the palms of both hands face upwards, with the backs of the hands resting on the knees.

Relax the hands and arms.

**Sequence:** One of these two mudras should be adopted whenever practicing meditation, unless otherwise specified.

**Benefits:** Gyana mudra and chin mudra are simple but important psycho-neural finger locks which make meditation asanas more powerful. The palms and fingers of the hands



have many nerve root endings which constantly emit energy. When the finger touches the thumb, a circuit is produced which allows the energy that would normally dissipate into the environment to travel back into the body and up to the brain.

When the fingers and hands are placed on the knees, the knees are sensitized, creating another pranic circuit that maintains and redirects prana within the body. In addition, placing the hands on the knees stimulates a nadi which runs from the knees, up the inside of the thighs and into the perineum. This nadi is known as *gupta* or the hidden nadi. Sensitizing this channel helps stimulate the energies at mooladhara chakra.

When the palms face upward in chin mudra, the chest area is opened up. The practitioner may experience this as a sense of lightness and receptivity which is absent in the practice of gyana mudra.

**Variation:** Gyana and chin mudras are often performed with the tip of the thumb and index finger touching and forming a circle. Beginners may find this variation less secure for prolonged periods of meditation as the thumb and index finger tend to separate more easily when body awareness is lost. Otherwise, this variation is as effective as the bask position.

**Practice note:** The effect of chin or gyana mudras is very subtle and it requires great sensitivity on the part of the practitioner to perceive the change in consciousness established. With practice, however, the mind becomes conditioned to the mudra and when it is adopted the signal to enter a meditative state is transmitted.

**Note:** *The word gyana means 'wisdom' or 'knowledge,' thus gyana mudra is the gesture of intuitive knowledge. Chin, on the other hand, is derived from the word chit or chitta which means 'consciousness.' Chin mudra, therefore, is the psychic gesture of consciousness.*

*Symbolically, the small, ring and middle fingers represent the three gunas or qualities of nature: tamas, inertia; rajas, activity*

*and creativity; and sattwa, luminosity and harmony. In order for consciousness to pass from ignorance to knowledge these three states must be transcended. The index finger represents individual consciousness, the jivatma, while the thumb symbolizes supreme consciousness. In gyana and chin mudras the individual (index finger) is bowing down to the supreme consciousness (the thumb), acknowledging its unsurpassed power. The index finger, however, is touching the thumb, symbolizing the ultimate unity of the two experiences and the culmination of yoga.*

## **YONI MUDRA**

### **Yoni Mudra (attitude of the womb or source)**

Assume a comfortable meditation posture with the head and spine straight.

Place the palms of the hands together with the fingers and thumbs straight and pointing away from the body. Keeping the pads of the index fingers together, turn the little, ring and middle fingers inwards so that the backs of the fingers are touching.

Interlock the little, ring and middle fingers.

Bring the thumbs towards the body and join the pads of the fingers together to form the base of a yoni or womb shape.

**Benefits:** The interlocking of the fingers in this practice creates a complete cross connection of energies from the right hand into the left and vice versa. As well as balancing the energies in the body, it helps balance the activities of the right and left hemispheres of the brain. Placing the tips of the index fingers and thumbs together further intensifies the flow of prana.

This mudra makes the body and mind more stable in meditation and develops greater concentration, awareness and internal physical relaxation.

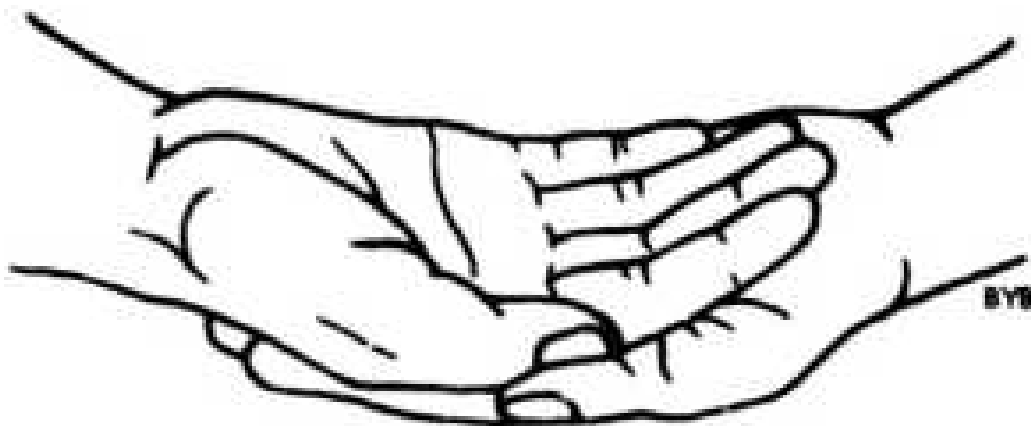
It redirects prana back into the body which would otherwise be dispersed. The elbows naturally tend to point to the side when performing this mudra which helps open up the chest area.



**Variation:** Yoni mudra may also be performed by interlocking the middle, ring and little fingers without turning them inward. The thumbs may be crossed in front of the outstretched index fingers, or outstretched with the pads touching towards the body.

**Note:** *The word yoni means 'womb' or 'source'. Yoni mudra invokes the primal energy inherent in the womb or source of creation.*

# BHAIRAVA MUDRA



## **Bhairava Mudra (fierce or terrifying attitude)**

Assume a comfortable meditation posture with the head and spine straight.

Place the right hand on top of the left, so that the palms of both hands are facing up. Both hands then rest in the lap. Close the eyes and relax the whole body, keeping it motionless.

**Variation:** When the left hand is placed on top of the right the practice is called Bhairavi mudra. Bhairavi is the female counterpart of Bhairava.

**Note\*** *Bhairava is the fierce or terrifying form of Lord Shiva, the aspect responsible for the dissolution of the universe. The two hands represent ida and pingala nadis, and the union of the individual with the supreme consciousness.*

*Bhairava mudra is used in prana mudra. It may also be used during pranayama and meditation practice.*

# HRIDAYA MUDRA



## **Hridaya Mudra (heart gesture)**

Sit in any comfortable meditation asana with the head and spine straight.

Place the tips of the index fingers at the root of the thumbs, as in chin and gyana mudras, and join the tips of the middle and ring fingers to the tips of the thumbs so they are placed side by side. The little finger remains straight. Place the hands on the knees with the palms facing upward. Close the eyes and relax the whole body, keeping it motionless.

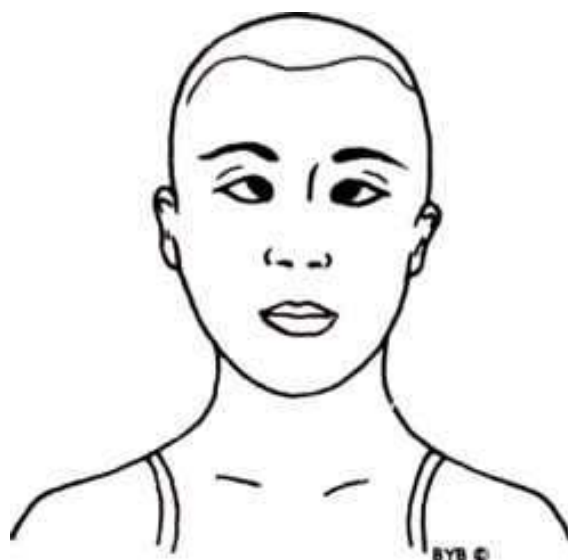
**Duration:** This practice may be performed for up to 30 minutes.

**Awareness:** Physical - on the breath in the chest area.

Spiritual - on anahata chakra.

**Benefits:** This mudra diverts the flow of prana from the hands to the heart area, improving the vitality of the physical heart. The middle and ring fingers relate directly to nadis connected with the heart, while the thumb closes the pranic circuit and acts as an energizer, diverting the flow of prana from the hands to these nadis. Hridaya mudra is, therefore, beneficial for heart ailments, especially ischemic heart disease. It is very simple and may be used safely and easily in acute situations. The heart is the center of emotion. Hridaya mudra helps to release pent-up emotion and unburden the heart. It may be practiced during emotional conflict and crisis.

# SHAMBHAVI MUDRA



## **Shambhavi Mudra (eyebrow centre gazing)**

Sit in any comfortable meditation asana.

Keep the head and spine upright and straight, and place the hands on the knees in either chin or gyana mudra. Close the eyes and relax the whole body.

Relax all the muscles of the face, including the forehead, the eyes and behind the eyes.

Slowly open the eyes and look ahead at a fixed point, keeping the head and the whole body absolutely still. Next, look upward and inward, focusing the eyes at the eyebrow center.

The head should not move.

When performed correctly the two curved eyebrows will form a V-shaped image at the root of the nose. This point is the location of the eyebrow center. If the V-formation cannot be seen, the eyes are not converging as they should. Hold the gaze for only a few seconds at first.

Release at the slightest sensation of strain.

Close the eyes and relax them.

Try to suspend the thought processes and meditate on the stillness in *chidakasha*, the dark space in front of the closed eyes.

**Breathing:** After mastering the eye movement, coordinate it with the breath. Breathe in slowly as the eyes are raised.  
Hold the breath while maintaining the mudra.  
Breathe out slowly as the gaze is lowered.

**Duration:** Start with 5 rounds and gradually increase to 10 over a period of months.

**Precautions:** The eyes are very sensitive and consequently the final position should not be held for too long. If the nerves are weak and there is any strain, retinal detachment can take place. Release the position if any strain is experienced.

**Contra-indications:** People suffering from glaucoma, diabetic retinopathy or those who have just had cataract surgery, lens implant or other eye operations, should not perform shambhavi without expert guidance.

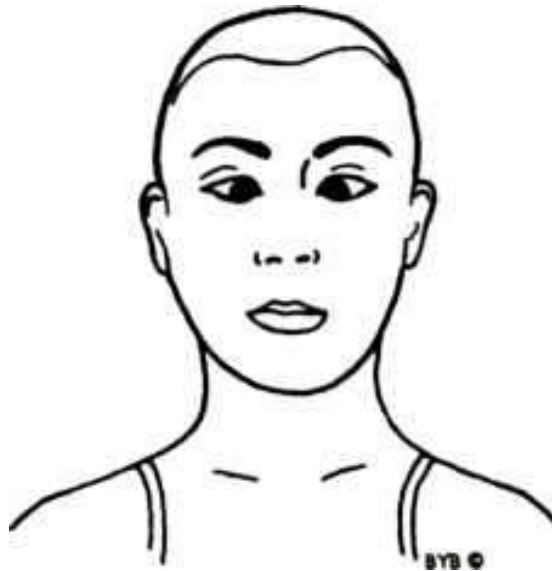
**Benefits:** Physically, shambhavi mudra strengthens the eye muscles and releases accumulated tension in this area. Mentally, it calms the mind, removing emotional stress and anger. It develops concentration, mental stability and the state of thoughtlessness. Regular practice of shambhavi mudra retards degeneration of the pineal gland and is therefore recommended for children from the age of eight onwards to balance their emotional development.

**Advanced practice:** (internal shambhavi mudra)  
Once shambhavi mudra has been mastered with the eyes open, it may be performed with the eyes closed. This is a more powerful practice because the awareness is more internalized. Be careful not to relax the eyes and stop the practice without being aware of it. Always ensure that, although the eyes are closed, they are still gazing upward internally.

**Practice note:** Shambhavi mudra is an integral part of kriya yoga. It is a powerful technique for awakening ajna chakra and is a meditation practice in its own right. As such it may produce profound experiences when performed for long periods of time; however, it should only be performed under the guidance of a guru. Shambhavi mudra is also incorporated in asanas such as simhasana, the lion pose.

**Note:** Shambhavi is *the wife or consort of Shambhu and both are aspects of Shakti and Lord Shiva. According to tradition, Shambhu taught Shambhavi the practice of shambhavi mudra as a means of attaining higher awareness. It is said that practicing this mudra will stir Shambhu and make Him appear, meaning that it will induce higher consciousness within the practitioner. The practice is also known as bhrumadhya drishti; bhru means 'eyebrow center' and drishti means 'gazing', hence this is the practice of eyebrow center gazing.*

## NASIKAGRA DRISHTI



**Preparatory practice:** It may be difficult at first to focus the eyes on the nose tip. To overcome this, hold the index finger up at arm's length from the eyes and focus on it. Slowly bring the finger towards the nose, keeping the gaze steadily fixed upon it.

When the finger touches the tip of the nose, the eyes should still be focused on the finger.

Transfer the focus of the eyes to the nose tip.

Eventually this method becomes superfluous and the eyes readily fix on the nose tip at will.



## **Nasikagra Drishti (nose tip gazing)**

Sit in any comfortable meditation posture with the head and spine straight.

Rest the hands on the knees in either chin or gyana mudra. Close the eyes and relax the whole body.

Open the eyes and focus them on the nose tip.

Do not strain the eyes in any way.

When the eyes are correctly focused a double outline of the nose is seen. These two lines converge at the tip of the nose forming an inverted V-image. Concentrate on the apex of the V.

Try to become completely absorbed in the practice to the exclusion of all other thoughts.

After a few seconds, close the eyes and relax them before repeating the practice.

Continue for up to 5 minutes.

**Breathing:** Nasikagra drishti should be practiced with normal breathing in the beginning until the eyes have adjusted to the downward gaze.

Later the practice can be combined with antar kumbhaka (inner retention) but not with bahir kumbhaka (external retention). When combining the practice with antar kumbhaka, the eyes remain closed during inhalation and exhalation.

**Awareness:** Although the eyes are open, the aim of this practice is to create introspection. The open eyes should not be aware of the outside world. Focusing them on the nose tip concentrates the mind.

**Time of practice:** Nasikagra drishti may be practiced at any time of day although ideally it is performed early in the morning or late at night before sleep.

**Contra-indications:** As for shambhavi mudra.

Those suffering from depression should avoid this introverting practice.

**Benefits:** The benefits of nasikagra drishti are similar to those of trataka (see the section Shatkarma). Nasikagra drishti is an excellent technique for calming anger and disturbed states of mind. It develops the powers of concentration.

If performed with awareness for a long period, it helps to awaken mooladhara chakra and induce meditative states. It takes the practitioner into the psychic and spiritual planes of consciousness.

**Note:** *The word nasi means 'nose', kagra means 'tip' and drishti means 'gazing'. Another name for this practice is agochari mudra which comes from the Sanskrit word agocharam meaning 'beyond sensory perception,' 'unknown' or 'invisible.' This mudra, therefore, enables the practitioner to transcend normal awareness.*

*Symbolically, in nasikagra drishti the bridge of the nose is related to the spinal cord. At the top is the eyebrow centre, ajna chakra, while at the bottom is the nose tip, mooladhara chakra. Just as shambhavi mudra aims to activate ajna chakra by gazing at the eyebrow centre, nasikagra drishti aims to activate mooladhara chakra by gazing at the nose tip.*

# KHECHARI MUDRA

## **Khechari Mudra (tongue lock)**

Sit in any comfortable meditation pose, preferably padmasana or siddha/siddha yoni asana, with the head and spine straight and the hands in chin or gyana mudra. Relax the whole body and close the eyes. Fold the tongue upward and backward so that the lower surface lies in contact with the upper palate.

Stretch the tip of the tongue backward as far as is comfortable.

Do not strain.

Perform ujjayi pranayama.

Breathe slowly and deeply.

Hold for as long as possible.

At first there may be some discomfort and ujjayi pranayama may irritate the throat, but with practice it will become more comfortable.

When the tongue becomes tired, relax it and then repeat the practice.

**Breathing:** Gradually reduce the respiration rate over a period of months until the number of breaths per minute is 5 or 6. This may be reduced further under expert guidance.

**Duration:** Practice for 5 to 10 minutes. Khechari mudra may also be performed with other yoga practices.

**Awareness:** Physical - at the throat.

Spiritual - at vishuddhi chakra. The awareness will also change depending on the meditation practice being performed.

**Precaution:** Discontinue this mudra if a bitter secretion is tasted.

Such a secretion is a sign of toxins in the system.

**Contra-indications:** Tongue ulcers and other common mouth ailments will temporarily preclude performance of this practice.

**Benefits:** Khechari mudra stimulates a number of pressure points located in the back of the mouth and the nasal

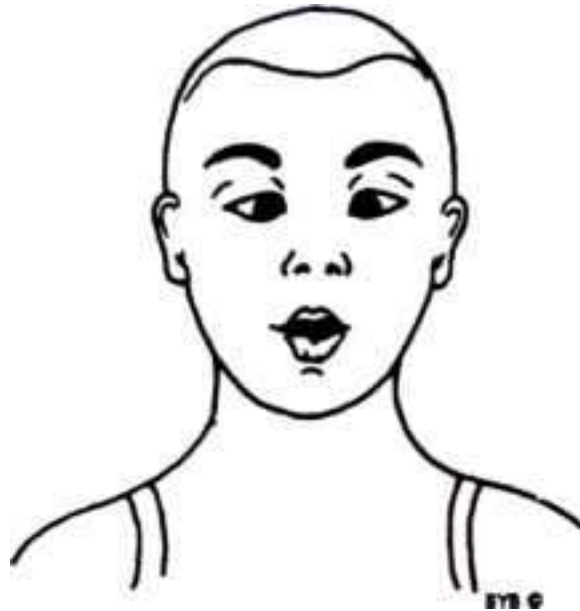
cavity. These points influence the whole body. A number of glands are also massaged, stimulating the secretion of certain hormones and of saliva. This practice reduces the sensations of hunger and thirst, and induces a state of inner calm and stillness. It preserves the vitality of the body and is especially beneficial for inner healing. Khechhari combined with ujjayi pranayama is useful for women in labor when practiced between contractions. Women should be thoroughly proficient in the practice, however, before using it in this way. Ujjayi and khechhari are also used in combination to develop awareness of the spinal and frontal psychic passages. Ultimately, this mudra has the potential to stimulate prana and awaken kundalini shakti.

**Practice note:** The advanced hatha yoga form of this practice involves the careful severing of the frenum beneath the tongue so that it can move right into the nasal cavity and stimulate important psychic centers situated there. This form of khechhari mudra is not recommended here, however, as the effects make it unsuitable for interaction with the outside world.

**Note:** *The word khechhari comes from the two Sanskrit roots khe meaning 'sky' and charya meaning 'one who moves'. Khechhari mudra is associated with amrita, the nectar or elixir of life which is secreted from bindu, a point situated at the posterior fontanel, and then collected at vishuddhi chakra (for more information on this process see the chapter Psychic Physiology of Yoga). Perfection of this practice enables the yogi to trap the descending drops of amrita at vishuddhi, overcoming hunger and thirst, and rejuvenating the entire body.*

*For additional information on khechhari mudra see the Bihar School of Yoga publications Yoga Darshan and Hatha Yoga Pradipika.*

# KAKI MUDRA



## **Kaki Mudra (the crow's beak)**

Sit in any comfortable meditation asana with the head and spine straight and the hands resting on the knees in either chin or gyana mudra.

Close the eyes and relax the whole body for a few minutes. Open the eyes and perform nasikagra drishti by focusing both eyes on the nose tip. Try not to blink the eyes throughout this practice.

Purse the lips forming a beak through which air may be inhaled.

The tongue should be relaxed.

Breathe in slowly and deeply through the pursed tips.

At the end of inhalation close the tips and exhale slowly through the nose.

Repeat the process for 3 to 5 minutes.

**Duration:** This practice may be continued for a longer duration, however, care should be taken not to strain the eyes.

**Awareness:** Be aware of the flow and sound of the breath, and of the nose tip.

**Sequence:** This mudra restores heat balance in the body and may be performed after heating pranayamas.

**Time of practice:** It may be performed at any time of day, although it is best performed early in the morning or late at night. It should not be performed in cold weather.

**Precautions:** Kaki mudra should not be practiced in a polluted atmosphere or in excessively cold weather because the normal filtering and air-conditioning function of the nose is bypassed.

**Contra-indications:** People suffering from depression, low blood pressure and chronic constipation should avoid this practice.

**Benefits:** Kaki mudra cools the body and mind and soothes mental tensions, alleviating disorders such as high blood pressure. In addition to the benefits of nasikagra drishti, the act of pursing the lips in this practice, together with the contact of the indrawn air with the membranes of the mouth, stimulates digestive secretions aiding the digestive process generally. It also purifies the blood.

**Practice note:** Practitioners should be thoroughly familiar with nasikagra drishti prior to commencing this technique. The eyes must be kept open throughout the practice and nasikagra drishti should be continuous. If the eyes become tired, relax them for as long as necessary before recommencing the practice.

**Note;** *The word kaki means 'crow.' Kaki mudra is so-called because during inhalation the mouth is shaped like a crow's beak. It is claimed that regular practice of this mudra leads to the disease-free, long life that is associated with the crow.*

*This mudra is also considered to be a pranayama practice because of its close similarity to sheetali and seetkari pranayamas.*

# BHUJANGINI MUDRA

## **Bhujangini Mudra (cobra respiration)**

Sit in any comfortable meditation asana.

Close the eyes and relax the whole body, especially the abdomen.

Push the chin forward and up a little.

Try to suck in air through the mouth and draw it into the stomach, not the lungs, in a series of gulps as though drinking water.

Expand the stomach as much as possible.

Hold the air inside for as long as comfortable, then expel it by belching.

**Duration:** 3 to 5 times is sufficient for general purposes; for specific ailments it may be repeated more often.

**Sequence:** This mudra may be practiced at any time but is particularly powerful when performed after the technique of shankhprakashana.

**Benefits:** Bhujangini mudra rejuvenates the esophagus walls and the glands that secrete the digestive juices. It tones the whole stomach, removes stagnant wind and helps alleviate abdominal disorders. Retaining air in the stomach enables the practitioner to float in water for any length of time.

# BHOOCHARI MUDRA



## **Bhoochari Mudra (gazing into nothingness)**

Sit in any comfortable meditation asana with the head and spine straight and the left hand in chin or gyana mudra. Close the eyes and relax the whole body.

Open the eyes and raise the right hand in front of the face.

The elbow should point to the side of the body.

Hold the hand horizontally, palm down with all the fingers together.

The side of the thumb should be in contact with the top of the upper lip. Focus the eyes on the tip of the little finger and gaze at it intently for a minute or so without blinking or flickering the eyes.

Try to maintain continuous awareness of the fingertip. After a minute or so remove the hand but continue to gaze into nothingness at the place where the little finger was in front of the face.

Try not to blink.



Become fully engrossed in this point of nothingness. Simultaneously be aware of any thought processes.

Be aware of space only; there should be no registration of outer events in the field of conscious perception. Continue the practice for 5 to 10 minutes.

**Contra-indications:** As for shambhavi mudra.

**Benefits:** Same as for nasikagra drishti and shambhavi mudra. Bhoochari mudra develops the power of concentration and memory. It tranquillizes and introverts the mind and is particularly beneficial for people who express a lot of anger.

**Practice note:** Bhoochari mudra may be practiced in almost any position and in almost any place. However, it is best performed facing a blank wall or an open space such as the sky or a body of still water. This ensures that there are no visual obstructions to distract the attention.

*Note: Bhoochari mudra may be performed, as a preparation for meditation and as a meditation technique in its own right. It belongs to a group of techniques featuring gazing at an external focal point as a means to achieve dharana or the meditative state of relaxed concentration. It is allied to nasikagra drishti and shambhavi mudras, all three being forms of trataka.*

# AKASHI MUDRA

## **Akashi Mudra (awareness of inner space)**

Sit in any comfortable meditation asana.

Close the eyes and relax the whole body for a few minutes. Fold the tongue back against the palate in khechari mudra. Practice ujjayi pranayama and shambhavi mudra. Simultaneously bend the head back about 45 degrees. Straighten the arms and lock the elbows, pressing the knees with the hands.

Breathe slowly and deeply in ujjayi.

Continue for as long as you feel comfortable.

Bend the elbows and release khechari and shambhavi mudras.

Stop ujjayi and raise the head to the upright position. Breathe normally for a few seconds and be aware of the inner space before starting the next round.

**Duration:** Begin with 1 to 3 rounds and gradually increase to 5 rounds. Maintain the final position for as long as possible, increasing the length of time in the mudra very slowly.

**Awareness:** On ajna chakra.

**Precaution:** If faintness is felt stop the practice. This technique must be learned slowly and under expert guidance.

**Contra-indications:** People suffering from high blood pressure, vertigo, brain disorders or epilepsy should not practice this mudra.

**Benefits:** This practice combines the benefits of kumbhaka, ujjayi, shambhavi, khechari and nasikagra drishti. It can induce calmness and tranquility, and develop control over the senses. When it is perfected, it arrests the thought processes and induces higher states of consciousness.

**Variation:** Akashi mudra may also be practiced with breath retention. Perform the practice as described above. Inhale while bending the head backwards. Hold the breath inside in the final position. Exhale while slowly raising the head to the starting position.

**Practice note:** It is recommended that the practitioner be completely familiar with the practices of ujjayi, khechari and shambhavi before commencing akashi mudra. At first ujjayi pranayama may irritate the throat when performed with the head back. However, with practice, it will become more comfortable.

**Note:** Like bhoochari, akashi mudra belongs to a group of techniques featuring gazing at an external focal point as a means to achieving dharana or the meditative state of relaxed concentration.  
*For illustration refer to moorchha pranayama.*

## SHANMUKHI MUDRA



### **Shanmukhi Mudra (closing the seven gates)**

Sit in siddha/siddha yoni asana, if possible. Otherwise take a comfortable meditation asana and place a small cushion beneath the perineum to provide pressure in this area. Hold the head and spine straight.

Close the eyes and place the hands on the knees.

Relax the whole body.

Raise the arms in front of the face with the elbows pointing sideways. Close the ears with the thumbs, the eyes with the index fingers, the nostrils with the middle fingers, and the mouth by placing the ring and little fingers above and below the lips.

Release the pressure of the middle fingers and open the nostrils. Inhale slowly and deeply, using full yogic breathing.

At the end of inhalation close the nostrils with the middle fingers.

Retain the breath inside for as long as is comfortable.

Try to hear any manifestation of sound in the region of bindu, ajna or anahata chakras.

There may be many sounds or none at all; just listen. After some time, release the pressure of the middle fingers and slowly breathe out.

This is one round.

Breathe in again immediately to start another round. Continue in this way throughout the practice.

To end the practice, lower the hands to the knees, keeping the eyes closed, and slowly begin to externalize the mind by becoming aware of external sounds and the physical body.

**Breathing:** This technique gives greater benefits when the practitioner can retain the breath for extended periods. Those who have been practicing nadi shodhana pranayama regularly will find this practice easier.

**Duration:** Practice for 5 to 10 minutes to begin with, gradually building up, over a period of months to 30 minutes.

**Awareness:** Bindu, ajna or anahata chakra may be used for concentration. The important thing is to become aware of progressively more subtle sounds.

**Time of practice:** Shanmukhi mudra is best practiced early in the morning or late at night when there is maximum quiet. Practicing at this time awakens psychic sensitivity.

**Contra-indications:** People suffering from depression should avoid this practice.

**Benefits:** Physically, the energy and heat from the hands and fingers stimulate and relax the nerves and muscles of the face. Physically, this practice helps in the treatment of eye, nose and throat infections and to alleviate vertigo. Mentally, it balances the internal and external awareness. Spiritually, it induces the state of pratyahara or sense withdrawal.

**Practice note:** Do not expect to hear subtle sounds immediately; practice is necessary. At first there may be no sound or a confused jumble of sounds. Upon hearing one distinct sound, focus the awareness totally upon it. This may take a few weeks of practice. As sensitivity develops, another fainter sound will be heard behind it. Leave the first sound and transfer the awareness to the fainter sound. Again, a third sound will begin to emerge behind the second sound. Carry on in this way, discarding the grosser sounds for the more subtle. The aim is to reach the source of all sound, not to become lost in the beautiful sounds along the way.

**Note:** *The word shanmukhi is comprised of two roots: shan means 'seven' and mukhi means 'gates<sup>1</sup> or faces'. Shanmukhi mudra involves redirecting the awareness inside by closing the seven doors of outer perception: the two eyes, ears and nostrils, and the mouth. This practice is also known as baddha yoni asana, the locked source pose; devi mudra, attitude of the great goddess; parangmukhi mudra, the gesture of inner focusing; and sambhava mudra, the gesture of equipoise.*

# UNMANI MUDRA

## **Unmani Mudra (the attitude of mindlessness)**

Sit in any comfortable meditation asana, preferably siddha/ siddha yoni asana or padmasana.

Open the eyes fully but without straining.

Take a deep breath in and, holding the breath inside, focus the awareness at bindu in the back of the head for a few seconds.

Breathe out and let the awareness descend with the breath from bindu through the chakras in the spine: ajna, vishuddhi, anahata, manipura, swadhisthana, mooladhara. The eyes should slowly close and be fully closed by the time the awareness reaches mooladhara.

Even when the eyes are open the awareness is looking within. Do not try too hard but allow the process to occur spontaneously.

Inhale deeply and begin the next round.

Continue for 5 to 10 minutes.

**Contra-indications:** As for shambhavi mudra.

**Benefits:** Unmani mudra is a simple technique that induces a meditative state. It also calms general stress and agitation.

**Practice note:** Physically, this practice is very easy to perform. The emphasis, however, should be on the mental process taking place. When the eyes are open they should not register anything outside.

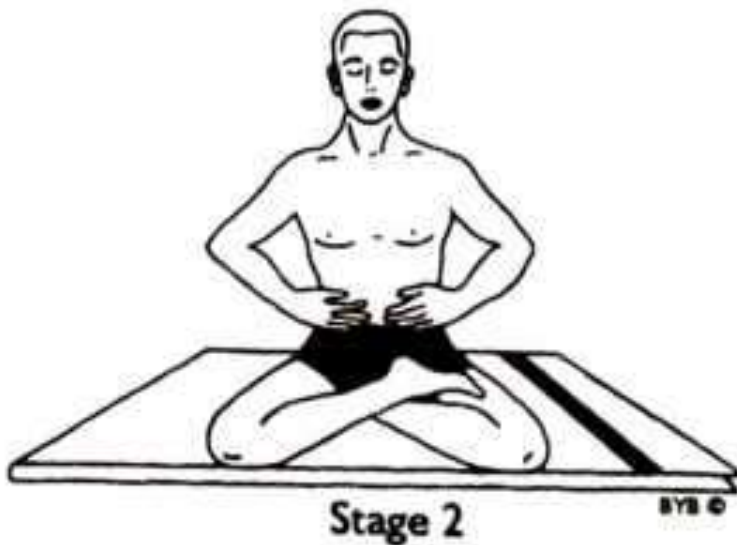
**Note:** *The word unmani literally means 'no mind' or 'not thinking.' It may also be translated as 'the attitude of thoughtlessness' or 'meditation.' Unmani implies that state which is beyond thought, a state where all attachment to the world of objects is dispelled. In this state, the mind functions and action takes place but without the hindrance of conflicting thoughts and analysis. This is known as unmani awastha, the state of no thought.*

# PRANA MUDRA

## Prana Mudra (invocation of energy)

Sit in any comfortable meditation posture, preferably padmasana or siddha/siddha yoni asana with the hands in bhairava mudra.

Close the eyes and relax the whole body especially the abdomen, arms and hands.



**Stage I:** Keeping the eyes closed, inhale and exhale as deeply as possible, contracting *the* abdominal muscles to expel the maximum amount of air from the lungs.

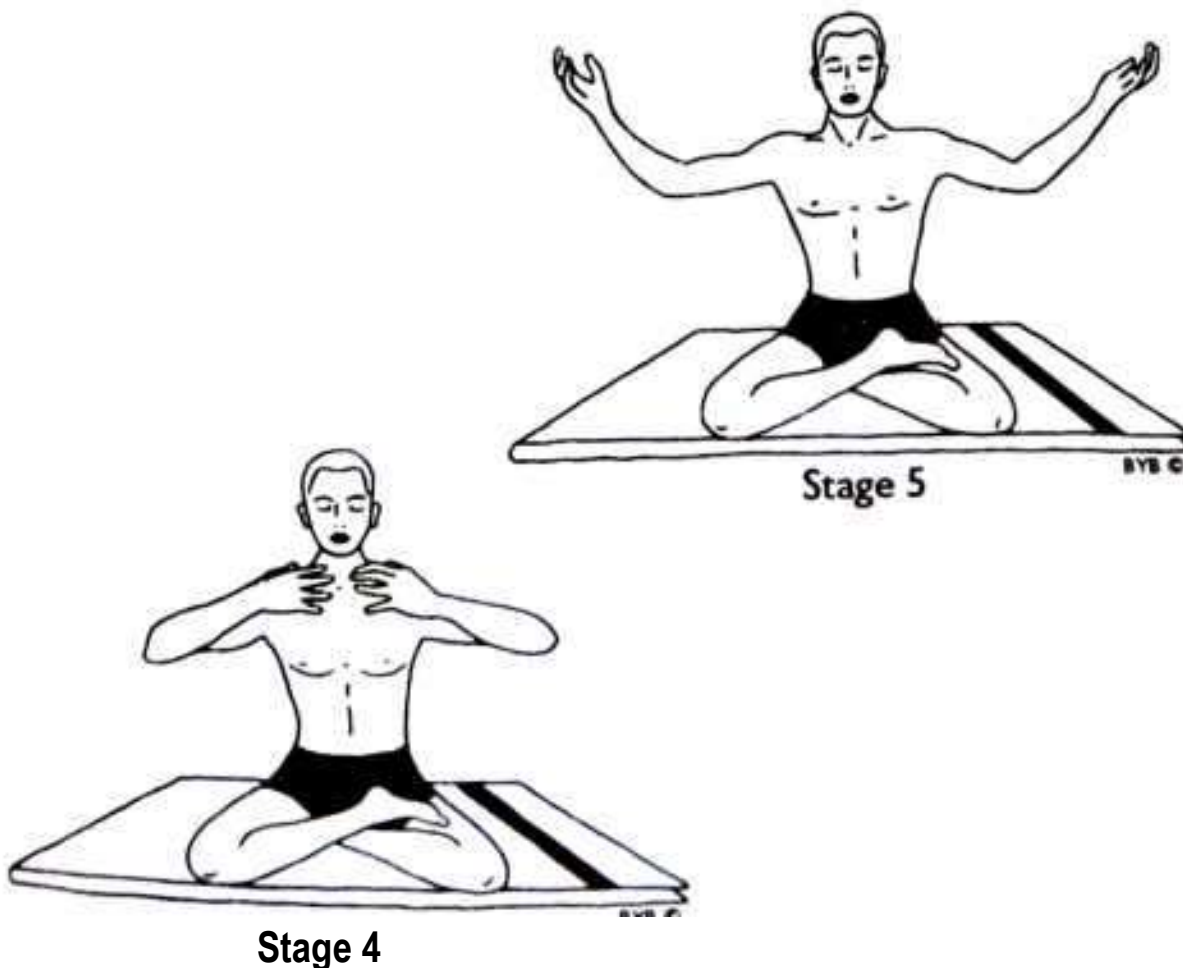
With the breath held outside perform moola bandha while concentrating on mooladhara chakra in the perineum. Retain the breath outside for as long as is comfortable.

**Stage 2:** Release moola bandha.

Inhale slowly and deeply, expanding the abdomen fully to draw as much air into the lungs as possible. Simultaneously, raise the hands until they are in front of the navel. The hands should be open with the fingers pointing towards each other but not touching, and the palms facing the trunk of the body.

The movement of the hands should be coordinated with the abdominal inhalation. The arms and hands should be relaxed.

While inhaling from the abdomen, try to feel the prana or vital energy being drawn from mooladhara chakra to manipura chakra in the spinal column.





**Stage 3:** Continue the inhalation by expanding the chest and raising the hands until they are directly in front of the heart center.

Try to feel the pranic energy being drawn up from manipura to anahata chakra while inhaling.

**Stage 4:** Draw even more air into the lungs by slightly raising the shoulders, and feel the prana being drawn up to vishuddhi.

Raise the hands to the front of the throat in coordination with the breath.

**Stage 5:** Retain the breath inside while spreading the arms out to the sides.

In the final position the hands must be level with the ears, the arms outstretched but not straight, and the palms turned upward.

Feel the prana spreading like a wave to ajna, bindu and sahasrara chakras. Concentrate on sahasrara chakra and try to visualize an aura of pure light emanating from the head.

Feel that the whole being is radiating vibrations of peace to all beings.

Retain this position for as long as possible without straining the lungs in any way.

Repeat stages 4, 3, 2, 1, and slowly return to the starting position while exhaling.

During exhalation, feel the prana progressively descending through each of the chakras until it reaches mooladhara. At the end of exhalation perform moola bandha and concentrate on mooladhara chakra.

Then relax the whole body and breathe normally.

When the practice has been perfected, visualize the breath as a stream of white light ascending and descending within sushumna nadi.

**Breathing:** Increase the duration of inhalation, retention and exhalation slowly.

Be careful not to strain the lungs.

**Awareness:** The awareness should move in a smooth and continuous flow from mooladhara to sahasrara and back

to mooladhara, in coordination with the breath and the raising and lowering of the hands.

**Sequence:** Prana mudra is best practiced after asana and pranayama and before meditation, but it may also be performed at any time.

**Time of practice:** Prana mudra is ideally practiced at sunrise, while facing the sun.

**Benefits:** Prana mudra awakens the dormant prana shakti, vital energy, and distributes it throughout the body, increasing strength, health and confidence. It develops awareness of the pranic system, the nadis and chakras, and the subtle flow of prana in the body. It instills an inner attitude of peace and equanimity by adopting an external attitude of offering and receiving energy to and from the cosmic source. Prana mudra is also considered to be a pranayama practice which raises prana by encouraging correct breathing.

**Practice note:** Remember to return the prana to mooladhara at the end of the practice.

**Note:** *This practice is also known as shanti mudra, the peace mudra.*

# VIPAREETA KARANI MUDRA

## **Vipareeta Karani Mudra (inverted psychic attitude)**

Assume the inverted posture of vipareeta karani asana (see chapter Inverted Asanas).

Keeping the legs straight and together, tilt them slightly over the head so that the eyes look straight up at the feet. Close the eyes and relax the whole body.

Fix the awareness at manipura chakra in the spine, directly behind the navel.

This is the starting position.

Inhale slowly and deeply with ujjayi pranayama.

Feel the breath and consciousness moving from manipura to vishuddhi chakra situated in the spine, behind the throat pit.

While exhaling, maintain the awareness at vishuddhi.

At the end of exhalation, immediately bring the awareness back to manipura and repeat the same process.

Continue for as long as the asana can be comfortably maintained.

**Duration:** Practice 5 to 7 rounds or until discomfort arises. If pressure builds up in the head, end the practice. Gradually increase the number of rounds up to 21 over a period of months.

The length of the inhalation and exhalation will increase spontaneously over time as the practice becomes more comfortable.

**Awareness:** On manipura, vishuddhi and the movement of the breath

**Sequence:** At the end of the daily practice program and before meditation. Do not perform after vigorous exercise or for at least 3 hours after meals. Upon completion of the practice it is advisable to do a backward bending asana such as matsyasana, bhujangasana or ushtrasana.

**Time of practice:** Vipareeta karani mudra should be practiced daily at the same time, preferably in the early morning.

**Contra-indications:** This is an inverted practice and should not be performed unless the body is healthy. People suffering from high blood pressure, heart disease, enlarged thyroid or excessive toxins in the body should not perform this practice.

**Benefits:** This practice gives all the benefits of vipareeta karani asana. It balances hypoactive thyroid and acts as a preventative for cough, cold, sore throat and bronchial disorders. It stimulates the appetite and digestion, and helps relieve constipation. Regular practice prevents atherosclerosis by restoring vascular tone and elasticity. It relieves prolapse, hemorrhoids, varicose veins and hernia, all of which are exacerbated by the downward pull of gravity. Circulation to the brain is enhanced, especially to the cerebral cortex and pituitary and pineal glands. Cerebral insufficiency and senile dementia are counteracted and mental alertness increased.

The inverted posture sustained in this mudra is used to reverse the downward and outward movement of energy and redirect it back to the brain. When this happens the whole being is revitalized and awareness expands. As the practice is perfected, the flow of prana in ida and pingala nadis becomes balanced. This state manifests as an equal flow of breath in the nostrils. The balancing effect of the practice also helps prevent disease from manifesting on the physical and mental planes.

**Practice note:** The metabolic rate may increase when this mudra is practiced for periods of half an hour or more. If this happens, food intake should be adjusted accordingly.

**Note:** *The Sanskrit word vipareeta means 'inverted' and karani means 'one who does'. Vipareeta karani mudra is also practiced as a kriya.*

# YOGA MUDRA

## Yoga Mudra {attitude of psychic union)

Sit in padmasana.

Take hold of one wrist behind the back.

Close the eyes and relax the whole body.

Bring the awareness to mooladhara chakra (slight moola bandha may also be performed.)

Inhale slowly and feel the breath gradually rising from mooladhara to ajna chakra. Retain the breath for a few seconds and concentrate on ajna chakra.

Exhale slowly while bending forward, synchronizing the movement with the breath so that the forehead just touches the floor as the air is fully expelled from the lungs.

Final position is yogamudrasana (see chapter Padmasana Group of Asanas).

Simultaneously, feel the breath gradually move downward from ajna to mooladhara chakra.

Retain the breath outside for a few seconds while concentrating on mooladhara chakra.

Inhale, raise the trunk to the vertical position and be aware of the breath moving upward from mooladhara to ajna chakra.

All these movements should be performed in a harmonious, smooth and synchronized manner.

Remaining in the upright position, hold the breath for a few seconds while concentrating on ajna chakra.

Exhale slowly, moving the awareness back down the spine with the breath to mooladhara chakra.

This is one round.

Immediately start another round performing slight moola bandha with the breath still held out and the awareness at mooladhara chakra.

Beginners may rest by taking a few normal breaths before starting another round.

Perform 3 to 10 rounds.

**Breathing:** The respiration should be as slow as possible without the slightest strain.

**Sequence:** This practice may be followed by any backward bending asana such as bhujangasana or ushtrasana.

**Awareness:** On synchronizing the movements with the breath and on relaxing the back and abdomen.

**Contra-indications:** People suffering from sciatica, high blood pressure, pelvic inflammatory disease or any other serious abdominal ailment should avoid this practice.

**Benefits:** This practice gives all the benefits of yogamudrasana. In addition it is an excellent preparatory practice for meditation. The pressure along the abdomen and chest created by the legs and heels calms the adrenal system, engendering a sense of relaxation. It relieves anger and tension, inducing tranquility, and develops awareness and control of psychic energy.

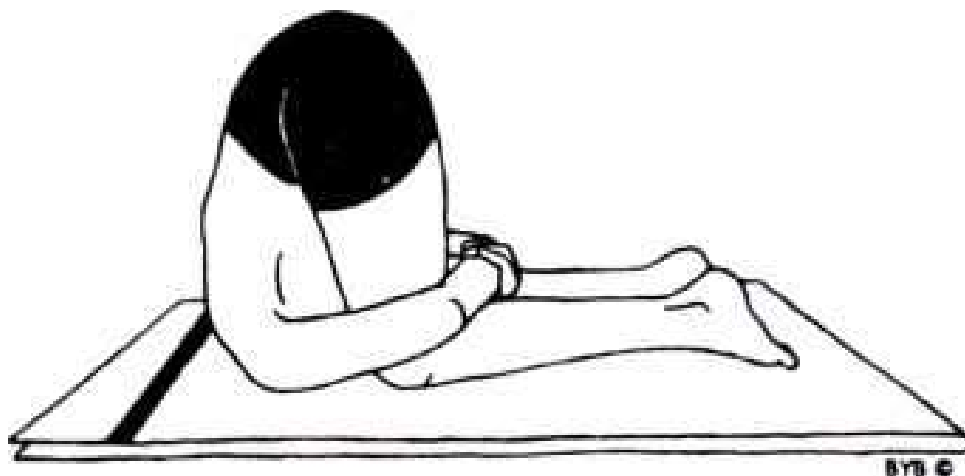
**Variations:** The position of the hands may also be:

- a) placed on the heels of the feet, with the elbows pointing out to the sides,
- b) placed palms down on the soles of the feet,
- c) placed palm to palm with the fingers pointing upward in the middle of the back (this is *hamsa* or swan mudra).

**Practice note:** People with stiff backs and those unable to sit in padmasana comfortably may perform the practice from sukhasana or vajrasana. If adopting the latter, bend forward into shashankasana with the hands clasped behind the back. If vajrasana is still uncomfortable, the knees may be separated slightly, allowing the chest to come closer to the floor.

*Note: Yoga mudra is so called, because it unites the individual consciousness with the supreme consciousness, or the outer nature with the inner nature.*

# PASHINEE MUDRA



## **Pashinee Mudra (folded psychic attitude)**

Assume halasana. Separate the feet by about half a meter. Bend the knees and bring the thighs towards the chest until the knees touch the ears, shoulders and floor.

Wrap the arms tightly around the back of the legs.

Relax the whole body in this position and close the eyes. Breathe slowly and deeply.

Maintain the position for as long as is comfortable. Slowly release the arms and come back into halasana. Lower the legs and relax in shavasana.

**Awareness:** Physical - on the stretch of the neck.

Spiritual - Mooladhara or vishuddhi chakra.

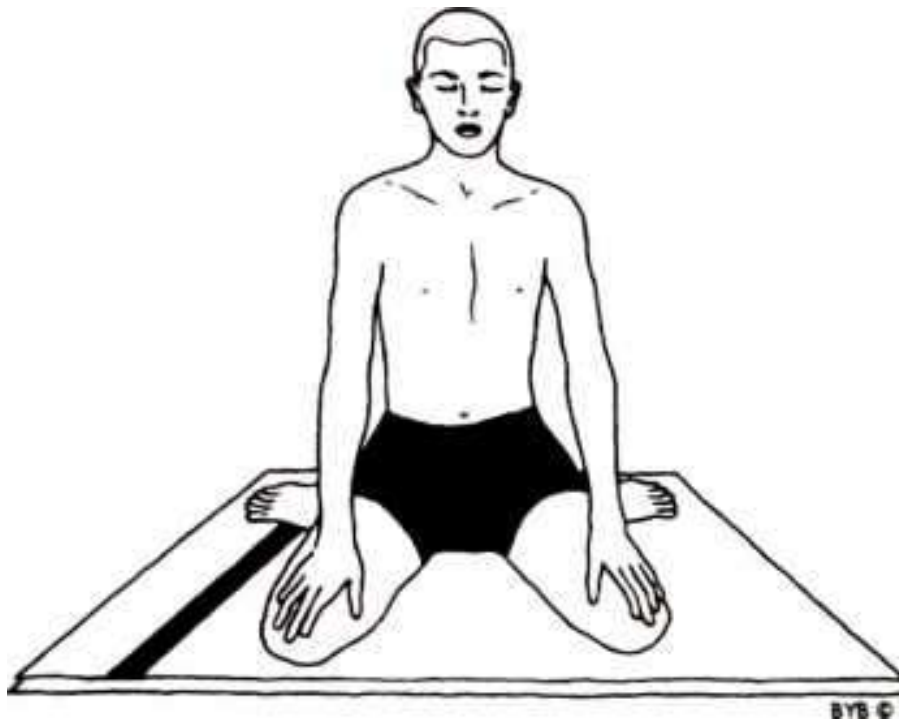
**Sequence:** This mudra should be followed by a backward bending asana.

**Contra-indications:** As for sarvangasana and halasana. People suffering from any spinal condition should avoid this practice.

**Benefits:** Pashinee mudra brings balance and tranquility to the nervous system and induces pratyahara, sense withdrawal. It stretches the spine and the back muscles and stimulates all the spinal nerves in and around the spine. It massages all the abdominal organs.

**Note:** *The word pash means 'noose'. Pashini, therefore, means 'bound in a noose.'*

# MANDUKI MUDRA



## **Manduki Mudra (gesture of the frog)**

Sit in bhadrasana with the toes pointing outward (see chapter Vajrasana Group of Asanas).

If it is not comfortable to sit with the toes pointing outward, sit in bhadrasana with the toes pointing inwards.

The buttocks should rest on the floor. If this is still too difficult, place a folded blanket underneath the buttocks to apply firm pressure to the perineum, stimulating the region of mooladhara chakra.

Place the hands on the knees, hold the spine and head straight. Close the eyes and relax the whole body.

This is manduki asana.

After some time, open the eyes and perform nasikagra drishti.

If the eyes become tired relax them for a minute or so. Continue the practice for 5 minutes until the mind and senses become introverted.

**Breathing:** Breathing should be slow and rhythmic.

**Awareness:** On the nose tip.

**Contra-indications:** As for shambhavi mudra.

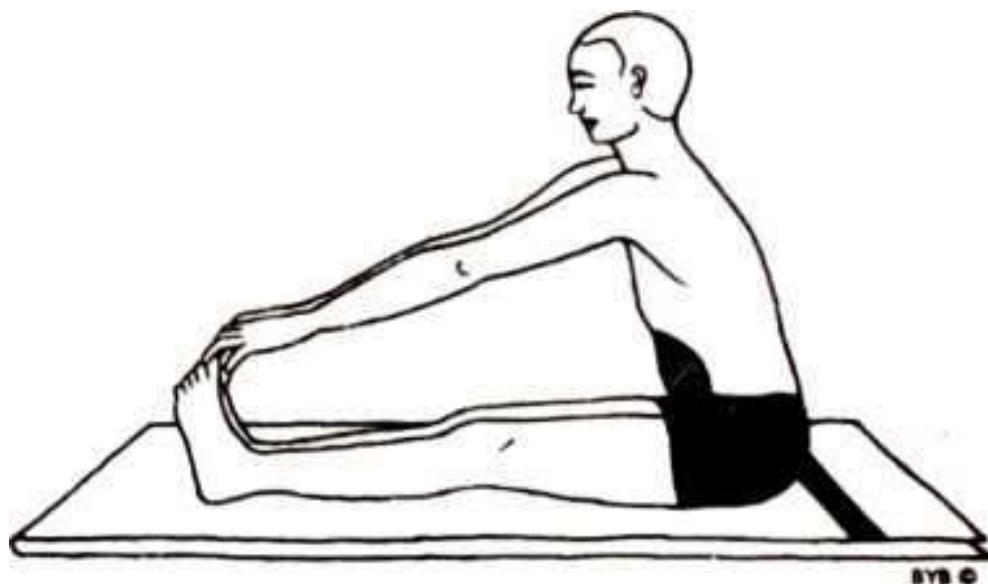


**Benefits:** The nose is related with mooladhara chakra through the sense of smell. This practice affects the brain centers related to man's most deep rooted instincts and drives. It calms the disturbances and fluctuations of the mind and balances ida and pingala nadis. Perfection of this practice leads directly to meditation.

**Practice note:** Manduki mudra is an advanced variation of nasikagra drishti. It awakens mooladhara chakra. It should be performed in mild light so that the tip of the nose can be seen.

*Note: The word manduki means 'frog'. This mudra is so named because the sitting posture resembles a frog at rest. Manduki mudra is also practiced as a kriya.*

## TADAGI MUDRA



### **Tadagi Mudra (barreled abdomen technique)**

Sit with the legs stretched out in front of the body and the feet slightly apart. The legs should remain straight throughout the practice. Place the hands on the knees, keeping the head and spine straight.

Close the eyes and relax the whole body, especially the abdominal area.

Lean forward and grasp the big toes with the thumbs, index and second fingers, keeping the head facing forward. Inhale slowly and deeply, expanding the abdominal muscles to their fullest extent.

Retain the breath inside for a comfortable length of time without straining the lungs in any way.

Exhale slowly and deeply while relaxing the abdomen. Maintain the hold on the the toes.

Repeat the breathing up to 10 times.

Then release the toes and return to the starting position.

This is 1 round.

**Duration:** Practice 3 to 5 rounds

**Awareness:** Physical - on the abdomen

Spiritual - on manipura chakra.

**Contra-indications:** Pregnant women and those suffering from hernia or prolapse should avoid this practice.

**Benefits:** Tadagi mudra relieves any tension stored in the diaphragm and pelvic floor, tones the abdominal organs and stimulates blood circulation to these areas. It improves the digestion and helps to alleviate diseases of this region. The nerve plexuses in the visceral area are stimulated and toned.

Bending forward and extending the stomach stretches the diaphragm and pelvic floor, and creates pressure throughout the trunk of the body. This stimulates manipura chakra, the centre of energy distribution, and raises the level of prana generally.

**Practice note:** Release the hold on the toes between breaths if the position becomes uncomfortable.

**Note:** *The word tadagi literally means 'water pot,' which resembles the shape of the extended abdomen.*

# MAHA MUDRA

## **Base position: Utthanpadasana (stretched leg pose)**

Sit with the legs outstretched.

Bend the left knee and press the left heel firmly into the perineum or vulva, the location point of mooladhara chakra. The right leg remains outstretched.

Place both hands on the right knee.

Adjust the position so that it is comfortable.

Bend forward just enough to be able to clasp the right big toe with both hands.

Hold the position for a comfortable duration.

Return to the upright position with both hands resting on the right knee.

This is one round.

Practice 3 rounds with the left leg folded, 3 rounds with the right leg folded, then keep both legs outstretched and again practice 3 rounds.



## **Maha Mudra (great psychic attitude)**

Sit in utthan padasana with the right leg outstretched. Keep the back straight.

Relax the whole body.

Perform khechari mudra.

Take in a deep breath.

While exhaling, bend forward and clasp the right big toe with both hands.

Keep the head erect, and the back as straight as possible, then slowly inhale, tilting the head slightly back.

Perform shambhavi mudra and then moola bandha. Hold the breath inside and rotate the awareness from the eyebrow centre, to the throat, to the perineum, mentally repeating, 'ajna, vishuddhi, mooladhara.' The concentration should remain at each chakra for only 1 or 2 seconds.

Continue the rotation for as long as the breath can be comfortably held without straining.

Release shambhavi and moola bandha.

Slowly exhale, returning to the upright position.

This is one round.

Practice 3 rounds with the left leg folded, 3 rounds with the right leg folded, then keep both legs outstretched and again practice 3 rounds.

**Breathing:** One round is equivalent to one complete inhalation and exhalation. The longer the breath can be retained the better but do not strain the lungs. The length of the breath should be extended gradually over a period of months and years.

**Duration:** Beginners may practice 3 rounds with each leg and 3 rounds with both legs. This may be slowly increased to a maximum of 12 rounds each. Mentally count each round as the awareness returns to mooladhara at the end of the round.

**Sequence:** This practice should ideally be followed by either maha bheda mudra or tadan kriya.

**Time of practice:** Maha mudra is best practiced in the early morning while the stomach is completely empty and is especially recommended before meditation practices.

**Contra-indications:** People suffering from high blood pressure or heart complaints should not perform this practice. Maha mudra should not be performed without prior purification

of the body. Impurity is indicated by any symptoms of accumulated toxins such as skin eruptions. As the practice of maha mudra generates a lot of heat it should be avoided in hot summers.

**Benefits:** By the practice of maha mudra the combined benefits of shambhavi mudra, moola bandha and kumbhaka are gained.

Digestion and assimilation are stimulated and abdominal disorders are removed.

Maha mudra stimulates the energy circuit linking mooladhara with ajna chakra. The whole system is charged with prana which intensifies awareness and induces spontaneous meditation. Mental depression is rapidly eliminated by this practice as energy blockages are removed.

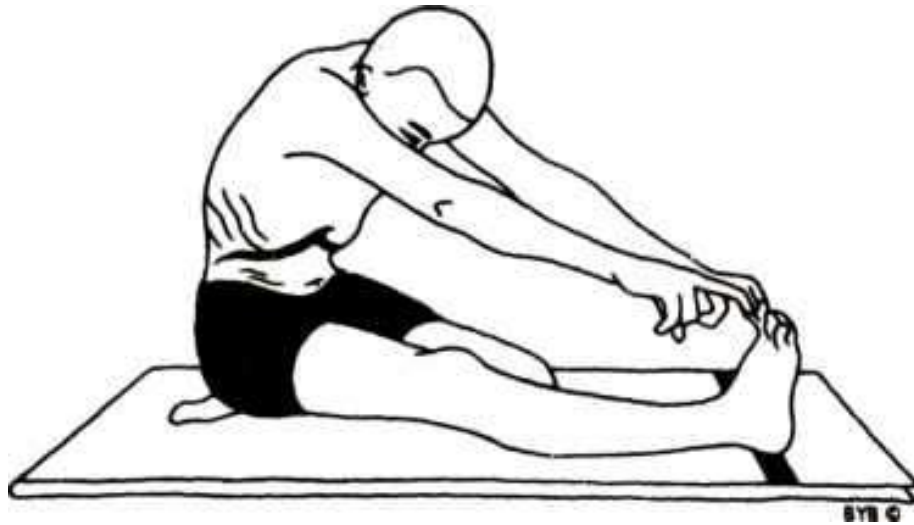
**Variation:** Siddha/siddha yoni asana may be adopted instead of utthan padasana. Sit with the hands on the knees in gyana or chin mudra and practice in the same way but without bending forward.

**Practice note:** Before commencing maha mudra, the practitioner should be thoroughly proficient in the techniques of shambhavi, khechari, moola bandha and kumbhaka, and have practiced them for some time.

This practice should not be attempted without expert guidance.

**Note:** *The base position for this mudra is the raja yoga version of utthanpadasana.*

# MAHA BHEDA MUDRA



## **Maha Bheda Mudra (the great separating attitude)**

Sit with the legs outstretched.

Assume utthan padasana as described for maha mudra. Keep the back straight.

Relax the whole body.

Do khechari mudra. Take in a deep breath.

While exhaling, lean forward and clasp the right big toe with both hands.

Retain the breath outside and perform jalandhara, uddiyana and moola bandhas.

Rotate the awareness successively from the throat, to the abdomen, to the perineum, mentally repeating, 'vishuddhi, manipura, mooladhara.' The awareness should rest on each chakra for only 1 or 2 seconds and then move to the next in a smooth flow.

Rotate the awareness in this manner for as long as is comfortable, retaining the breath outside.

Release moola bandha, uddiyana and jalandhara.

When the head is fully raised, breathe in and return to the upright position.

This is one round.

Immediately exhale and commence the next round.

Practice 3 times with the left leg folded, then 3 times with the right leg folded, then 3 times with both legs outstretched.

**Duration:** As for maha mudra. Do not strain the lungs. Increase the lung capacity gradually over a period of months and years.

**Time of practice:** Maha bheda mudra is best practiced in the early morning while the stomach is completely empty and is especially recommended before meditation.

**Contra-indications:** As for moola, uddiyana and jalandhara bandhas.

**Benefits:** As for maha mudra.

Maha bheda mudra has a profound influence at a pranic level. It specifically influences mooladhara, manipura and vishuddhi chakras, manipulating and harnessing the energies within them to induce concentration of mind and meditation. Maha bheda supplements and follows maha mudra; together they supercharge the whole body- mind complex.

**Practice note:** Before commencing this practice, the practitioner should be familiar with the techniques of jalandhara, uddiyana and moola bandhas and bahir kumbhaka.

This practice should not be attempted without expert guidance.

# MAHA VEDHA MUDRA



## **Maha Vedha Mudra (the great piercing attitude)**

Sit in padmasana. Relax the body and close the eyes. Place the palms of the hands on the floor beside the thighs with the fingers pointing forward or make fists with the knuckles facing down.

The arms should be straight but relaxed.

Inhale slowly and deeply through the nose.

Retain the breath inside and perform the kriya variation of jalandhara bandha.

Raise the body by placing all the weight on the hands and straightening the arms.

Gently beat the buttocks on the ground 3 times, keeping the awareness at mooladhara chakra. The spine must be kept straight and jalandhara bandha maintained.

The buttocks and the back of the thighs should touch the ground simultaneously.

Rest the buttocks on the floor, release jalandhara bandha and exhale slowly and deeply.

This is one round.

When the breathing returns to normal, inhale and repeat the process.



- Breathing:** Inhale in the starting position before performing jalandhara bandha.  
Retain the breath inside while raising and lowering the buttocks.  
Exhale only after the body has been finally lowered and jalandhara bandha released.
- Duration:** Practice 3 rounds in the beginning. Over a period of months, gradually increase to a maximum of 11 rounds.
- Awareness:** Physical - on keeping the spine straight and on touching the floor with the buttocks and thighs together.  
Spiritual - on mooladhara chakra.
- Sequence:** Maha vedha should be practiced after maha mudra and maha bheda mudra.
- Precautions:** Be very careful not to beat the buttocks too hard. It is important to use a thick mat to avoid injury. Do not let the coccyx (tailbone) land directly on the floor. When the backs of the legs and buttocks hit the floor simultaneously, it cushions and distributes the impact over a wide area.
- Contra-Indications:** People who have any inflammatory disease, infection or general complaint in or around the pelvic area should avoid this practice.
- Benefits:** This is a powerful practice for introverting the mind, awakening psychic faculties and the dormant kundalini which is said to reside in mooladhara chakra. The endocrine system is stimulated by activating the pineal gland. This keeps the pituitary gland under control, regulates hormonal secretions and curtails catabolism, reducing the symptoms of old age.
- Practice note:** If padmasana has not been mastered this practice cannot be performed properly. However, it can be performed with the legs outstretched, although this method is less effective.
- Note:** *The Sanskrit word maha means 'great' and vedha means 'piercing.' The purpose of maha vedha mudra is to channel the prana accumulated through maha mudra and maha bandha. This technique belongs to hatha yoga and should not be confused with the kriya yoga practice of tadan kriya, which is very similar.*

# ASHWINI MUDRA

## Ashwini Mudra (horse gesture)

### Technique I: Rapid contraction

Sit in any comfortable meditation asana.

Close the eyes and relax the whole body.

Become aware of the natural breathing process for a few minutes, then take the awareness to the anus.

Contract the sphincter muscles of the anus for a few seconds without straining, then relax them for a few seconds.

Try to confine the action to the anal area.

Repeat the practice for as long as possible.

Contraction and relaxation should be performed smoothly and rhythmically.

Gradually make the contractions more rapid.

### Technique 2: Contraction with An tar Kumbhaka

Sit in any comfortable meditation asana.

Close the eyes and relax the whole body.

Inhale slowly and deeply while simultaneously contracting the anal sphincter muscles.

Practice antar kumbhaka (internal breath retention) while holding the contraction of the sphincter muscles.

The contraction should be as tight as possible without strain.

Exhale while releasing the contraction of the anus.

This is one round.

Perform as many rounds as is comfortably possible.

**Duration:** There is no limit to the duration of the practice; beginners, however, should be careful not to strain their muscles. Increase the duration as the anal muscles become stronger and more control is developed.

**Awareness:** Physical - on the anus.

Spiritual - on mooladhara chakra.

**Contra-indications:** People suffering from anal fistula should avoid this practice.

**Benefits:** This practice strengthens the anal muscles and alleviates disorders of the rectum such as constipation, piles and prolapse of the uterus or rectum. In such cases, this mudra is most effectively performed in conjunction with an inverted asana, for example, sarvangasana.

Perfection of this mudra prevents the escape of pranic energy from the body, redirecting it upward for spiritual purposes.

**Practice note:** Ashwini mudra is a preparatory practice for moola bandha. At first it is difficult to confine the muscular contraction to the area of the anus; however, this is overcome with practice. Ashwini mudra may be integrated with any asana. Technique 2 may be integrated with nadi shodhana pranayama, the anal contraction being adopted during breath retention.

**Note:** *The word ashwini means 'horse'. The practice is so-called because the anal contraction resembles the movement a horse makes with its sphincter immediately after evacuation of the bowels.*

## VAJROLI / SAHAJOLI MUDRA

### **Vajroli/Sahajoli Mudra (thunderbolt/spontaneous psychic attitude)**

Sit in siddha/siddha yoni asana, or any comfortable meditation posture with the head and spine straight. Place the hands on the knees in chin or gyana mudra. Close the eyes and relax the whole body.

Take the awareness to the urethra.

Inhale, hold the breath in and try to draw the urethra upward. This muscle action is similar to holding back an intense urge to urinate.

The testes in men and the labia in women should move slightly due to this contraction.

Try to focus and confine the force of the contraction at the urethra. Bending a little forward during the contraction helps to isolate this point.

Hold the contraction for as long as comfortable.

Exhale, release the contraction and relax.

Practice twice more.

**Duration:** Hold the contraction for as long as is comfortable, starting with a few seconds and gradually increasing. Begin with 3 contractions and slowly increase up to 10 or 15 rounds.

**Awareness:** Physical - on the isolation of the point of contraction in relation to the genitals, avoiding generalized contraction of the pelvic floor which occurs spontaneously.

Spiritual - on swadhisthana chakra.

**Time of practice:** This mudra may be practiced at any time, preferably when the stomach is empty.

**Contra-indications:** Vajroli/sahajoli mudra should not be practiced by people suffering from urethritis (infection and inflammation of the urethra) as the irritation and pain may increase.

**Benefits:** Vajroli/sahajoli mudra regulates and tones the entire urogenital system, correcting incontinence and recurrent

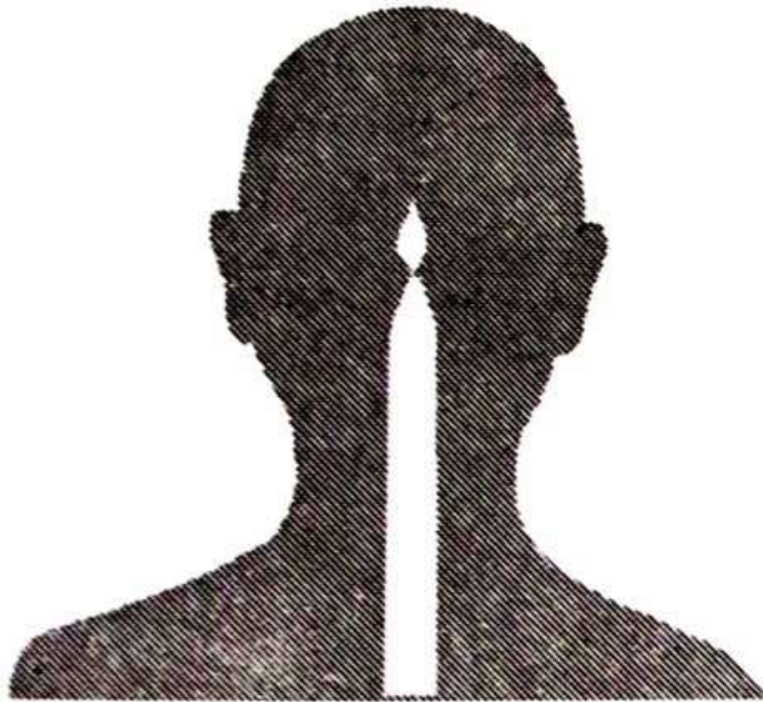
urinary tract infections. It also helps overcome psycho- sexual conflicts and unwanted sexual thoughts. Sahajoli corrects uterine prolapse. Vajroli balances testosterone levels and the sperm count, and gives control over premature ejaculation. It also helps correct impotence by toning the endocrine system and local energy structures. Benign prostatic hypertrophy, a disorder that troubles 80% of men in the later part of life, is prevented.

**Practice note:** Isolating the muscles of the urethra takes practice and patience.

**Note:** *The word vajroli is derived from the Sanskrit root vajra which means 'thunderbolt,' 'lightning' or 'mighty one,' and sahajoli from the root sahaj, meaning 'spontaneous' and oli which means 'to cast up' or 'to fly up.'* Vajroli is therefore the force which moves upward with the power of lightning and sahajoli is the psychic attitude of spontaneous arousing. Vajra is the name of the nadi which connects the reproductive organs with the brain.

*For further details refer to the Bihar School of Yoga publication Hatha Yoga Pradipika.*

# Shatkarma



मेदश्लेष्माधिकः पूर्व षट्कर्माणि समाचरेत् ।

अन्यस्तु नाचरेत्तानि दोषाणां समभावतः ॥२:२१॥

*Medashleshmaadhikaha poorvam shatkarmaani samaacharet.  
Anyastu naacharettaani doshaanaam samabhaavataha.*

When fat or mucus is excessive, the shatkarmas or six cleansing techniques should be practiced before (pranayama). Others, in whom the doshas (i.e. phlegm, wind and bile) are balanced, need not do them.

*Hatha Yoga Pradipika (2:21)*

# Introduction to Shatkarma

Hatha yoga, as described in the early Yoga Upanishads, was made up of the shatkarmas and is a very precise and systematic science. *Shat* means ‘six’ and *karma* means ‘action;’ the shatkarmas consist of six groups of purification practices. The aim of hatha yoga and, therefore, of the shatkarmas is to create harmony between the two major pranic flows, ida and pingala, thereby attaining physical and mental purification and balance.

The shatkarmas are also used to balance the three doshas or humours in the body: *kapha*, mucus; *pitta*, bile; and *vata*, wind. According to both ayurveda and hatha yoga, an imbalance of the doshas will result in illness. These practices are also used before pranayama and other higher yoga practices in order to purify the body of toxins and to ensure safe and successful progression along the spiritual path.

These powerful techniques should never be learned from books or taught by inexperienced people. According to the tradition only those instructed by a guru may teach others. It is essential to be personally instructed as to how and when to perform them according to individual needs.

The six shatkarmas are as follows:

- a) **Neti:** A process of cleansing and purifying the nasal passages. Practices included in this category are: jala neti and sutra neti.
- b) **Dhauti:** A series of cleansing techniques which are divided into three main groups: *antar dhauti* or internal cleansing, *sirsha dhauti* or head cleansing (traditionally called *danta dhauti*), and *hrid dhauti* or thoracic



cleansing. The internal techniques clean the entire alimentary canal from the mouth to the anus. They are divided into four practices:

i) *Shankhaprakshalana (varisara dhauti)* and *laghoo*

*shankhaprakshalana*, cleansing of the intestines;

ii) *Agnisar kriya (vahnisara dhauti)*, activating the digestive fire;

iii) *'Kunjil (vaman dhauti)*, cleansing the stomach with water;

iv) *Vatsara dhauti*, cleansing the intestines with air. Most of these practices require expert guidance.

c) ***Nauli***: A method of massaging and strengthening the abdominal organs.

d) ***Basti***: Techniques for washing and toning the large intestine.

e) ***Kapalbhati*** A breathing technique for purifying the frontal region of the brain.

f) ***Trataka***: The practice of intense gazing at one point or object which develops the power of concentration.

Although there are only six shatkarmas, each one consists of a variety of practices. In this chapter only the most commonly used practices are described in detail. Advice and precautions are given for each practice individually.

# JALA NETI



## **Jala Neti (nasal cleansing with water)**

**Preparation:** A special *neti lota*, 'neti pot' should be used. The lota may be made of plastic, pottery, brass or any other metal which does not contaminate the water. The nozzle on the end of the spout should fit comfortably into the nostril so that the water does not leak out. Even a teapot may be used if the tip of the spout is not too large or sharp. The water should be at body temperature and thoroughly mixed with salt in the proportion of one teaspoonful per half liter of water. The addition of salt ensures the osmotic pressure of the water is equal to that of the body fluids, thereby minimizing any irritation to the mucus membrane. If a painful or burning sensation is felt it is an indication that there is either too little or too much salt in the water.

### **Stage I: Washing the nostrils**

Fill the neti pot with the prepared salt water.

Stand squarely, legs apart, with the body weight evenly distributed between the feet, and lean forward.

Close the eyes for a minute or so and relax the whole body.

Tilt the head to one side and slightly back.

Begin to breathe through the mouth.

Gently insert the nozzle into the uppermost nostril.

There should be no force involved.

The nozzle should press firmly against the side of the nostril so that no water leakage occurs.

Tilt the neti pot in such a way that water runs into the nostril and not down the face. Adjust the body position to enable the water to pass out through the other nostril. When half the water has passed through the nostrils, remove the nozzle from the nostril, centre the head and let the water run out of the nose.

Remove any mucus from the nose by blowing gently.

Tilt the head to the opposite side and repeat the process, placing the nozzle of the lota in the other nostril.

After completing this process the nostrils must be thoroughly dried.

## **Stage 2: Drying the nostrils**

Stand erect.

Close the right nostril with the right thumb and breathe in and out through the left nostril 5 to 10 times in quick succession, emphasizing exhalation as in kapalbhati pranayama.

Repeat through the right nostril, with the left nostril closed. Perform once more through both nostrils.

Bend forward from the waist so that the trunk is horizontal. Repeat the same process but tilt the head to the right, closing the left nostril.

Repeat again, tilting the head to the left and closing the right nostril.

Finally, repeat again with the head centered, breathing through both nostrils.

Stand erect with the feet apart. Close the right nostril and exhale forcefully while bending forward rapidly from the waist. Inhale normally while returning to the upright position. Repeat 5 to 10 times.

Repeat with the right nostril open and then with both nostrils open.

If necessary, perform shashankasana for several minutes.

**Duration:** This practice should take about 5 minutes.

Neti may be practiced once daily or as recommended by a

yoga teacher or therapist. To relieve severe colds, nasal catarrh or other ailments, it may be performed up to 3 times daily.

**Awareness:** Physical - on relaxing and positioning the body, making sure no water leaks from the nozzle of the lota, and on relaxed breathing through the mouth, especially for beginners.

Spiritual - on ajna chakra.

**Sequence:** Jala neti is ideally practiced in the morning before asanas and pranayamas. However, if necessary, it may be performed at any time except just after meals.

**Precautions:** The water should only pass through the nose. If any water enters the throat or mouth it is an indication that the position of the head needs to be adjusted. Make sure that the nose is properly dried after the practice, otherwise the nasal passages may become irritated and manifest the symptoms of a cold. Do not blow the nose too hard. If force is used, the remaining water may be pushed into the ears.

**Contra-indications:** Those people who suffer from chronic bleeding in the nose should not do jala neti without expert advice. Those who consistently have great difficulty passing water through the nose may have a structural blockage and should seek expert advice.

**Benefits:** Jala neti removes mucus and pollution from the nasal passages and sinuses, allowing air to flow without obstruction. It helps prevent and manage respiratory tract diseases such as asthma, pneumonia, bronchitis and pulmonary tuberculosis. It helps to relieve allergies, colds and sinusitis, together with various disorders of the ears, eyes and throat, including myopia, allergic rhinitis, hay fever, certain types of deafness such as glue-ears, tonsillitis and inflammation of the adenoids and mucus membranes. Mouth breathing in children can be reduced by practicing jala neti.

Jala neti relieves muscular tension of the face, nervous tics, and Bell's palsy and helps the practitioner to maintain a fresh and youthful appearance. It has a cooling and soothing influence on the brain and is beneficial in the

treatment of epilepsy and migraine. It alleviates anxiety, anger and depression, removes drowsiness and makes the head feel light and fresh.

Jala neti stimulates the various nerve endings in the nose, improving the activities of the brain and the overall health of the individual. A balance is brought about between the right and left nostrils and the corresponding left and right brain hemispheres, inducing a state of harmony and balance throughout the body and the systems governing circulation and digestion. Most importantly however, neti helps to awaken ajna chakra.

**Practice note:** Jala neti may be practiced either in a squatting position or standing with the shoulders and head bent forward. The latter is most suitable for doing neti over a sink while the former may be performed outside. After some practice a full neti lota may be used for each nostril.

**Variations:** Advanced practitioners may suck water up the nostrils directly from a glass or bowl. This is the original form of this practice and is called *usha paan* which literally means ‘water of the dawn’.

Other liquids are also used by hatha yogis instead of water in the practice of neti. These include warm milk - *dugdh neti*, warm clarified butter or ghee - *ghrita neti*, or even yoghurt may be used. If oil is used instead of ghee it must be natural and without added chemicals. However, the most powerful form of neti is practiced with urine, *amaroli*, and is known as *swamootra neti*. This form is particularly useful for alleviating inflammation of the nasal passages, sinusitis and migraine. Each liquid bestows a different benefit. None of these variations, however, should be attempted unless specifically instructed by the guru or teacher.

## SUTRA NETI



### **Sutra Neti (nasal cleansing with thread)**

**Preparation:** This practice involves passing a length of cotton thread through the nose. Traditionally, a specially prepared cotton thread was used. Several strands were tightly wrapped together and dipped in melted beeswax. The width was about 4 mm and the length 36 to 45 cm. Nowadays, however, the practice is more conveniently performed by using a thin rubber catheter lubricated with butter or saliva so that it slides easily through the nasal passage. The size of the catheter depends on the individual nasal passage but sizes 4, 5 or 6 are generally suitable.

### **Technique I: Basic practice**

Take any comfortable standing or sitting position, or squat. Relax the whole body.

Tilt the head slightly back. Gently and slowly insert the narrow end of the catheter or waxed end of the thread into whichever nostril is flowing more freely.

As the thread is inserted twist it so that it enters the nostril easily.

Always keep the tip pointing downward towards the floor of the nose. Never push it straight up.

When the thread reaches the back of the throat, insert the index finger and thumb, or the middle and index fingers, into the mouth. Pull the catheter or thread gently and slowly out through the mouth, leaving a few inches of thread hanging out of the nose.

This action may cause retching at first but with practice it will become easier.

Hold each end of the sutra or catheter with the fingers. Very slowly and gently pull it backward and forward, no more than 15 times on the first attempt.

Remove it slowly through the nose and repeat the process with the opposite nostril.

## **Technique 2: Advanced practice**

After completing technique 1, the thread should be left so that it still passes through one of the nasal passages with one end passing through the mouth and the other through the nostril.

Gently insert the waxed end emerging from one nostril into the other nostril and pull the end through the mouth. In the final position both waxed ends emerge from the mouth.

Loosen the hard wax at the tip of each end so that the individual strands again become separated.

Push the two ends together so that they merge with one another, and twist the thread so that the two ends become joined. If the join is too thick some of the threads may be cut away so the join may pass easily through the nostrils. The thread is now circular.

Slowly draw the join into the mouth, progressively sliding the thread through the nostrils.

Eventually the join should be located between the entrance to the two nostrils.

Disconnect the join.

The thread now enters one nostril and emerges from the other; it no longer passes through the mouth.

Gently pull the sutra to and fro, a few times only to begin with. If there is the slightest discomfort, stop the practice immediately.

Pull one end of the thread and slowly withdraw it from the nose.

**Breathing:** Breathing is performed through the mouth.

**Duration:** With a catheter the practice takes less than 5 minutes. With a sutra it takes about 10 minutes.

Once every few days or once a week is more than sufficient.

**Awareness:** Physical - on relaxing the body and moving the catheter or thread smoothly and slowly.

Spiritual - on ajna chakra.

**Sequence:** Sutra neti should be performed before jala neti as the latter will flush out all the impurities and particles in the nose which have been dislodged by sutra neti.

**Precautions:** Do not use force under any circumstances. The interior of the nose is very delicate and any undue force could cause damage. After persistent attempts, if the thread or catheter will not pass through the nose, consult an experienced yoga teacher. Make sure that the sutra is perfectly clean before inserting it into the nostril. It is best not to try sutra neti until jala neti has been perfected.

**Contra-indications:** Those people who suffer from chronic bleeding in the nose should not do sutra neti. Anyone with nasal ulcers, polyps and severe malformations of the nasal septum or turbinates should first seek the advice of a yogic or ayurvedic doctor.

**Benefits:** The benefits are the same as for jala neti. In addition, however, sutra neti can rectify the problem of deviated nasal septum. If one or both nostrils are not flowing freely due either to deformed bone or fleshy outgrowths, the regular friction of sutra neti causes these obstructions to disappear within a few months.

**Practice note:** Although the catheter is easier and quicker it does not clean the nasal passages as effectively as the cotton thread. Also, the advanced stage of sutra neti is virtually impossible if a catheter is used.



# SHANKHAPRAKSHALANA

## **Technique I: Shankhaprakshalana or Varisara Dhauti (washing of the intestines)**

**Preparation:** It is advisable to take a light, semi-liquid meal the night before undertaking this practice.

Plenty of clean, lukewarm water should be available and also extra hot water in case the temperature of the water falls below body temperature. Add 2 teaspoons of salt per liter to the water, so that it tastes mildly salty.

It is necessary for a special food of good quality white rice and pulse, preferably mung dal, cooked *with ghee*, clarified butter, to be prepared. This preparation is called *khicheri*. The rice and lentils should be cooked together in water until soft. A little *haldi*, turmeric, may be added, but no salt. Finally, the clarified butter should be liberally mixed in so that the final preparation is semi-liquid.

It is better that a friend or helper who is not doing the practice prepares the khicheri which is to be eaten after the 45 minute rest period and again later in the day.

No asana or physical work should be performed before commencing and no food or beverages should be taken. If the bowels are not evacuated prior to the practice it helps stimulate the peristaltic movement.

Light and comfortable clothing should be worn.

***Complete intestinal wash:*** Drink two glasses of warm salty water as quickly as possible.

Perform the following five asanas dynamically, eight times each in the correct sequence (see the section Asana).

- a) Tadasana
- b) Tiryaka tadasana
- c) Kati chakrasana
- d) Tiryaka bhujangasana
- e) Udarakarshanasana.

This is one complete round.

Do not rest between rounds.

Drink two more glasses of warm salty water and again repeat the five asanas eight times each.

Repeat this process a third time.

After the third round, go to the toilet and see if there is any movement in the bowels, if they have not yet been emptied.

Do not strain.

After a few minutes or so, come out, regardless of whether there has been any movement or not; it is not essential at this point.

Drink two more glasses and repeat the five asanas eight times. Again go to the toilet, but do not use force to produce a bowel movement.

Continue drinking the water, performing the asanas and going to the toilet when the pressure builds up.

Spend as little time in the toilet as possible, a minute or so is enough. The aim is to build up the internal cleansing pressure.

At first solid stool will be evacuated followed by a mixture of stool and water.

As the practice progresses more water and less solid stool will be excreted.

Eventually cloudy yellow water and, finally, almost clear water will be evacuated.

Sixteen glasses are generally required before perfectly clean water is evacuated, but it varies from person to person. The speed at which one completes the practice should not be compared with that of others.

This stage of the practice should be performed in a relaxed way at one's own pace.

***Supplementary practices:*** Kunjal kriya followed by jala neti should be performed 10 minutes after completing the internal wash. Once these have been performed, then rest.

**Rest:** Total rest is essential.

Lie down in shavasana for 45 minutes, but do not sleep as a headache or cold may result.

It is important to keep warm during this resting period. Try to maintain *mouna*, silence.

During this time the whole digestive system is given a chance to revitalize itself.

Passing urine at this time is perfectly normal.

**Special meal:** Exactly 45 minutes after completing shankhaprakshalana the specially prepared food, khicheri, must be taken. Eating this meal at the correct time is essential. The rhythm of the body has been temporarily disturbed; however, 45 minutes after completion of the practice the digestive organs resume their functions.

The three components of khicheri are helpful in the restoration of correct digestive function. The clarified butter is necessary to coat the intestinal walls until the body produces a new lining. The rice provides a simple, easily digestible packing material in the form of carbohydrate, and creates mucus which also protects the inner lining of the alimentary canal. The lentils supplement the diet by giving the body an easily digestible source of protein, and make for an all-round nutritious meal.

A sufficient quantity of khicheri must be eaten to reline the intestines and keep the walls of the gut stretched, otherwise they may cramp due to the absence of the bulk to which they are accustomed. This bulk not only maintains the tone but aids the intestines to resume peristalsis. It is also important in order to prevent indigestion, diarrhea, and constipation.

**Further rest:** Having eaten, further rest is necessary. However, it is important not to sleep for at least three hours after the initial meal. Sleep during this period may lead to physical lethargy and headache. Complete rest should be taken for the remainder of the day and also the following day. During this period it is advisable to keep mouna and avoid physical or mental work.

**Second meal:** Khicheri should also be prepared for the late afternoon or evening meal, about six hours after the first special meal. The stomach must be filled to capacity at both meals, even if there is no feeling of hunger.

**Place of practice:** The best place to practice shankhaprakshalana is in the garden or in an open area where there is plenty of

fresh air. Make sure that adequate toilet facilities are nearby.

The practice is best undertaken with a group of friendly people. The atmosphere should be relaxed and lighthearted, with no apprehension concerning the practice as this can create tension and prevent free bowel movement.

**Climate:** Shankhaprakshalana should not be performed when the weather conditions are extreme. Those who live in cold climates should practice in the summer when the days are warm and dry. This is important, as it is easy for the stomach and intestines to become chilled. On the other hand, do not practice when it is very hot for this would produce too much sweat and the experience would be exhausting.

Very cloudy, windy or rainy weather is also to be avoided. The best time to practice is at the changeover of seasons.

**Frequency:** This practice should not be performed more than twice a year.

**Duration:** The whole day should be put aside for this practice and the following day for rest.

**Precautions:** It is important not to exceed the point beyond which almost clear water is being passed, as the system may start producing bile, indicated by bright yellow water. It is better to stop when the water is still slightly cloudy. While resting for 45 minutes after terminating the practice, one should not sleep as a headache or cold may result. No water or other fluids should be taken until at least 2 hours after the first special meal. Cold liquid will chill the digestive system. Drinking or eating anything before the prescribed period will dilute and wash away the new protective layer which is being reproduced by the body on the stomach and intestinal wall.

Fans and air conditioning should not be used until the evening as the body must be kept warm to prevent chills and fever. If it is at all cold the body should be covered with a blanket to maintain the inner body temperature. Sitting in the hot sun, near a fire or doing physical exercise should also be avoided.

Rest periods should be maintained very carefully.

Mental strain and stressful situations should be avoided.

**Food restrictions:** For at least one month after the practice, all chemically processed, synthetic, pungent, spicy, acidic, rich and non-vegetarian foods must be strictly avoided. No pickles, sweets, chocolates, ice cream or soft drinks should be taken.

Milk, buttermilk, yoghurt and all fruits, especially acidic fruits such as lemons, grapefruit, oranges or pineapples are restricted.

Alcohol, cigarettes, tea, coffee, betel nut preparations such as paan, and any other type of intoxicant or drug should also not be taken.

The diet should be as pure, simple and as neutral as possible. It may include foods such as rice, wheat, bread, vegetables with low acidic content, nuts, lentils, soybeans and other pulses.

Common sense must be used in this regard. After shankhaprakshalana the digestive system is very vulnerable and extra care should be taken to protect the body.

**Warning:** This practice should only be attempted in an ashram or yoga center under expert guidance. All guidelines and restrictions must be followed strictly to avoid experiencing harmful side effects.

Those who are unable to follow these restrictions should not practice shankhaprakshalana. They will find the simplified version, laghoo shankhaprakshalana, more appropriate to their needs.

**Contra-indications:** People suffering from any medical condition should seek guidance from a qualified yoga teacher before attempting shankhaprakshalana, especially those taking medication. This practice should also be avoided during pregnancy.

**Benefits:** Physically, shankhaprakshalana alleviates digestive problems such as indigestion, gas, acidity and constipation. It generally tones the liver and other digestive organs and glands. It has been used in the cure of diabetes mellitus, hypoglycemia, obesity, high blood cholesterol and high

lipid levels. It strengthens the immune system, alleviating allergies and immunological problems. It helps relieve the symptoms of arthritis and chronic inflammatory diseases. Excessive mucus is reduced relieving asthma, chronic colds and sinusitis. It purifies the blood and alleviates skin problems such as pimples, boils and eczema.

Pranically, shankhaprakshalana recharges the entire pranic body, removes blockages from the nadis and purifies all the chakras. The harmony of the five pranas is restored and the energy level is raised.

Psychically, it prepares the way for higher states of consciousness. Any sadhana performed after this cleansing practice gives manifold results.

**Practice note:** The five asanas which form the core of the practice activate peristalsis and the sphincters or valves, muscles and nerves of the digestive tract in order to enhance the cleansing process. When performed in the correct sequence they progressively open the pyloric valve at the outlet of the stomach, then the ileocaecal valve at the exit of the small intestine and finally the sphincter which forms the anus. Tadasana acts mainly on the stomach and stretches the colon; tiryaka tadasana acts on the small intestine and colon; kati chakrasana massages the small intestine; tiryaka bhujangasana and udarakarshan asana squeeze and massage the caecum, sigmoid colon and rectum, and also stimulate the rectosphincteric reflex or the urge to defecate.

**Note;** *The word shankhaprakshalana comes from two words, shankha meaning 'conch' and prakshalana meaning 'to wash completely'. The word shankha is intended to represent and describe the intestines with their cavernous and coiled shape. Traditionally this practice was known as varisara dhauti but nowadays it is better known as shankhaprakshalana. The word varisara comes from two words, vari meaning 'water', and sara meaning 'essence'. This practice is also a part of kaya kalpa, which is an ayurvedic technique for physical purification and transformation, kaya meaning 'body' and kalpa, 'transformation'.*

## **Technique 2: Laghoo Shankhaprakshalana (short intestinal wash)**

Two liters of warm salted water should be prepared as for poorna shankhaprakshalana

Quickly drink two glasses of the prepared water.

Perform the five shankhaprakshalana asanas eight times (see the section Asana):

- a) Tadasana
- b) Tiryaka tadasana
- c) Kati chakrasana
- d) Tiryaka bhujangasana
- e) Udarakarshanasana.

Drink two more glasses of water and repeat the asanas eight times each.

Repeat the process for a third and last time.

Go to the toilet but do not strain whether there is a bowel movement or not.

If there is no motion immediately, it will come later on.

**Additional practices:** Kunjal kriya and jala neti may be performed immediately after completing the practice.

**Time of practice:** Laghoo should be practiced in the morning when the stomach is completely empty, before any food or drink is taken.

**Duration:** Allow an hour for this practice.

**Frequency:** Once a week is sufficient for general purposes. In cases of constipation, however, it may be practiced daily until the condition improves.

**Rest:** On completion of the practice rest for half an hour before taking any food or drink.

**Restrictions:** There are no special food restrictions and no special food has to be taken following this practice.

**Precautions:** Do not try to force a bowel movement; it should be completely natural.

**Contra-indications:** As for shankhaprakshalana.

**Benefits:** Whereas the full method completely empties and cleanses the whole digestive system, the laghoo or short method is only intended to encourage normal functioning of the intestines. It is an excellent yet simple method of

encouraging good bowel movement and is ideal for those who are unable to practice the full version. Laghoo is highly recommended for those with digestive disorders such as constipation, flatulence, acidity, indigestion and other digestive upsets. It helps prevent urinary infections and the formation of kidney stones, and is used in many yoga therapy situations.

**Practice note:** Greater benefits may be derived by combining this practice with fasting or light food. Medication may be safely continued.

## VATSARA DHAUTI

### **Vatsara Dhauti (cleansing the intestines with air)**

Sit in a comfortable position.

Open the mouth and purse the lips like a crow's beak. Draw air down into the stomach through the open mouth in one sucking action or in a series of gulps. Choose which method is easiest.

Fill the stomach as much as possible.

Then relax completely.

Do not try to expel the air.

It will come out through the large intestine in its own time.

**Duration:** Once or twice is sufficient.

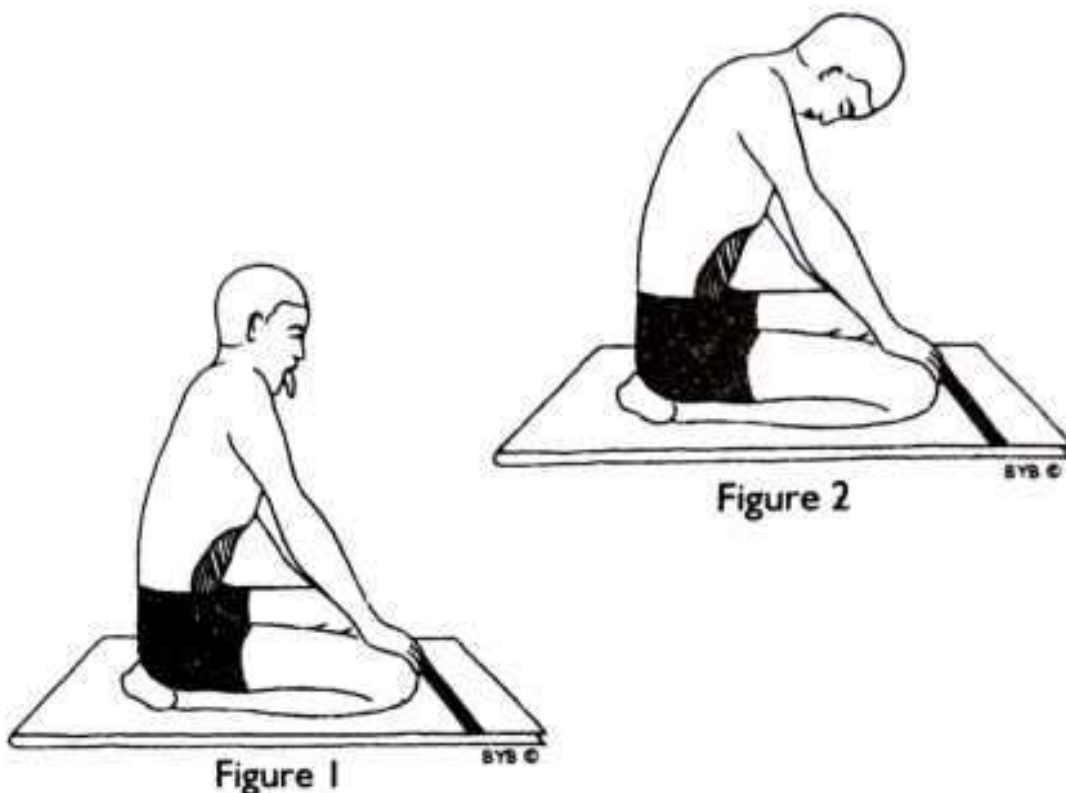
**Time of practice:** This practice may be done at any time of the day but it is most useful just before a large meal. It should not be done during or after meals.

**Benefits:** This practice stimulates the digestive system to work at a more efficient level. It removes gas and wind and prevents hyperacidity and heartburn.

**Practice note:** This practice is similar to bhujangini mudra. However, in bhujangini mudra the air is expelled by belching, whereas in vatsara dhauti it is passed out through the intestines.



# AGNISAR KRIYA



## **Preparatory practice: Swana Pranayama (panting breath)**

Sit in vajrasana and separate the knees as far as is possible, keeping the big toes in contact with each other. Place the hands on the knees and close the eyes (see figure 1). Relax the whole body for a few minutes, especially the abdomen.

Straighten the arms and lean forward slightly.

Keep the head erect.

Open the mouth wide and extend the tongue outside. Breathe in a panting manner through the mouth with the tongue extended.

Contract and expand the abdomen rapidly, synchronizing the movements with the breath. While breathing out the abdomen should contract and while breathing in the abdomen should expand.

The breathing should be passive, only occurring because the movement of the abdomen is being accentuated. It should resemble the panting of a dog.

Keep the chest as still as possible.

Do not strain.

Breathe in and out 10 to 20 times.

This is one round.

Relax and breathe normally before starting the next round.

### **Agnisar Kriya or Vahnisara Dhauti (activating the digestive fire or cleansing with the essence of fire)**

This technique may be practiced in the same position or in padmasana (see figure 2).

Breathe in deeply.

Exhale, emptying the lungs as much as possible.

Lean forward slightly, straightening the elbows.

Push down on the knees with the hands and perform jalandhara bandha.

Contract and expand the abdominal muscles rapidly for as long as it is possible to hold the breath outside comfortably.

Do not strain.

Release jalandhara bandha.

When the head is upright take a slow, deep breath in. This is one round.

Relax until the breathing normalizes before commencing the next round.

**Duration:** Beginners may find this practice difficult and quickly become tired due to lack of voluntary control over the abdominal muscles. The muscles must be slowly and gradually developed over a period of time. Three rounds of 10 abdominal contractions and expansions is sufficient at first. With regular practice, up to 100 abdominal movements may be performed with each round. The time of breath retention should be gradually increased over a period of time.

**Awareness:** Physical - on synchronizing the breath rhythmically with the abdominal movement.

Spiritual - on manipura chakra.

**Sequence:** After asana and pranayama. Agnisar kriya should be practiced on an empty stomach preferably in the early

morning before breakfast, and ideally after the bowels have been emptied.

**Precautions:** In summer months this practice should be performed with care as it may raise the body heat and blood pressure excessively. During this period it should always be followed by a cooling pranayama such as seetkari or sheetali.

**Contra-indications:** People suffering from high blood pressure, heart disease, acute duodenal or peptic ulcers, overactive thyroid gland or chronic diarrhea should not perform this kriya.

Women who are more than three months pregnant should refrain from this practice. However, agnisar kriya may be practiced in the postnatal period to tighten up the abdominal and pelvic muscles, and to recondition the reproductive organs.

**Benefits:** Agnisar kriya stimulates the appetite and removes digestive disorders such as indigestion, hyperacidity, hypoacidity, flatulence, constipation and sluggishness of the liver and kidney. It massages the abdomen, stimulating the associated nerves, strengthening the muscles and encouraging optimum health of the abdominal organs. Agnisar kriya stimulates the five pranas, especially samana, and raises the energy levels markedly. It can also alleviate depression, dullness and lethargy.

**Practice note:** This kriya is an excellent practice to strengthen and develop control over the abdominal muscles and the diaphragm. It is used as a preparatory practice for uddiyana bandha and nauli.

*Note: The word agni and vahni both mean 'fire;' sara means 'essence,' and kriya means 'action.' The essence or nature of fire is attributed to the digestive process. If the abdominal organs are not working properly the digestive fire smolders and needs to be stoked or fanned to increase its power. Agnisar kriya does just that, as well as purifying the digestive system and its associated organs, and allowing the optimum assimilation of nutrients from food ingested.*

# KUNJAL KRIYA



## **Kunjal Kriya or Vaman Dhauti (regurgitative cleansing)**

**Preparation:** Wash the hands and make sure the nails are carefully trimmed.

Prepare about two liters of lukewarm (body temperature) water per person, adding one teaspoonful of salt per litre according to taste.

**Technique I: Kunjal Kriya (the practice of vomiting water)** Stand near a sink or toilet, or if the weather is warm, in a suitable place outside in the garden or near an open drain. Drink at least six glasses of the prepared water one after the other, as quickly as possible, until it feels that the stomach cannot hold any more. It is most important to drink fast and not just sip the water.

When the stomach is full, the urge to vomit will occur automatically. Lean forward, keeping the trunk as horizontal as possible. Open the mouth and place the middle and index fingers of the right hand as far back on the tongue as possible. Gently rub and press the back of the tongue. This should induce the water to gush out from the stomach.

If there is no expulsion of water it means the tips of the fingers are not far enough down the throat or that the tongue is not being pressed.

The more the practitioner relaxes into the practice, the easier it will be. During the expulsion of water the fingers may be removed from the mouth although this is not necessary.

When the flow of water ceases, again place the fingers in the mouth and repeat the process.

Continue in this way until the stomach is empty.

**Practice note:** Plain water may be used on the advice of a yoga teacher. Salt water, however, dissolves mucus and also inhibits the secretion of acid in the stomach, making it generally preferable, and a must for those suffering from excess mucus and hyperacidity.

Some people are unable to bring up the water at first. The water in the stomach will then simply pass through the system in the normal way.

The expelled water might be discolored, especially on the first few attempts. This can be caused by fermented food particles, bile or mucus from the stomach.

When the stomach is completely clean the water will become clear.

## **Technique 2: Vyaghra Kriya (tiger practice)**

While there is undigested or partially digested food in the stomach, drink at least 6 glasses of the prepared, warm, salted water.

Fill the stomach with water until it will hold no more. Expel the water in the same way as for kunjla kriya.

All the food in the stomach will be removed.

**Benefits:** This practice prevents burdening the intestines when either excessive amounts of food or rotten food has been eaten.

Although the modern remedy is to take indigestion tablets the most natural and least harmful way is to vomit.

**Practice note:** Vyaghra kriya is performed in the same way as kunjla kriya; however, it is done on a full or loaded stomach.

*Note: The word vyaghra means 'tiger.' The tiger has the habit of gorging his stomach with his prey and then vomiting out the semi-digested food after three or four hours. This technique is a voluntary form of what the body does involuntarily if food is not digestible. The body will vomit as a last resort after trying unsuccessfully to digest the impure or excessive food that has been dumped into it. The easiest way to relieve heaviness, nausea and indigestion is to make the stomach expel the food through the mouth.*

### **Technique 3: Gaja Karma Kriya (elephant action)**

Drink at least 6 glasses of the prepared, warm, salted water.

Fill the stomach with water until it will hold no more. Stand with the feet a comfortable distance apart, bend forward and place the hands on the knees.

Relax the whole body.

Open the mouth and breathe in slowly, making a whispering 'ah' sound from the deeper part of the throat. Simultaneously, contract the upper part of the abdomen just below the ribcage.

At the end of inhalation retain the compression of the abdomen and exhale.

If this is performed correctly the water should gush out of the mouth in a steady stream.

It is important that the body remains relaxed during expulsion so that the water is not impeded.

**Practice note:** Gaja kriya is an advanced form of kunjla kriya. In this practice, the water is expelled from the stomach by contracting the abdominal muscles. This action requires practice and good control over the muscles of the stomach. It has the same effect as kunjla kriya, the simpler technique.

**Time of practice:** Kunjal and gaja kriyas are best practiced early in the morning before breakfast. However, if it is very cold it is better to wait until the day has warmed up a little. It is essential that no food be taken before the practice. Vyaghra kriya may be practiced three hours after food whenever the stomach feels uncomfortable, the stomach has been

severely overloaded or bad food has been taken it may be performed much earlier.

**Frequency:** Kunjal and gaja kriyas may be performed once a week unless otherwise directed by a yoga teacher or therapist. Vyaghra kriya should be performed only when necessary.

**Precaution:** When the vomiting reflex ceases to bring up any water, stop the technique as it is a sure sign that the stomach is empty. These techniques remove some of the stomach lining, leaving it temporarily vulnerable. For this reason it is advised not to eat until half an hour after completion of the practice.

**Sequence:** All techniques should be followed by jala neti.

**Contra-indications:** These practices should not be performed by people suffering from hernia, high blood pressure, raised intracranial pressure, heart disease, stroke, acute peptic ulcer or by diabetics with eye problems.

**Benefits:** These techniques tone and stimulate all the abdominal organs by inducing strong muscular contractions in the stomach walls. The problems of indigestion, acidity and gas are overcome. Excess mucus is removed from the body, helping to remedy cough and cold, bronchitis, asthma, and other respiratory ailments. Bad breath is eradicated.

These techniques also help to release pent-up emotions and emotional blocks or feelings of heaviness in the heart caused by inner and external conflict and pressures.

**Practice note:** The biggest obstacle to these techniques is the mental block which people have towards the idea of vomiting.

# VASTRA DHAUTI



## **Vastra Dhauti (cloth cleansing)**

**Preparation:** A cloth is required for this practice which should be clean and new. A finely woven, unstarched, undyed cotton such as white muslin is best. Synthetic material should be avoided. The fabric should be about 2 ½ cm wide (no wider than the tongue or it will fold as it passes down the throat) and 3 meters long. After some months of practice the width may be increased to 5 or 6 cm and the length to 6 ½ meters. Any frayed edges or loose threads should be removed.

The cloth should be thoroughly washed and boiled in water before using. It should then be placed in a mug or bowl of lukewarm water. Salt may be added to the water but is not essential. The water keeps the cloth wet so that it slips smoothly down the esophagus into the stomach. The cloth may be soaked in milk or even sweetened milk if it makes it easier to swallow.

The same cloth may be used several times. After the practice, boil it thoroughly in hot water as it will be thick with mucus. Dry it well, preferably in direct sunlight, and store it in a clean place.



**Ingestion:** Squat with the heels flat on the ground and the buttocks raised or sit on a low stool.

Place the bowl containing the cloth on the ground between the feet.

Relax the whole body.

Take hold of one end of the cloth, leaving the other end immersed in the water.

Fold the two corners of the end of the cloth so that it is slightly pointed; this will allow it to pass down the throat more easily.

Place the pointed end as far back on the tongue as possible and then hold the cloth outside the mouth with the index fingers and thumbs as shown in the diagram.

Begin to swallow the cloth. If it catches in the throat and will not pass down, take a sip or two of warm water, but just a little, as the stomach is to be filled with the cloth and not with water.

The cloth should be chewed gently as if it were food; this will induce copious secretions of saliva to enable the cloth to slip down with ease.

The cloth may stick in the lowest part of the throat and a vomiting sensation may be experienced. Stop for a few moments until this passes and then continue swallowing. Once the cloth passes a little further down, past the junction of the windpipe and the esophagus, the problem will end and it will slide smoothly into the stomach.

Gradually feed more and more of the cloth into the mouth as the end slips down the esophagus, but do not feed it too quickly or it will bunch up in the mouth and make the practice difficult.

Do not swallow the whole cloth; allow at least 30 cm to protrude from the mouth.

**Churning:** Stand up.

Practice dakshina (right) and vaman (left) nauli first, then perform rotations.

Finally perform madhyama (middle) nauli.

3 to 5 minutes of nauli is sufficient for cleaning the stomach.

Beginners should only practice for 1 minute.

As an alternative to nauli, agnisar kriya may be practiced. The cloth may be left in the stomach for 5 to 20 minutes but no longer or it may start to enter the intestinal tract.

**Removing the cloth:** Now the cloth must be slowly removed from the stomach.

Sit back in the squatting position once more.

Take hold of the cloth and gently but firmly pull it.

Do not pull too hard or it may damage the delicate walls of the stomach and esophagus.

There may be some resistance to the withdrawal of the cloth at first, but this will go after a few seconds and the cloth will be easily extracted.

Remove the whole cloth and let it fall into the mug or bowl.

**Time of practice:** This practice should be performed in the morning before any food or drink are taken. The stomach must be completely empty before commencing.

**Precautions:** Do not talk while practicing. Do not attempt this practice without expert guidance.

**Contra-indications:** This practice should not be performed by people suffering from hypertension, heart disease, stroke, during a time of general illness or when the body is in a weakened state.

It should not be practiced until two or three months after surgery.

**Benefits:** Vastra dhauti induces strong reflexes in the throat and chest region. The practitioner has to willfully control the urge to vomit which, as a result, tones the autonomic nervous system.

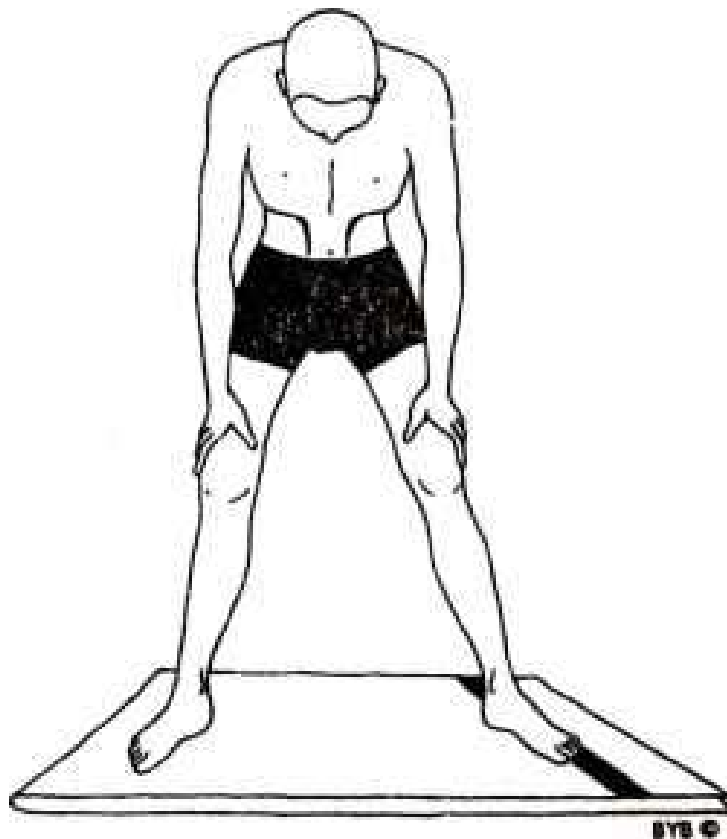
The mucus from the chest is loosened and expelled, while the muscles of the bronchial tubes relax, alleviating the symptoms of asthma.

According to ayurveda, the chest and stomach are the seat of the mucus element or kapha dosha. Cleansing these areas with a cloth removes excess kapha, relieving all associated ailments. This practice also balances the pitta dosha, bile element, alleviating biliary disorders and improving the function of the upper gastro-intestinal tract.

**Practice note:** It may take some practice before being able to swallow the cloth. Try to remain relaxed, do not strain and the process will become easier. Do not hurry; just swallow the cloth gently. Once the mind accepts the idea the technique will soon be mastered.

After swallowing the cloth, the stomach should be massaged by the churning process of nauli so that the cloth rubs and cleans the stomach walls.

## NAULI



### **Nauli (abdominal massaging)**

#### **Stage I: Madhyama Nauli (central abdominal contraction)**

Stand with the feet about a meter apart.

Take a deep breath in through the nose and then exhale through the mouth, emptying the lungs as much as possible.

Bend the knees slightly and lean forward, placing the palms of the hands on the thighs just above the knees.

The fingers may point either inward or outward. The weight of the upper body should rest comfortably on this area above the knees. The arms should remain straight. Perform jalandhara bandha while maintaining bahir kumbhaka, external breath retention.

Keep the eyes open and watch the abdomen.

Suck in the lower abdomen

Contract the rectus abdomini muscles so that they form a central arch running vertically in front of the abdomen. Contract the muscles as much as possible without straining. Hold the contraction for as long as it is comfortable to hold the breath.

Release the contraction, raise the head and return to the upright position. Inhale slowly and deeply allowing the abdomen to expand. Relax the whole body.

This is 1 round.

Relax in the standing position until the heartbeat returns to normal.

Repeat the practice.

Madhyama nauli should be perfected before proceeding to vama nauli.

### **Stage 2: Vama Nauli (left isolation)**

Follow the instructions for madhyama nauli as described above, to the point where the lower abdomen is contracted and the rectus abdomini muscles form a central, vertical arch down the abdomen.

Isolate the rectus abdomini muscles at the left side. Contract the muscles to the left side as strongly as possible without straining (the diagram for this practice is the mirror image of dakshina nauli as shown overleaf).

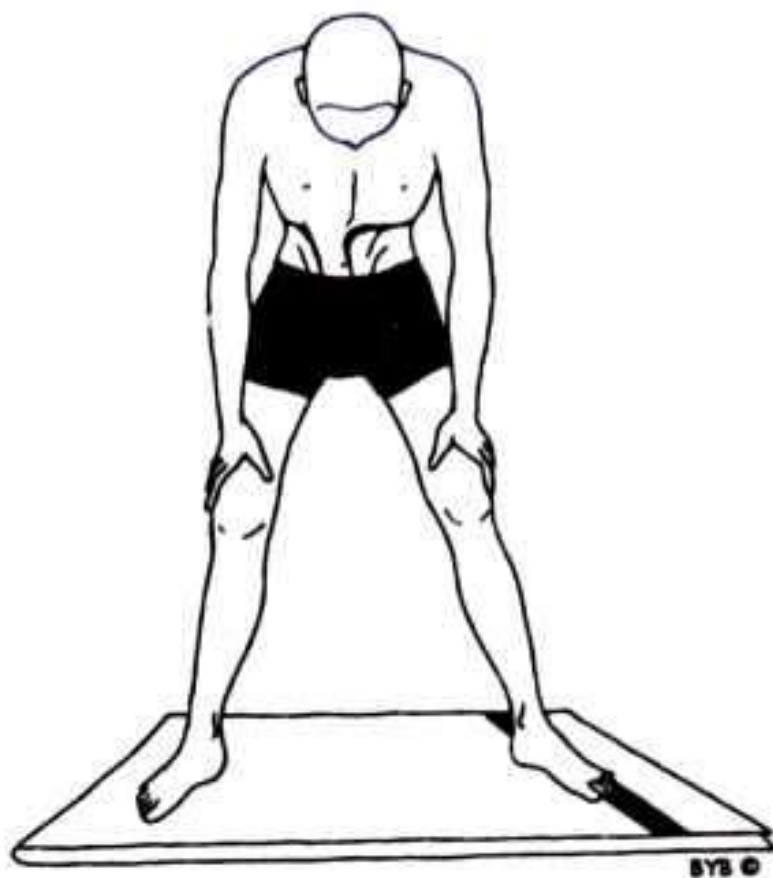
Return to madhyama nauli.

Release the abdominal contraction, raise the head and return to the upright position.

Inhale slowly and deeply, allowing the abdomen to expand. This is one round.

Relax in the upright position until the heartbeat returns to normal.

Proceed to stage 3.



### **Stage 3: Dakshina Nauli (right isolation)**

After completing vama nauli, practice the same way but on the right side. Follow the instructions for madhyama nauli to the point where the lower abdomen is contracted and the rectus abdomini muscles form a central, vertical arch down the abdomen.

Isolate the rectus abdomini muscles at the right side. Hold the contraction as tightly as possible while retaining the breath.

Do not strain.

Return to madhyama nauli.

Release the abdominal contraction, raise the head and return to the upright position.

Inhale slowly and deeply, allowing the abdomen to expand.

This is one round.

Relax in the upright position until the heartbeat returns to normal.

Proceed to abdominal rotation or churning only after perfecting this practice.

#### **Stage 4: Abdominal rotation or churning**

This practice should not be attempted until the previous three stages have been mastered.

Practice vama nauli, then rotate the muscles to the right, dakshina nauli, and back to the left, vama nauli. Continue rotating the muscles from side to side. This process is known as churning.

Start by practicing 3 consecutive rotations, then release the abdominal contraction.

Next start with dakshina nauli first, this time rotating the muscles from right to left, left to right 3 times consecutively. Then perform madhyam nauli, isolating the muscles at the center.

Raise the head and return to the upright position.

Inhale slowly and deeply, allowing the abdomen to expand. This is one round.

Relax in the upright position until the heartbeat returns to normal.

**Time of practice:** Nauli should be practiced only when the stomach is completely empty, at least 5 to 6 hours after meals. The best time to practice is early in the morning before any food or drink is taken.

**Duration:** Start with 5 rounds of madhyama nauli and work up to 10. Vama and dakshina nauli should be performed together; 5 to 10 rounds each.

Start abdominal churning with 5 to 10 rotations and slowly increase to 25 rotations over a period of months as more control is gained over the muscles. Do not strain.

**Precautions:** Nauli should only be practiced under expert guidance. If any pain is felt in the abdomen during nauli, stop the practice immediately. Try again the following day or when the pain subsides.

**Contra-indications:** Nauli should not be attempted by people suffering from heart disease, hypertension, hernia, high blood pressure, gallstones, acute peptic ulcer, or those who are recovering from internal or abdominal surgery. Pregnant women should not practice nauli. However, four to six months after childbirth the practice is recommended

to strengthen the abdominal and pelvic muscles, reshape the body and readjust the position of the inner organs.

**Benefits:** Nauli massages and tones the entire abdominal area including muscles, nerves, intestines, reproductive, urinary and excretory organs. It generates heat in the body and stimulates appetite, digestion, assimilation, absorption and excretion. It helps to balance the adrenal component of the endocrine system.

This practice alleviates constipation, indigestion, nervous diarrhea, acidity, flatulence, depression, hormonal imbalances, sexual and urinary disorders, diabetes, lack of energy and emotional disturbances.

Nauli stimulates and purifies manipura chakra, the storehouse of prana. It helps to increase mental clarity and power by harmonizing the energy flows in the body.

**Practice note:** Before attempting nauli the practices of agnisar kriya and uddiyana bandha should be mastered.

When nauli has been perfected in the standing position it may be practiced in siddha/siddha yoni asana.

**Note:** *The word nauli comes from the root nala or nali which means a 'reed' or 'hollow stalk' and refers to a tubular vessel, vein or nerve of the body. The word nala is the Sanskrit term for the rectus abdomini muscles. Nauli is also known as lauliki karma. The word lauliki is derived from the root lola which means 'to move hither and thither' or 'rolling and agitation' which is exactly what this technique does. It rolls, rotates and agitates the entire abdomen and the associated muscles and nerves.*

## **Basti (yogic enema)**

### **Technique I: Jala Basti (yogic enema with water)**

Stand in pure water up to the navel. A flowing river is an ideal place.

Lean forward and place the hands on the knees.

Expand the anal sphincter muscles and simultaneously perform uddiyana bandha and nauli in such a way that water is drawn up into the bowels.

Hold the water in the bowels for some time and then expel it through the anus.

**Benefits:** The colon is cleaned and purified. Old stool is removed and gas expelled. Advanced practitioners of pranayama use basti to cool down the abdominal heat produced by their practices.

**Practice note:** This technique should be learned under expert guidance. A short tube may be inserted into the anus by beginners to make the practice easier.

**Variation:** Benefits of basti may also be obtained by sitting in cool, fresh water up to the navel and performing ashwini mudra.

*Note: The word basti, also widely written as vasti or wasti, is a general term pertaining to the lower abdomen, belly, pelvis and bladder. The technique is also known as basti karma, karma meaning 'process' or 'technique'.*

### **Technique 2: Sthal Basti (dry yogic enema)**

Sit with both legs outstretched in front and perform paschimottanasana.

Hold the position and perform ashwini mudra 25 times, sucking air into the bowels.

Retain the air for some time and then expel it through the anus.

**Benefits:** Cleans the colon and removes gas and wind.



### **Technique 3: Moola Shodhana (anal cleansing)**

Insert the soft root of a raw tumeric (haldi) plant gently into the anus.

Alternatively, the index or middle finger may be utilized. Rotate the root or the finger around the inner surface of the anal sphincter 10 times clockwise and then 10 times counter-clockwise.

Remove the root or the finger and wash the anus with cold water.

**Benefits:** This practice purifies the anal region and is used in the treatment of constipation and hemorrhoids.

**Practice note:** A tumeric root is recommended for this practice because it has a high medicinal value as an antiseptic, blood purifier and general cleanser of physical impurities.

**Note:** *The word moola literally means 'roof or 'base.' The word shodhana means 'purification.'* This technique is also known as moola dhauti, Ganesh kriya or elephant action, and chakri karma or rotation practice.

## **KAPALBHATI**

### **Kapalbhati (frontal brain cleansing)**

#### **Technique I: Vatkrama Kapalbhati (air cleansing)**

This practice is the same as kapalbhati pranayama (see the section Pranayama).

#### **Technique 2: Vyutkrama Kapalbhati (sinus cleansing)**

Fill a bowl with warm water and add salt to the ratio of one teaspoon per half liter, ensuring the salt is well dissolved. Stand comfortably and bend over the bowl of water. Relax the whole body as much as possible in this position. Scoop the water up in the palm of the hand and sniff it in through the nostrils.

Let the water flow down to the mouth and then spit it out.

Practice in this way several times.

Dry the nostrils properly as described for jala neti.

This completes the practice.

**Technique 3: Sheetkrama Kapalbhata (mucus cleansing)** Stand in the same way as for vyutkrama kapalbhata.

Take a mouthful of the warm saline water. Instead of swallowing it, however, push it up and expel it through the nose.

Practice in this way several times.

Dry the nostrils as described for jala neti.

This completes the practice.

**Time of practice:** The best time is early in the morning.

However, vyutkrama and sheetkrama kapalbhata may be performed at any time of the day except after meals.

**Duration:** Vyutkrama and sheetkrama kapalbhata should take only a few minutes each and may be performed as a daily routine.

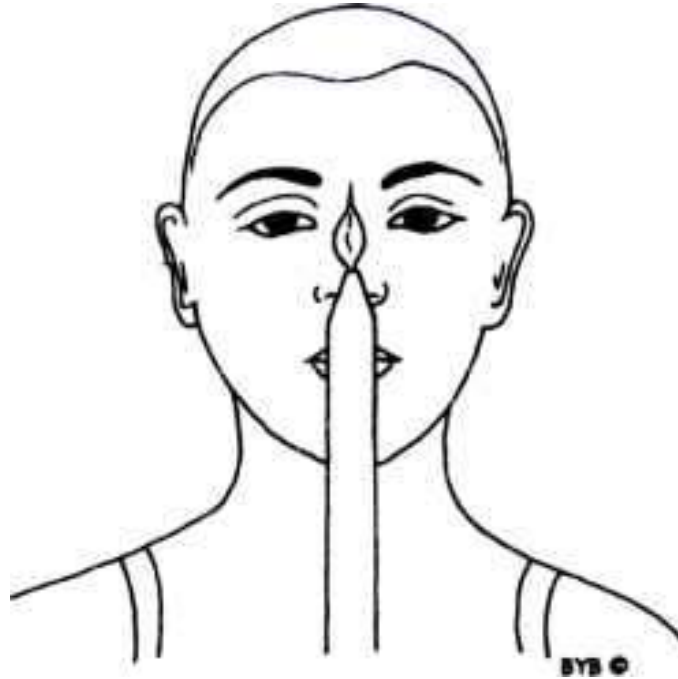
**Contra-indications:** Those people who experience frequent nasal bleeding should not perform these practices.

**Benefits:** Vyutkrama and sheetkrama kapalbhata remove mucus from the sinuses and help to relax the facial muscles and nerves. They rejuvenate tired cells and nerves, keeping the face young, shining and wrinkle-free. Other effects, both physical and spiritual, are the same as for jala neti but intensified.

**Practice note:** Before attempting vyutkrama and sheetkrama kapalbhata, the practitioner should be proficient in the practice of jala neti.

*Note: The word kapal means 'cranium,' forehead' or 'frontal lobe of the brain.' Bhati means 'Light' or 'splendor' and also 'perception' or 'knowledge.'*

# TRATAKA



## **Trataka (concentrated gazing)**

Light the candle and place it on a small table so that the flame is exactly at eye level when sitting.

Sit in any comfortable meditation asana with the head and spine erect. Adjust the position so that the candle is an arm's length away from the body.

Close the eyes and relax the whole body, especially the eyes.

Be aware of body steadiness for a few minutes. Keep the body absolutely still throughout the practice.

Open the eyes and gaze steadily at the tip of the wick. The flame may flicker slightly but the tip of the wick will always remain steady.

Try not to blink or move the eyeballs in any way.

Do not strain as this will cause tension and the eyes will flicker.

The awareness should be so completely centered on the wick that body awareness is lost.

If the mind begins to wander, gently bring it back to the practice.

After a minute or two, when the eyes become tired or begin to water, close them gently.

Gaze at the after-image of the flame in the space in front of the closed eyes. If the image moves up or down, or from side to side, observe it and try to stabilize it.

When the image of the flame begins to fade, try to bring it back.

When the image can no longer be retained, gently open the eyes and gaze at the tip of the wick once more. Repeat the procedure for external gazing.

Close the eyes once more and gaze at the inner image. Continue in this way 3 or 4 times.

After completing the final round, practice palming 2 or 3 times, before opening the eyes (see chapter on eye exercises).

This completes the practice.

**Time of practice:** Trataka may be performed at any time but the best time is at dawn or dusk when the stomach is empty.

**Duration:** Beginners should gaze for 1 or 2 minutes only. For general purposes 10 minutes is sufficient. For spiritual purposes or to rectify an eye defect, trataka may be performed for extended periods of time after consulting a qualified therapist or teacher. Those who suffer from insomnia and mental tension should perform this practice for 10 to 15 minutes before sleeping at night.

**Sequence:** Trataka should be performed after asanas and pranayamas and before japa or meditation.

**Precautions:** Trataka must be practiced on a steady flame, so there should be no draught in the vicinity. The practitioner should always avoid undue strain. The ability to keep the eyes open without blinking should be developed gradually with consistent practice.

Trataka is an excellent method for clearing accumulated complexes, problems and suppressed thoughts from the mind, enabling the practitioner to witness what is surfacing. It is also possible, however, for these problems to manifest too rapidly which may be mentally disturbing. If this occurs, stop the practice and seek advice from an expert yoga teacher.

In case of eye ailments such as eyestrain, myopia, astigmatism and even the early symptoms of cataract, a black dot should be used instead of a candle flame.

**Contra-indications:** Epileptics should not practice trataka on a candle flame but should choose a totally steady object to gaze on.

**Benefits:** This practice makes the eyes clear and bright. It balances the nervous system, relieving nervous tension, anxiety, depression and insomnia. It improves the memory and helps to develop good concentration and strong willpower. It activates ajna chakra and is an excellent preparation for meditation.

**Variations:** Trataka may be practiced on any object of personal choice. However, it is not advisable to do trataka on the moon, a crystal ball, a mirror or darkness as the experience may be too powerful to handle. Avoid practicing trataka on the sun as the delicate membranes of the eyes may be damaged.

Once the object has been chosen it should not be changed, otherwise the mind will have to start from the beginning again to assimilate the new object. So, choose carefully and then stick to the choice.

**Practice note:** The practice involves gazing at a fixed point or object without blinking the eyes. The aim is to focus the mind and curb its oscillating tendencies, making it one-pointed and awakening inner vision. All the attention and power of the mind is channeled into one continuous stream. This should be an effortless process, without strain. Once this has been achieved, the latent potential within the mind is able to arise spontaneously.

**Note:** *The word trataka means 'to look' or 'to gaze.' Trataka is the last of the shatkarmas. It acts as a stepping-stone between physically oriented practices and mental practices which lead to higher states of awareness. It forms a bridge between hatha yoga and raja yoga. Traditionally, it is a part of hatha yoga but it may also be considered a part of raja yoga.*

# Psychic Physiology of Yoga

In this book, together with each practice, a particular point is recommended for concentration. If the aim is to relax and gain optimum physical benefit from yoga practices, it is necessary to concentrate on something. By directing the mind to a specific region of the body or to the breath, the effect of a particular practice is increased. Sometimes one of the *chakras* or psychic centers is also used as a point for spiritual concentration.

On a physical level, chakras are associated with the major nerve plexuses and endocrine glands in the body. Many asanas have a particularly powerful and beneficial effect on one or more of these glands or plexuses. For example, sarvangasana exerts a strong pressure on the thyroid gland in the throat region, which is associated with vishuddhi chakra. The thyroid is given a good massage and its functioning is greatly improved. However, if the concentration is directed to this chakra while performing the asana, the beneficial effects will be increased.

## **Definition of chakra**

The word *chakra* literally means ‘wheel’ or ‘circle’ but in the yogic context a better translation is ‘vortex’ or ‘whirlpool’. The chakras are vortices of pranic energy at specific areas in the body which control the circulation of prana permeating the entire human structure. Each chakra is a switch which turns on or opens up specific areas of the brain. In most people these psychic centers lie dormant and inactive. Concentration on the chakras while performing yogic practices stimulates the flow of energy through the chakras and helps to activate them.

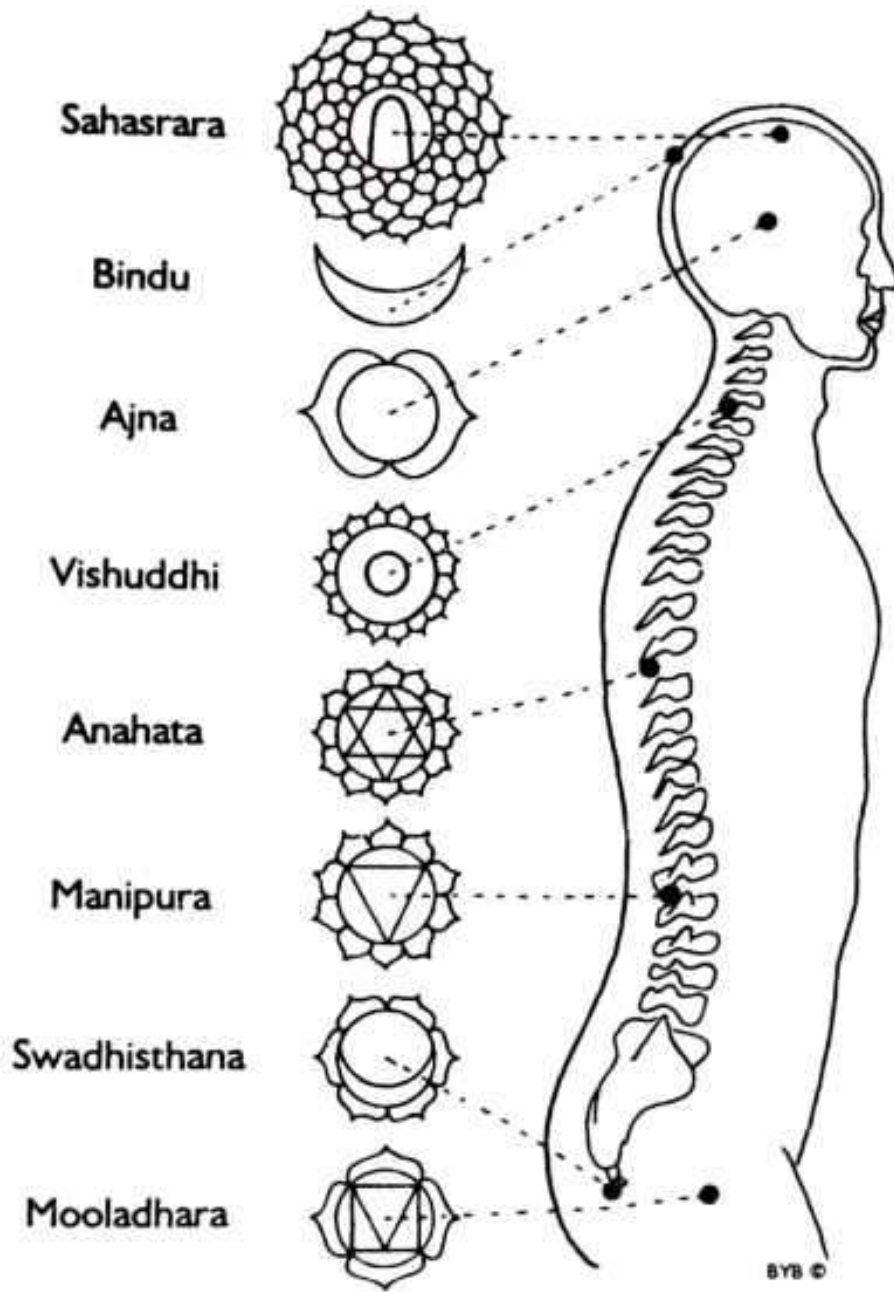
This in turn awakens the dormant areas in the brain and the corresponding faculties in the psychic and mental bodies, allowing one to experience higher planes of consciousness which are normally inaccessible.

The major chakras are seven in number and are located along the pathway of sushumna which flows through the centre of the spinal cord. Sushumna originates at the perineum and terminates at the top of the head. The chakras are connected to a network of psychic channels called *nadis*, which correspond to the nerves but are more subtle in nature. The chakras are depicted symbolically as lotus flowers, each having a particular number of petals and a characteristic color. The lotus symbolizes the three stages the aspirant must pass through in spiritual life: ignorance, aspiration and illumination. It represents spiritual growth from the lowest state of awareness to the highest state of consciousness.

The petals of the lotus, inscribed with the *beeja mantras* or seed sounds of the Sanskrit alphabet, represent the different manifestations of psychic energy connected with the chakras and the nadis or psychic channels leading into and out of them. Within each chakra is a *yantra* comprised of the geometrical symbol of its associated element and beeja mantra. Within the yantra there is also a presiding deity, which represents particular aspects of divinity, along with the corresponding *vahana* or vehicle which is an animal form, representing other psychic aspects related with the particular centre.

## **Description of the seven chakras**

**Mooladhara chakra:** The lowest of the chakras is situated at the perineum in the male body and at the cervix in the female body. The word *mool* means 'root' and *adhara* means 'place.' Therefore, it is known as the root centre. Mooladhara chakra is associated with the sense of smell. It is symbolized by a deep red lotus with four petals. In the centre is a yellow square, the yantra *prithvi tattwa*, the earth element, and the beeja mantra *lam*. In the centre of the square is a red triangle, the symbol of *shakti* or creative energy, with its apex pointing



**Location of the Chakras**

downward. Within the triangle is the smoky colored *swayambhu linga*, symbolising the astral body. A red serpent, representing the dormant *kundalini* is coiled three and a half times around the linga. The red triangle is supported by an elephant with seven trunks which symbolizes the stability and solidarity of the earth.

Mooladhara chakra is the seat or dwelling place of primal energy, kundalini shakti. Kundalini is the serpent coiled in



deep slumber around swayambhu linga. It is the source of all energy in mankind and the universe whether sexual, emotional, mental, psychic or spiritual. While this energy is one, it takes on various qualities and attributes depending on the psychic centre through which it manifests. The aim of yoga is to awaken the dormant kundalini through self-purification and concentration of mind and to lead it up through the chakras to sahasrara where, as pure energy or Shakti, it unites with pure consciousness, Shiva.

For concentration on mooladhara chakra, visualize the red inverted triangle or the yellow square, symbols of energy and solidity, to enhance inner stability and balance.

**Swadhisthana chakra:** Approximately 'two fingers' width above mooladhara chakra in the spine, directly behind the genital organs is *swadhisthana chakra*. The literal meaning of the word swadhisthana is 'one's own abode.' The Sanskrit word *swa* means 'self' and *sthan* means 'dwelling place.' This chakra is symbolized by a crimson lotus with six petals. In the centre is a white crescent moon, the yantra of *apas tattwa*, the water element, and the beeja mantra *vam*. The crescent moon yantra and beeja mantra are riding on a crocodile, symbolising the subterranean movement of the karmas.

Swadhisthana chakra is associated with seeking pleasure through the tongue and genital organs. Whereas material security is sought in mooladhara chakra, in swadhisthana the emphasis is on enjoyment, on the pleasurable sensations associated with food and drink and sexual interaction. When swadhisthana becomes active, it may manifest as overwhelming desires or cravings for these things. On the physical level, swadhisthana is associated with the organs of excretion and reproduction. Visualization of this center can help rectify disorders of these functions.

On a deeper level, swadhisthana chakra is the seat of the individual and collective unconscious; it is the storehouse of all *samskaras*, past mental impressions stored in the form of archetypes. It is the centre of humankind's most primitive and deep-rooted instincts. By purifying this centre the animal nature is transcended.

For concentration on this center, visualize a vast, deep ocean with dark waves beneath a night sky. The tides of the ocean represent the ebb and flow of awareness.

**Manipura chakra:** Situated in the spine behind the navel is manipura chakra. The word *mani* means ‘gem’ and *pura* means ‘city,’ therefore, *manipura* means ‘city of jewels.’ It is so-called because, being the fire center, it is lustrous like a jewel and radiant with vitality and energy. This chakra is depicted as a bright yellow lotus with ten petals. Within the lotus is a fiery red triangle, the yantra of *agni tattwa*, the fire element, and the beeja mantra *ram*. The animal which serves as the vehicle for manipura is the ram, the symbol of assertiveness and energy.

Manipura is the centre of self-assertion, dynamism and dominance. It is associated with ambition and the will and ability to rule. On the negative side, this may be expressed in despotism and in seeing things and people merely as a means to gain personal power or to satisfy personal needs.

The solar plexus is the center chiefly concerned with the vital process of digestion and food metabolism. It governs the functioning of the gastric glands, the pancreas, gall bladder and so on, which produce and secrete enzymes, acids and juices necessary for the digestion and absorption of nutrients. Manipura chakra is the psychic center which controls these activities.

The adrenal glands located above the kidneys are also related with manipura. They secrete adrenaline into the blood during an emergency situation. This has the effect of speeding up all the physiological processes, making the mind sharp and alert, the heart beat faster, the respiration rate more rapid and so on. The body is then prepared for a more intense level of activity than normal in what is commonly called the ‘fight or flight’ reaction. Those people who suffer from sluggishness and depression or malfunctions of the digestive system, such as diabetes and indigestion, should concentrate on manipura chakra and try to feel energy radiating from this region.

For concentration on this centre, visualize the blazing sun or a ball of fire. Experience energy in the form of light radiating from this region and permeating the whole body.

**Anahata chakra:** Situated in the spine, behind the sternum, level with the heart, is anahata chakra. The word *anahata* literally means ‘unstruck.’ All sound in the manifested universe is produced by the striking together of two objects which sets up vibrations or sound waves. That sound, however, which issues from beyond this material world, the primordial sound, is the source of all sound and is known as *anahadnada*, psychic sound. The heart center is where this sound manifests. It may be perceived by the yogi as an internal, unborn and undying vibration, the pulse of the universe.

This chakra is symbolized by a blue lotus with twelve petals. In the center of the lotus is a hexagon formed by two interlacing triangles. This is the yantra of *vayu tattwa*, the air element. The beeja mantra is *yam* and the vehicle is a swift black antelope, the symbol of alertness and compassion. Anahata chakra is the center of unconditional love. At this level the feelings of universal brotherhood and tolerance begin to develop and all beings are accepted and loved for what they are.

On the physical level, anahata is associated with the heart and lungs, and the circulatory and respiratory systems. Sufferers of diseases such as anemia, hypertension, palpitations, tuberculosis, asthma and bronchitis may concentrate on anahata while performing asanas and other yogic techniques.

For meditation on anahata chakra, visualize a blue lotus or a blue hexagon, formed by two interlacing triangles, with a tiny, bright flame burning at the center. Imagine it to be steady and unflickering like a flame in a windless place. This is the symbol of the *jivatma*, the individual soul, the indwelling spirit of all beings which is undisturbed by the winds of the world.

**Vishuddhi chakra:** Situated at the back of the neck, behind the throat pit, is vishuddhi chakra, the center of purification. The word *shuddhi* means ‘purification’ and the prefix *vi* enhances this quality. It is symbolized by a violet lotus with sixteen petals. In the center of the lotus is a white circle, the yantra of *akasha tattwa*, the ether element, and the beeja mantra is *ham*. The animal related to vishuddhi chakra is a white elephant. Right understanding and discrimination develop at

vishuddhi chakra. Here the dualities of life are accepted, allowing one to flow with life and let things happen as they will, without distinguishing between good and bad.

Vishuddhi chakra governs the vocal cords, the region of the larynx, and the thyroid and parathyroid glands. Disorders of this area of the physical body can be remedied by concentrating on this chakra. The throat center is the place where the divine nectar called *amrita*, the mystical elixir of immortality, is tasted. This nectar is a kind of sweet secretion which is produced at bindu chakra and then falls down to vishuddhi where it is purified and processed for further use throughout the body.

For concentration on this center, visualize a large white drop of nectar. Try to experience icy cold drops of sweet nectar falling down to vishuddhi, giving a feeling of blissful intoxication.

**Ajna chakra:** Situated in the midbrain, behind the eyebrow center, at the top of the spine, is ajna chakra. This center is also known by various names such as: the third eye; *gyana chakshu*, the eye of wisdom; *triveni*, the confluence of three rivers; guru chakra and the Eye of Shiva. The word *ajna* means 'command.' In deeper states of meditation the disciple receives commands and guidance from the guru, and from the divine or higher self, through this chakra.

Ajna chakra is depicted as a silver lotus with two petals which represent the sun and the moon *or pingala*, the positive force, and *ida*, the negative force. These two pranic flows which are responsible for the experience of duality, converge at this center with *sushumna*, the spiritual force. In the center of the lotus is the sacred beeja mantra *om*. The element of this chakra is *manas*, mind. This is the center where wisdom and intuition develop. *When ajna is awakened, the mind becomes steady and strong, and full control over prana is gained.*

Ajna corresponds to the pineal gland which has almost atrophied in the adult human being. On the psychic plane this point is the bridge between the mental and psychic dimensions. Therefore, ajna chakra is responsible for supramental faculties such as clairvoyance, clairaudience and telepathy.

Thought is also a very subtle form of energy. When ajna chakra is awakened, it is possible to send and receive thought transmission through this center. It is like a psychic doorway opening into deeper and higher realms of awareness. Stimulating ajna chakra develops all the faculties of the mind, such as intelligence, memory and concentration.

For concentration on ajna chakra, the point of *bhrumadhya* at the eyebrow center is used. Visualize a tiny point of light or an *om* symbol at this center and let the thoughts dwell on the inner guru.

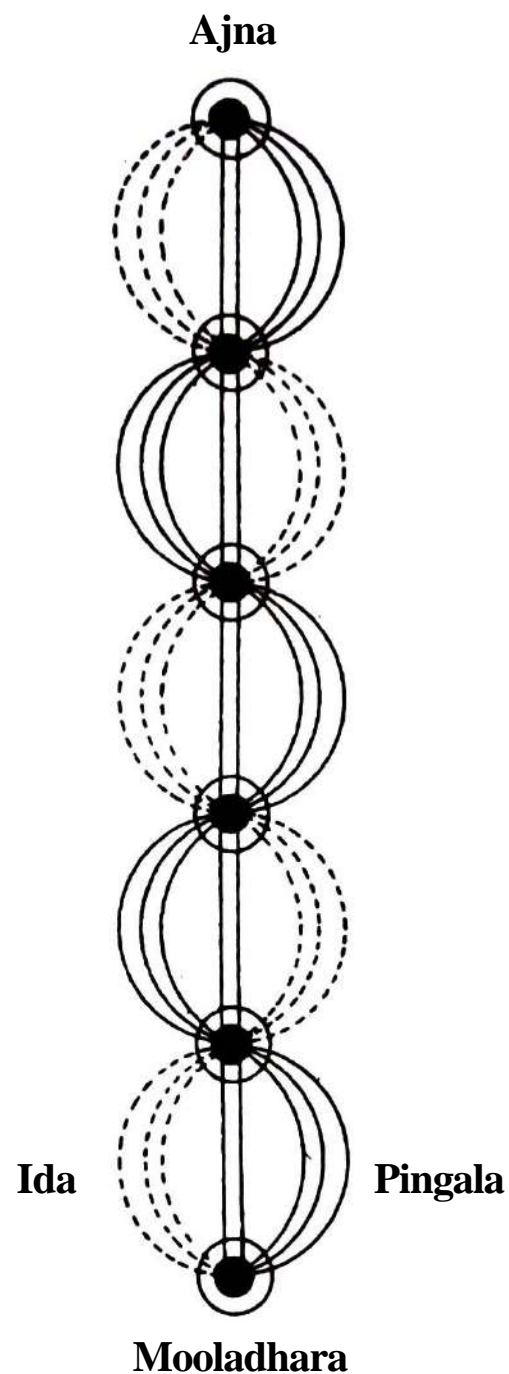
**Bindu visarga:** At the top, back portion of the head, where the Hindu brahmins grow a small tuft of hair, is a point known as bindu. The word *bindu* means ‘point’ or ‘drop’ and *visarga* means ‘to pour drop by drop.’ This psychic center is also known as soma chakra. *Soma* is the nectar of the gods and is also another name for the moon. Bindu visarga is symbolized by a tiny crescent moon on a dark night. It is also associated with the production of semen.

Bindu is the center of nada, and this center is used for concentration on the psychic sounds which manifest there. In practices such as bhramari pranayama and shanmukhi mudra, concentration on bindu is used to develop the awareness of nada.

**Sahasrara:** Situated at the crown of the head is sahasrara. It is not really a chakra but the abode of highest consciousness. The word *sahasrara* means ‘one thousand’. Sahasrara is visualized as a shining lotus of a thousand petals, containing the fifty-two beeja mantras of the Sanskrit alphabet twenty times over. In the center of the lotus is a shining *jyotirlinga*, lingam of light, symbol of pure consciousness. It is in sahasrara that the mystical union of Shiva and Shakti takes place, the fusion of consciousness with matter and energy, the individual soul with the supreme soul. When kundalini awakens, it ascends through the chakras to sahasrara and merges into the source from whence it originated. Matter and energy merge into pure consciousness in a state of intoxicating bliss, the goal of yoga. Having attained this, the yogi gains supreme knowledge and passes beyond birth and death.

## Nadis

The word *nadi* literally means ‘flow’ or ‘current.’ The ancient texts say that there are seventy two thousand nadis in the psychic body. These are visible as currents of light to a person who has developed psychic vision. In recent times the word nadi has been translated as ‘nerve’, but actually nadis are composed of astral matter. Like the chakras, they are not actually part of the physical body, although they correspond with the nerves. Nadis are the subtle channels through which the pranic forces flow. Out of the large number of nadis in the psychic body, ten are major and of these, three are most significant. These are ida, pingala and sushumna. The most important of these three is sushumna. All the nadis in the psychic body are subordinate to sushumna, even ida and pingala.



### Ida, pingala and sushumna

Sushumna nadi is the spiritual channel located at the center of the spinal cord. It originates from mooladhara chakra at the perineum and terminates at sahasrara, at the crown of the head. Ida nadi emanates from the left side of mooladhara and spirals up the spinal cord, passing through each chakra in turn, forming a criss-cross pathway which terminates at the left side of ajna chakra. Pingala nadi emanates from the right side of mooladhara and passes in an opposite manner to that of ida, terminating at the right side of ajna. Ida and pingala

represent the two opposites forces flowing within us. Ida is passive, introvert and feminine; it is also known as the *chandra* or moon nadi. Pingala, on the other hand, is active, extrovert and masculine and is called the *surya* or sun nadi.

### **Pranic currents and the breath**

These pranic currents, ida, pingala and sushumna, operate alternately. The current that is flowing at any particular time may be gauged by noting the flow of breath in the nostrils. When the left nostril has a greater flow of air, then ida nadi is predominant. When the flow is greater in the right nostril, then pingala is predominant. If the flow is equal, then sushumna is predominant. When the right nostril (pingala) flows, there is more vital energy for physical work, digestion of food and so on. The mind is extroverted and the body generates more heat. When the left nostril (ida) is flowing, mental energy is dominant. The mind is introverted and any kind of mental work may be undertaken. During sleep ida nadi flows. If pingala flows at night, sleep will be restlessness and disturbed. Likewise, if ida flows while taking food, the digestive process may be slow, causing indigestion.

### **Altering the flow of nadis and breath**

All activities are influenced by the flow of these nadis which alternate approximately every sixty to ninety minutes. It is possible, however, to alter the flow voluntarily by using yogic techniques such as padadhirasana and pranayama. For example, if ida nadi is flowing and there is physical work to be done, it is possible to redirect the flow of the breath to pingala nadi to obtain the necessary energy. On the other hand, if study or mental work is required, the energy may be directed to flow through ida nadi. For more information on the breath and nadis, see Bihar School of Yoga publication *Swara Yoga, the Tantric Science of Brain Breathing*.

### **Purpose of hatha yoga**

The main aim of hatha yoga is to bring about a balanced flow of prana in ida and pingala nadis. The word hatha is comprised

of two beeja mantras, *ham*, representing the sun or solar force, and *tham*, representing the moon or lunar force. To bring about a balance between these two forces, the body must first be purified by the shatkarmas. The aim of hatha yoga is to balance these two flows so that neither the mental nor physical faculties are dominant. During the twenty-four hour period of the day, the flow of ida should predominate for about twelve hours and the flow of pingala for the other twelve hours.

When ida and pingala nadis are purified and balanced, and the mind is controlled, then sushumna, the most important nadi, begins to flow. Sushumna must be flowing for success in meditation. If pingala flows, the body will be restless; if ida flows, the mind will be overactive. When sushumna flows, kundalini awakens and rises through the chakras.

### **Nadis and the nervous system**

At the physical level, ida and pingala correspond to the two aspects of the autonomic nervous system, the sympathetic and the parasympathetic. Pingala coincides with the sympathetic nervous system and ida with the parasympathetic nervous system. The sympathetic nervous system is responsible for the stimulation and acceleration of activities concerned with the external environment and the deceleration of the organs which tend to use a lot of energy internally. The sympathetic nerves speed up the heart, dilate the blood vessels, increase the respiration rate and intensify the efficiency of the eyes, ears and other sense organs. The parasympathetic nerves directly oppose the sympathetic nerves for they reduce the heartbeat, constrict the blood vessels and slow respiration. This results in introversion. The flow of prana in ida and pingala is completely involuntary and unconscious until controlled by yogic practices.

### **Sensitivity and awareness**

The primary requirements for locating the chakras and nadis and visualizing their symbols and pathways on the psychic plane are sensitivity and awareness. The practices presented in this text all relate to specific chakras and nadis. The actual



purpose of these practices is to purify and balance the chakras and nadis so that the kundalini can awaken. As the chakras and nadis become regulated, the awareness of these subtle dimensions is automatically stimulated and the spiritual vision opens. This has been the experience of yogis from time immemorial. In order to attain this experience for oneself, regularity in practice is essential.

For more on this subject refer to the Bihar School of Yoga publications *Kundalini Tantra*, *Yoga and Kriya*, *Yoga Darshan*, *Hatha Yoga Pradipika* and *Prana Pranayama Prana Vidya*.

# Therapeutic Index

This chapter provides a simple and basic guide to yoga practices promoting the general health of specific areas of the body and the prevention of common ailments. These practices should not be taken as a prescription for therapy. Anyone suffering from a disease or ailment must seek the guidance of a competent and knowledgeable yoga therapist or medical doctor with whom they can discuss their symptomatology. This is particularly true where more than one illness is present, or where severe conditions prevail.

For details of information and health management courses, contact Bihar School of Yoga or any of its branch ashrams. Following are a list of the relevant Bihar School of Yoga publications:

## **Amaroli**

### **Meditations from the Tantras**

*(antar mouna, ajapa japa, yogic relaxation and meditation techniques)*

### **Nawa Yogini Tantra**

*(preparation for pregnancy and childbirth, female reproductive organs)*

### **Prana Pranayama Prana Vidya**

### **The Effects of Yoga on Hypertension**

### **The Practices of Yoga for the Digestive System**

### **Yoga and Cardiovascular Management**

### **Yoga Education for Children**

### **Yogic Management of Asthma and Diabetes**

### **Yogic Management of Common Diseases**

### **Yoga Nidra**

**Abdomen:** (general toning and strengthening)

**Asana:** General - Pawanmuktasana parts 2 and 3, supta vajrasana, shashankasana, ushtrasana, trikonasana, yogamudrasana, matsyasana, any backward or forward bending asana, ardha matsyendrasana, halasana, druta halasana.

Advanced -Tolangulasana, merudandasana, mayurasana, niralamba paschimottanasana, hamsasana, brahmacharyasana.

**Pranayama:** Bhastrika, kapalbhati.

**Bandha:** Uddiyana bandha.

**Shatkarma:** Agnisar kriya, nauli, shankhaprakshalana, kunjaj.

**Acidity:**

**Asana:** Vajrasana for at least 10 minutes after every meal.

**Pranayama:** Nadi shodhana, bhramari.

**Shatkarma:** Agnisar kriya, kunjaj.

Other: Relaxation and cultivation of mental tranquility through yoga nidra and meditation.

**Adenoids:** (enlargement)

**Asana:** Simhasana, surya namaskara.

**Pranayama:** Ujjayi with khechari mudra.

**Shatkarma:** Neti, kunjaj.

**Diet:** Avoid non-vegetarian food, milk products and sour food.

**Adrenal glands:** (general toning)

**Asana:** General - Surya namaskara, marjari-asana, shashank bhujangasana, ushtrasana, trikonasana, dhanurasana, bhujangasana, shalabhasana, paschimottanasana, chakrasana, padahastanasana, ardha matsyendrasana, halasana.

Advanced - Poorna matsyendrasana, merudandasana, niralamba paschimottanasana, hamsasana, mayurasana, dwi pada sirshasana.

**Pranayama:** Bhastrika.

**Mudra:** Pashinee mudra.

**Bandha:** Uddiyana bandha.

**Shatkarma:** Agnisar kriya, nauli.

**Other:** Stress free, regular lifestyle.

### **Alzheimer's disease:**

**Asana:** Pawanmuktasana parts 1, 2 and 3.

**Pranayama:** Nadi shodhana, bhramari, ujjayi.

**Shatkarma:** Ned, trataka.

**Other:** Yoga nidra, ajapa japa, an tar mouna.

### **Anemia:**

**Asana:** Surya namaskara, bhujangasana, shalabhasana, sarvangasana, halasana, matsyasana, paschimottanasana.

**Pranayama:** Nadi shodhana, sheetali, seetkari, ujjayi in shavasana (without khechari).

**Diet:** Rich in green leafy vegetables and fresh fruits.

### **Anger:**

**Asana:** General - Shashankasana, yogamudrasana, paschimottanasana. Advanced — Garbhasana, koormasana.

**Pranayama:** Nadi shodhana, bhramari, sheetali, seetkari, kapalbhati, ujjayi.

**Mudra:** Bhoochari, akashi, yoga, prana, maha, maha bheda, yoni and pashinee mudras.

**Bandha:** Moola and maha bandhas.

**Other:** All meditation and relaxation practices.

### **Angina pectoris: (pains in the chest)**

**Asana:** Shavasana, pawanmuktasana part 1 and part 3:1, makarasana, akarna dhanurasana, hasta utthanasana.

**Pranayama:** (no retention) Ujjayi, nadi shodhana, bhramari.

**Mudra:** Yoga mudra.

**Diet:** Light vegetarian meals.

**Other:** Yoga nidra, ajapa japa, antar mouna.

**Anxiety:** (and nervous tension)

**Asana:** General - Pawanmuktasana part 1, surya namaskara, shashankasana, yogamudrasana, ananda madirasana, paschimottanasana, bhujangasana, shalabhasana, sarvangasana, halasana, shavasana.

Advanced - Garbhasana, koormasana.

**Pranayama:** Nadi shodhana, kapalbhati, bhastrika, bhramari, sheetali, seetkari.

**Mudra:** Vipareeta karani, pashinee, shambhavi, bhoochari, yoga, prana and yoni mudras.

**Shatkarma:** Trataka, jala neti, kunjaj.

**Other:** Ajapa japa, antar mouna, yoga nidra.

**Appetite:**

**Asana:** Forward and backward bends, surya namaskara.

**Pranayama:** Agnisar kriya.

**Bandha:** Uddiyana bandha.

**Shatkarma:** Nauli.

**Arms:**

**Asana:** General - Pawanmuktasana part 1:12-16 and part 3:1-6, akarna dhanurasana, surya namaskara, dhanurakarshanasana, gomukhasana, mayurasana. Advanced - Lolanasana, baka dhyanasana, vashishthasana, dwi hasta bhujangasana, santolanasana, vrischikasana.

**Arteriosclerosis:** (hardening of the arteries)

**Asana:** Pawanmuktasana part 1.

**Pranayama:** Breath awareness, nadi shodhana.

**Diet:** Avoid foods containing animal fat rich in cholesterol. Do not smoke or drink alcohol.

**Other:** Yoga nidra.

**Arthritis:**

**Asana:** Pawanmuktasana parts 1, 2 and 3.

**Pranayama:** Nadi shodhana, deep abdominal breathing, bhramari, kapalbhati.

**Diet:** Light veg. meals, avoid sour and artificial food.

**Shatkarma:** Ned, kunjaj, laghoo shankhaprakshalana.

**Other:** Yoga nidra, mediation.

**Asthma:**

**Asana:** Surya namaskara, shashankasana, pranamasana, sarvangasana, supta vajrasana, marjari-asana, ushtrasana, hasta uttanasana, utthita lolasana, dwikonasana, matsyasana, backward bending asanas, pada hastasana, baddha padmasana. Shavasana with breath awareness.

**Pranayama:** Nadi shodhana, bhastrika, kapalbhati. Deep abdominal breathing at all times.

**Shatkarma:** Vastra dhauti, shankhaprakshalana, kunjla, jala neti.

**Diet:** Avoid mucus producing foods such as milk and milk products, rice and non-vegetarian foods. Eat fruit and vegetables in season, and cooked, rather than raw vegetables (salads) especially in winter.

**Other:** Yoga nidra, ajapa japa, antar mouna and other meditation and relaxation techniques to remove the source of nervousness.

**Backache:**

**Asana:** Pawanmuktasana part 2: 2-3 and part 3:3-4, supta vajrasana, marjari-asana, shashank bhujangasana, vyaghrasana, tadasana, tiryaka tadasana, kati chakrasana, makarasana, all backward bending asanas, meru wakrasana, bhru namanasana.

**Pranayama:** Ujjayi, bhramari.

**Diet:** Light vegetarian diet.

**Other:** Ajapa japa.

**Baldness:**

**Asana:** Shashankasana, inverted poses, especially sirshasana.

**Blood pressure: (high)**

**Asana:** Pawanmuktasana part 1, ananda madirasana, siddhasana, all relaxation poses.

**Pranayama:** Nadi shodhana stages 1 and 2, sheetali, seetkari, ujjayi, bhramari.

**Other:** Yoga nidra, meditation.

**Blood pressure:** (low)

**Asana:** Surya namaskara, dynamic asanas.

**Pranayama:** All pranayama especially bhasrika, kapalbhati, surva bheda.

**Mudra:** Vipareeta karani mudra.

**Bandha:** All bandhas.

**Diet:** Balanced vegetarian diet.

**Bronchitis:** *See asthma.***Bursitis:**

**Asana:** Pawanmuktasana part 1:1-17.

**Cancer:**

**Asana:** Pawanmuktasana part 1, surya namaskara.

**Pranayama:** Nadi shodhana, bhramari, ujjayi.

**Shatkarma:** Trataka.

**Other:** Amaroli, meditation, yoga nidra.

**Candida:**

**Asana:** Surya namaskara, pawanmuktasana parts 2 and 3, vajrasana series.

**Pranayama:** Nadi shodhana, bhramari, ujjayi, kapalbhati, bhasrika.

**Diet:** Avoid sugar (including honey and fruit), coffee, yeast, alcohol, foods which have been brewed or fermented, cheese, white rice. Take yoghurt and fresh vegetables in season. Ensure a good intake of protein (pulses and grains). Drink plenty of water.

**Other:** Yoga nidra, antar mouna, ajapa japa.

**Chest:** (toning and strengthening)

**Asana:** General - Surya namaskara, pawanmuktasana part 1:16 and part 3, supta vajrasana, ushtrasana, standing asanas, matsyasana, lolasana, backward bending asanas especially chakrasana and dhanurasana, inverted asanas, baddha padmasana, natarajasana, gomukhasana.

Advanced - Kukkutasana, baka dhyanasana, vrischikasana, astavakrasana.

**Cold or cough:**

**Asana:** Surya namaskara, regular practice of asanas and pranayama. Simhasana is especially recommended. During a cold only relaxing practices should be attempted.

**Shatkarma:** Neti, kunjal, laghoo shankhaprakshalana.

**Diet:** Avoid mucus-producing foods such as milk and milk products, rice and non-vegetarian foods.

**Concentration:**

**Asana:** All asanas practiced with awareness, particularly inverted and balancing postures.

**Pranayama:** Nadi shodhana, bhramari, bhasrika, ujjayi.

**Mudra:** All mudras.

**Shatkarma:** Trataka.

**Other:** Meditation, yoga nidra.

**Constipation:**

**Asana:** Tadasana, tiryaka tadasana, kati chakrasana, surya namaskara, pawanmuktasana parts 2 and 3, supta vajrasana, shashankasana, ushtrasana, trikonasana, yogamudrasana, matsyasana, all backward and forward bending asanas, all spinal twist asanas, halasana, druta halasana. Drink 2 to 3 glasses of body temperature warm water before morning practice.

Sit in vajrasana for at least 10 minutes after every meal. **Pranayama:** Nadi shodhana.

**Mudra:** Ashwini mudra.

**Bandha:** Uddiyana and maha bandhas.

**Shatkarma:** Laghoo shankhaprakshalana, agnisar kriya, nauli.

**Diet:** Fresh fruit, vegetables and drink plenty of water.

**Other:** Yoga nidra.

**Coronary thrombosis:** *See angina pectoris, blood pressure, arteriosclerosis.*



**Deafness:** (not during inflamed and discharging conditions)

**Asana:** Simhasana, all inverted asanas.

**Pranayama:** Bhramari.

**Shatkarma:** Neti

**Depression:**

**Asana:** Surya namaskara, dynamic asanas, all backward bending, standing and twisting asanas.

**Pranayama:** Bhastrika, kapalbhati, abdominal breathing.

**Shatkarma:** Kunjal, ned, laghoo shankhaprakshalana.

**Diet:** Simple, nutritious vegetarian diet.

**Precautions:** Avoid yoga nidra, meditation and bhramari pranayama, as these can cause further introversion.

**Diabetes:**

**Asana:** General - Surya namaskara, tadasana, yogamudrasana, shashankasana, supta vajrasana, paschimottanasana, bhujangasana, ardha matsyendrasana, halasana, sarvangasana, matsyasana, gomukhasana, shavasana.

Advanced - Dwi hasta bhujangasana, vatayanasana.

**Pranayama:** Nadi shodhana, bhramari, bhastrika, ujjayi.

**Shatkarma:** Laghoo shankhaprakshalana, kunjal, ned.

**Diet:** Food restrictions should be followed.

**Other:** Ajapa japa, yoga nidra.

**Diarrhea:**

**Asana:** Pawanmuktasana part 2, vajrasana series, surya namaskara.

**Pranayama:** Nadi shodhana, bhramari, sheetali, seetkari.

**Diet:** Moong dal, khichari, yoghurt, buttermilk.

**Dysentery:**

**Shatkarma:** Laghoo shankhaprakshalana.

**Precautions:** Avoid dynamic asanas, inverted asanas and nauli.

**Dyspepsia:** (chronic indigestion) *See abdomen, anxiety, acidity.*

**Eczema:** *See skin conditions.*

## **Epilepsy:**

**Asana:** Shashankasana, bhujangasana, ardha matsyendrasana, tadasana, all relaxation asanas.

**Shatkarma:** Neti.

**Other:** Yoga nidra, ajapa japa, antar mouna.

**Precautions:** Avoid trataka on a candle flame and hyperventilating practices like bhastrika and kapalbhati.

## **Face:**

**Asana:** Surya namaskara, simhasana, sarvangasana, halasana.

**Pranayama:** Nadi shodhana, kapalbhati.

**Mudra:** Vipareeta karani mudra.

**Shatkarma:** Neti, kunjaj, laghoo shankhaprakshalana.

**Diet:** Fasting once a week.

## **Fatigue:**

**Asana:** Pawanmuktasana part 1, tadasana, bhujangasana, ushtrasana, chakrasana, dhanurasana, surya namaskara.

**Pranayama:** Nadi shodhana, bhramari, bhastrika.

**Bandha:** Uddiyana and moola bandhas.

**Other:** Yoga nidra.

## **Feet:**

**Asana:** Pawanmuktasana part 1:1-4, tadasana, eka pada pranamasana, vatyanasana, pada angushthasana, comfortable inverted asanas.

**Goiter:** *See thyroid and parathyroid.*

## **Gout:**

**Asana:** Pawanmuktasana part 1.

**Diet:** Avoid non-vegetarian foods. Drink plenty of water.

## **Hay Fever:**

**Asana:** Surya namaskara, simhasana.

**Pranayama:** Bhastrika, kapalbhati.

**Shatkarma:** Laghoo shankhaprakshalana, kunjaj, neti, trataka.

**Diet:** Avoid non-vegetarian foods and dairy products.

**Other:** Yoga nidra, ajapa japa.

**Headache:** (also migraine)

**Asana:** Relaxation poses, pawanmuktasana part 1, eye exercise 1, shashankasana, tadasana, dwikonasana.

**Pranayama:** Nadi shodhana, bhramari, ujjayi

**Shatkarma:** Neti (kunjil for migraine).

**Precautions:** Avoid eye strain.

**Other:** Yoga nidra. Splash cold water into the eyes at frequent intervals.

**Heart:** *See blood pressure, angina pectoris, arteriosclerosis.*

**Hemorrhoids:** *See piles, varicose veins.*

**Herpes:**

**Asana:** Surya namaskara, pawanmuktasana parts 1, 2 and 3.

**Pranayama:** Nadi shodhana, bhramari, ujjayi.

**Shatkarma:** Laghoo shankhaprakshalana.

**Diet:** Light, nutritious diet; fasting during acute stage.

**Other:** Avoid strain and relax with yoga nidra. Amaroli internally and externally.

**HIV+:**

**Asana:** Pawanmuktasana parts 1, 2 and 3, halasana, sarvangasana, matsyasana, kandharasana, supta vajrasana and all backward bending asanas.

**Pranayama:** Nadi shodhana, bhramari, bhastrika.

**Mudra:** Vipareeta karani mudra.

**Shatkarma:** Laghoo shankhaprakshalana.

**Other:** Amaroli internally, and externally for skin conditions, yoga nidra.

**Hydrocele:**

**Asana:** General - Surya namaskara slowly, vajrasana for as long as possible, all inverted poses, garudasana.

Advanced - Vatayanasana, brahmacharyasana.

**Mudra:** Ashwini, vipareeta karani and vajroli mudras.

**Bandha:** Moola bandha.

**Hypertension and hypotension:** *See blood pressure.*

**Impotence:**

**Asana:** Pawanmuktasana parts 2 and 3, surya namaskara, sarvangasana, halasana.

**Pranayama:** Nadi shodhana, bhastrika, ujjayi.

**Bandha:** Moola bandha.

**Mudra:** Vajroli, ashwini mudras.

**Impure blood:**

**Asana:** Surya namaskara until profuse sweating occurs, dynamic asanas.

**Pranayama:** Nadi shodhana, kapalbhati.

**Shatkarma:** Laghoo shankhprakashana.

**Diet:** A pure fruit and vegetable diet without salt.

**Other:** Amaroli.

**Insomnia:**

**Asana:** Pawanmuktasana part 1, shashankasana.

**Pranayama:** Bhramari, ujjayi, abdominal breathing in shavasana before going to sleep.

**Shatkarma:** Trataka.

**Other:** Yoga nidra before sleep.

**Kidneys: (toning and removal of ailments)**

**Asana:** General - Surya namaskara, supta vajrasana, shashankasana, marjari-asana, shashank bhujangasana, vyaghrasana, trikonasana, matsyasana, all backward bending asanas, paschimottanasana, ardha matsyendrasana, halasana, gomukhasana, ushtrasana.

Advanced - Merudandasana, hamsasana, mayurasana, koormasana, dwi pada sirasana.

**Pranayama:** Bhastrika.

**Bandha:** Uddiyana bandha.

**Shatkarma:** Laghoo shankhprakashana, agnisar kriya, nauli.

**Diet:** Reduce the intake of salt and drink more water.

**Precautions:** Do not attempt strenuous asanas or shatkarmas.

## **Lactation:**

**Asana:** Pawanmuktasana parts 1 and 2, comfortable inverted asanas.

**Pranayama:** Breath awareness while feeding, nadi shodhana, bhramari.

**Diet:** Plenty of fluid; foods rich in calcium such as sesame, cow's milk and milk based products; fresh fruit, and vegetables in season. Avoid spicy food, alcohol, tobacco, cannabis, preservatives, large quantities of tea and coffee.

**Other:** Yoga nidra, meditation.

**Precautions:** Avoid dynamic postures. Do not fast.

## **Legs:** (toning and strengthening)

**Asana:** General - Surya namaskara, pawanmuktasana part 1:1-11 and part 2:1-3, udarakarshanasana, utthanasana, shalabhasana, dhanurasana, setuhasana, ardha chandrasana, all forward bending asanas, eka pada pranamasana, garudasana, nataraja asana, sirsha padasana, bakasana, vashishthasana, utthita hasta padangushthasana, vatayanasana.

Advanced - Eka pada sirasana, koormasana, mayurasana, hanumanasana, dwi pada sirasana and dwi pada kandharasana.

## **Liver:** (general toning and removal of certain associated disorders, e.g. sluggish liver)

**Asana:** Paschimottanasana, meru wakrasana, bhu namanasana, ardha matsyendrasana, merudandasana, utthita hasta merudandasana and ardha padma padmottanasana.

**Shatkarma:** Kunjal, laghoo shankhaprakshalana.

**Diet:** Avoid oily, fried foods, alcohol, tobacco and cannabis.

## **Lumbago:** *See backache.*

## **Lungs:** (general improvement)

**Asana:** Surya namaskara, supta vajrasana, akarna dhanurasana, ushtrasana, hasta utthanasana, utthita

lolasana, matsyasana, baddha padmasana, all backward bending asanas, sarvangasana.

**Pranayama:** All pranayama, deep yogic breathing.

**Menopause:**

**Asana:** Pawanmuktasana parts 2- and 3, surya namaskara, bhujangasana, dhanurasana, sarvangasana, halasana, matsyasana, paschimottanasana and balancing postures.

**Mudra:** Ashwini, vajroli, maha and maha bheda mudras.

**Bandha:** Uddiyana and moola bandha.

**Other:** Yoga nidra, ajapa japa, antar mouna.

**Menstruation:**

**Asana:** Surya namaskara, pawanmuktasana parts 2 and 3, bhujangasana, shalabhasana, dhanurasana, paschimottanasana, kandharasana, chakrasana, ushtasana, inverted asanas in general especially sirshasana, sarvangasana, halasana, hanumanasana.

**Pranayama:** Abdominal breathing, nadi shodhana, bhramari, ujjayi.

**Mudra:** Ashwini, vipareeta karani and vajroli mudras.

**Bandha:** All bandhas, especially moola bandha.

**Diet:** Vegetarian diet with fresh fruit and salads.

**Other:** Yoga nidra, antar mouna.

**Precautions:** Avoid strenuous and inverted postures, uddiyana bandha and nauli while menstruating.

**Menstruation: (cramps)**

**Asana:** Vajrasana, shashankasana, marjari-asana, shavasana.

**Pranayama:** Abdominal breathing in shavasana, ujjayi.

**Miscarriage: (recovery)**

**Asana:** Pawanmuktasana parts 2 and 3, surya namaskara.

**Pranayama:** Bhastrika.

**Bandha:** Moola, uddiyana and maha bandhas.

**Mudra:** Vajroli, ashwini and vipareeta karani mudras.

**Shatkarma:** Nauli.

**Precautions:** Any squatting posture or strenuous practices must be avoided during pregnancy.

## **Muscular dystrophy:**

**Asana:** Pawanmuktasana part 1.

**Pranayama:** Nadi shodhana, bhramari.

**Other:** Yoga nidra, ajapa japa, amaroli.

**Neck:** (general toning, weakness, aches, nerve stimulation).

**Asana:** Pawanmuktasana part 1:16-17, advasana, jyestikasana, makarasana, bhujangasana, gomukhasana, supta vajrasana matsyasana, grivasana, kandharasana, all spinal twisting asanas.

**Pranayama:** Ujjayi.

**Other:** Ajapa japa. Reduce deskwork, avoid thick pillows.

**Nerves:** (general toning)

**Asana:** All asanas, especially surya namaskara.

**Pranayama:** Nadi shodhana, bhastrika, kapalbhati.

**Mudra:** Yoga, prana, vipareeta karani, maha bheda, yoni and naumukhi mudras.

**Bandha:** All bandhas.

## **Obesity:**

**Asana:** Pawanmuktasana parts 1, 2 and 3, vajrasana series, surya namaskara, dynamic pada hastasana, druta halasana, vipareeta karani asana, matsyasana.

**Pranayama:** All pranayamas, especially bhastrika, sheetali or seetkari.

**Diet:** Avoid oily, fried or starchy foods, oscillating between fasting and overeating, eating between meals.

**Related heading:** *Thyroid and parathyroid.*

## **Piles:**

**Asana:** Sarvangasana or vipareeta karani asana for extended periods, ashwini mudra or moola bandha while in the inverted position, pawanmuktasana part 2 and part 3:8, tadasana, tiryaka tadasana, kati chakrasana, shashankasana, shashank bhujangasana, supta vajrasana, ushtrasana, matsyasana, paschimottanasana.

**Mudra:** Ashwini mudra for extended periods.

**Shatkarma:** Laghoo shankhaprakshalana, moola shodhanam.

**Diet:** Light, easily digestible food such as fresh fruit and vegetables. Drink plenty of water, fruit and vegetable juice, herbal teas. Avoid heavy foods like meat, cheese, fried or oily food, rich sauces, desserts.

**Pituitary and pineal glands:** (general health)

**Asana:** Surya namaskara, all inverted asanas particularly sirshasana, yogamudrasana, matsyasana, sumeru asana, pranamasana, pada hastasana.

**Pranayama:** All pranayamas, especially bhramari, kapalbhati.

**Mudra:** Shambhavi, maha and prana mudras.

**Shatkarma:** Trataka, neti.

**Poliomyelitis:**

**Asana:** Pawanmuktasana part 1: active and passive (assisted), bhujangasana, makarasana, jyestikasana, shalabhasana, dhanurasana, paschimottanasana, bhu namanasana, meru wakrasana, ardha matsyendrasana, vajrasana, kandharasana, trikonasana, ashwa sanchalanasana.

**Pranayama:** Nadi shodhana.

**Mudra:** Nasikagra drishti.

**Other:** Prana vidya, amaroli, encouragement to maintain mobility and self-confidence.

**Pregnancy:** (antenatal)

**Asana:** Months 1 to 3 - See reproductive organs.

Months 4 to 6 - Pawanmuktasana part 1, matsya kridasana, meditation asanas, vajrasana, bhadrasana, marjari-asana, hasta utthanasana, tadasana, tiryaka tadasana, kati chakrasana, utthanasana stages 1-3, meru wakrasana.

Months 7 to 9 - Only pawanmuktasana part I.

**Pranayama:** Nadi shodhana, bhramari, ujjayi, light bhasrika. After 3 months discontinue bhasrika.

**Mudra:** Ashwini and vajroli mudras.



**Bandha:** Moola bandha.

**Diet:** Nutritious, vegetarian diet.

**Shatkarma:** Kunjal to relieve morning sickness, laghoo to avoid constipation. After 3 months only do neti.

**Other:** Yoga nidra, ajapa japa and meditation.

**Precautions:** Avoid uddiyana bandha, agnisar kriya and nauli. Take special care not to strain.

**Pregnancy:** (postnatal)

**Asana:** Week 1 - Relaxation asanas.

Week 2 - Add pawanmuktasana part 1 and part 3:2-7. Week 3 - Add pawanmuktasana part 2:1-4, standing asana, backward bends, spinal twists.

Week 4 - Emphasize pawanmuktasana parts 2 and 3, add utthanasana and slow surya namaskara.

**Pranayama:** Week 2 onwards- Nadi shodhana, bhramari, ujjayi, gentle bhastrika.

**Mudra:** Week 3 onwards - Ashwini and vajroli mudras.

**Bandha:** Week 3 onwards - Moola bandha.

**Other:** Week 1 on - Yoga nidra, ajapa japa, meditation.

**Prostate gland:**

**Asana:** Pawanmuktasana part 3, vajrasana, siddhasana.

**Mudra:** Vajroli mudra.

**Bandha:** Moola and maha bandhas.

**Pyorrhea:**

**Asana:** Surya namaskara.

**Pranayama:** Sheetali, seetkari.

**Reproductive organs:** (general toning - male and female)

**Asana:** General - Pawanmuktasana part 1:9-11 and parts 2 and 3, surya namaskara, shashankasana, marjari- asana, shashank bhujangasana, ushtrasana, vyaghrasana, kati chakrasana, tadasana, meru prishthasana, utthanasana, trikonasana, yogamudrasana, matsyasana, tolangulasana, all backward bending asanas, ardha matsyendrasana, inverted asanas, kandharasana, garudasana, vashishthasana, pada angushthasana.

Advanced - Moolabandhasana, dhanurakarshan asana, hanumanasana.

Males — Mayurasana, brahmacharyasana.

**Pranayama:** All pranayamas.

**Mudra:** Ashwini, vajroli, vipareeta karani, maha and maha bheda mudras.

**Bandha:** Moola and maha bandhas.

**Shatkarma:** Agnisar kriya, nauli.

**Other:** Yoga nidra, meditation.

**Rheumatism:** *See arthritis.*

**Sciatica:** *See slipped disc, backache.*

**Sinusitis and sinus troubles:** *See cold or cough.*

**Skin conditions:** (eczema, acne, dermatitis)

**Asana:** Surya namaskara (as many rounds as possible without straining), sarvangasana, halasana, mayurasana. .

**Pranayama:** All pranayamas.

**Mudra:** Vipareeta karani mudra.

**Shatkarma:** Laghoo shankhprakhshalana.

**Diet:** Avoid excessive coffee, tea, spicy food, non-vegetarian food, sweets, fried or oily food.

**Slipped disc:**

**Asana:** Advasana, jyestikasana, makarasana or matsya kridasana for long periods of time, sphinx, tadasana, vajrasana. Slowly take up asanas mentioned in backache section.

**Pranayama:** Ujjayi.

**Other:** Yoga nidra, ajapa japa in makarasana, hot fomentation. Resting in prone position on a hard bed is most important.

**Precautions:** No forward bending asanas.

**Stammering and stuttering:**

**Asana:** Pawanmuktasana part 1:17, simhasana, matsyasana, supta vajrasana, naukasana, all balancing asanas, mayurasana.

**Pranayama:** Bhramari, ujjayi, sheetali, seetkari.

**Shatkarma:** Neti, kunjaj.

**Other:** Mantra chanting, yoga nidra, meditation.

**Related heading:** *Anxiety.*

**Stress and strain:** *See anxiety.*

**Stroke:**

**Asana:** Pawanmuktasana part 1.

**Pranayama:** Simple, gentle pranayama in a lying position.

**Other:** Yoga nidra, ajapa japa.

**Throat:** (removal of ailments and irritations)

**Asana:** Pawanmuktasana part 1:17, simhagarjanasana, inverted poses, supta vajrasana, matsyasana.

**Pranayama:** Ujjayi, sheetali, seetkari, bhramari.

**Shatkarma:** Neti, kunjaj.

**Thyroid and parathyroid: (general toning)**

**Asana:** Surya namaskara, pawanmuktasana part 1:17, inverted asanas especially sarvangasana, halasana, matsyasana, supta vajrasana, yogamudrasana, all backward bending asanas especially grivasana.

**Pranayama:** All pranayamas, especially ujjayi, bhramari, bhastrika with bandhas, moorchha pranayama.

**Mudra:** Pashinee and vipareeta karani mudra.

**Bandha:** Jalandhara bandha.

**Shatkarma:** Neti, kunjaj.

**Other:** Yoga nidra, ajapa japa.

**Ulcers:** (peptic and duodenal)

**Asana:** Relaxation postures, pawanmuktasana part 1 and vajrasana series.

**Pranayama:** Nadi shodhana, ujjayi, sheetali, seetkari, bhramari.

**Mudra:** Yoni mudra.

**Diet:** Easily digestible, bland diet which includes milk products, liquid or semi-liquid foods and soft fruits. Avoid tea, coffee, alcohol, raw vegetables, spices, fats and heavy foods in general.

**Other:** Ajapa japa, yoga nidra, antar mouna.

**Precautions:** Kunjal should be strictly avoided.

**Varicose veins:**

**Asana:** All inverted asanas, pawanmuktasana part 1:1-11 and part 2:1-3.

**Vertigo:**

**Asana:** Balancing asanas, shashankasana and its variations.

**Pranayama:** Bhramari.

**Shatkarma:** Trataka, jala neti.

**Wind:** (intestinal - removal)

**Asana:** Pawanmuktasana part 2, shashankasana, supta vajrasana, shashank bhujangasana, kati chakrasana, yogamudrasana, matsyasana, all forward bending asanas, halasana, druta halasana, hamsasana, mayurasana, utthan prishthasana. Sit in vajrasana for at least 10 minutes after meals.

**Pranayama:** Bhastrika, kapalbhati.

**Mudra:** Tadagi mudra.

**Bandha:** Uddiyana bandha.

**Shatkarma:** Agnisar kriya, nauli, laghoo shankhaprakshalana, kunjal.

**Diet:** Chew the food properly and eat slowly. Do not drink water for at least one hour before to one hour after meals. Avoid beans and pulses.

**Worms:**

**Asana:** Naukasana.

**Shatkarma:** Laghoo shankhaprakshalana.

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## **SYNOPSIS OF THE LIFE OF SWAMI SATYANANDA SARASWATI**

Swami Satyananda Saraswati was born in 1923 at Almora (Uttaranchal) into a family of farmers. His ancestors were warriors and many of his kith and kin down the line, including his father, served in the army and police force.

However, it became evident that Sri Swamiji had a different bent of mind, as he began to have spiritual experiences at the age of six, when his awareness spontaneously left the body and he saw himself lying motionless on the floor. Many saints and sadhus blessed him and reassured his parents that he had a very developed awareness. This experience of disembodied awareness continued, which led him to many saints of that time such as Anandamayi Ma. Sri Swamiji also met a tantric bhairavi, Sukhman Giri, who gave him shaktipat and directed him to find a guru in order to stabilize his spiritual experiences.

In 1943, at the age of 20, he renounced his home and went in search of a guru. This search ultimately led him to Swami Sivananda Saraswati at Rishikesh, who initiated him into the Dashnam Order of Sannyasa on 12th September 1947 on the banks of the Ganges and gave him the name Swami Satyananda Saraswati.

In those early years at Rishikesh, Sri Swamiji immersed himself in guru seva. At that time the ashram was still in its infancy and even the basic amenities such as buildings and toilets were absent. The forests surrounding the small ashram were infested with snakes, scorpions, mosquitoes, monkeys and even tigers. The ashram work too was heavy and hard, requiring Sri Swamiji to toil like a laborer carrying bucket loads of water from the Ganga up to the ashram and digging canals from the high mountain streams down to the ashram many kilometers away in order to store water for constructing the ashram.

Rishikesh was then a small town and all the ashram requirements had to be brought by foot from far away. In addition there were varied duties, including the daily pooja at Vishwanath

Mandir, for which Sri Swamiji would go into the dense forests to collect bael leaves. If anyone fell sick there was no medical care and no one to attend to them. All the sannyasins had to go out for bhiksha or alms as the ashram did not have a mess or kitchen.

Of that glorious time when he lived and served his guru, Sri Swamiji says that it was a period of total communion and surrender to the guru tattwa, whereby he felt that just to hear, speak or see Swami Sivananda was yoga. But most of all his guru's words rang true, for through this dedication and spirit of nishkama seva he gained an enlightened understanding of the secrets of spiritual life and became an authority on Yoga, Tantra, Vedanta, Samkhya and kundalini yoga. Swami Sivananda said of Swami Satyananda, "Few would exhibit such intense vairagya at such an early age. Swami Satyananda is full of Nachiketa vairagya."

Although he had a photographic memory and a keen intellect, and his guru described him as a versatile genius, Swami Satyananda's learning did not come from books and study in the ashram. His knowledge unfolded from within through his untiring seva as well as his abiding faith and love for Swami Sivananda, who told him, "Work hard and you will be purified. You do not have to search for the light, the light will unfold from within you."

In 1956, after spending twelve years in guru seva, Swami Satyananda set out as a wanderer (parivrajaka). Before his departure Swami Sivananda taught him kriya yoga and gave him the mission to "spread yoga from door to door and shore to shore".

As a wandering sannyasin, Swami Satyananda travelled extensively by foot, car, train and sometimes even by camel throughout India, Afghanistan, Burma, Nepal, Tibet, Ceylon and the entire Asian subcontinent. During his sojourns, he met people from all stratas of society and began formulating his ideas on how to spread the yogic techniques. Although his formal education and spiritual tradition was that of Vedanta, the task of disseminating yoga became his movement.

His mission unfolded before him in 1956 when he founded the International Yoga Fellowship Movement with the aim of creating a global fraternity of yoga. Because his mission was revealed to him at Munger, Bihar, he established the Bihar School of Yoga in Munger. Before long his teachings were rapidly spreading throughout the world. From 1963 to 1983, Swami Satyananda took yoga to each and every corner of the world, to people of every caste, creed, religion and nationality. He guided millions of seekers in all continents and established centers and ashrams in different countries.

His frequent travels took him to Australia, New Zealand, Japan, China, the Philippines, Hong Kong, Malaysia, Thailand, Singapore, USA, England, Ireland, France, Italy, Germany, Switzerland, Denmark, Sweden, Yugoslavia, Poland, Hungary, Bulgaria, Slovenia, Russia, Czechoslovakia, Greece, Saudi Arabia, Kuwait Bahrain, Dubai, Iraq, Iran, Pakistan, Afghanistan, Colombia, Brazil, Uruguay, Chile, Argentina, Santo Domingo, Puerto Rico, Sudan, Egypt, Nairobi, Ghana, Mauritius, Alaska and Iceland. One can easily say that Sri Swamiji hoisted the flag of yoga in every nook and cranny of the world.

Nowhere did he face opposition, resistance or criticism. His way was unique. Well-versed in all religions and scriptures, he incorporated their wisdom with such a natural flair that people of all faiths were drawn to him. His teaching was not just confined to yoga but covered the wisdom of many millenniums.

Sri Swamiji brought to light the knowledge of Tantra, the mother of all philosophies, the sublime truths of Vedanta, the Upanishads and Puranas, Buddhism, Jainism, Sikhism, Zoroastrianism, Islam and Christianity, including modern scientific analysis of matter and creation. He interpreted, explained and gave precise, accurate and systematic explanations of the ancient systems of Tantra and Yoga, revealing practices hitherto unknown.

It can be said that Sri Swamiji was a pioneer in the field of yoga because his presentation had a novelty and freshness. Ajapa japa, antar mouna, pawanmuktasana, kriya yoga and prana vidya



are just some of the practices which he introduced in such a methodical and simple manner that it became possible for everyone to delve into this valuable and hitherto inaccessible science for their physical, mental, emotional and spiritual development.

Yoga nidra was Sri Swamiji's interpretation of the tantric system of nyasa. With his deep insight into this knowledge, he was able to realize the potential of this practice of nyasa in a manner which gave it a practical utility for each and every individual, rather than just remaining a prerequisite for worship. Yoga nidra is but one example of his acumen and penetrating insight into the ancient systems.

Sri Swamiji's outlook was inspiring, uplifting as well as in-depth and penetrating. Yet his language and explanations were always simple and easy to comprehend. During this period he authored over eighty books on yoga and tantra which, due to their authenticity, are accepted as textbooks in schools and universities throughout the world. These books have been translated into Italian, German, Spanish, Russian, Yugoslavian, Chinese, French, Greek, Iranian and most other prominent languages of the world.

People took to his ideas and spiritual seekers of all faiths and nationalities flocked to him. He initiated thousands into mantra and sannyasa, sowing in them the seed to live the divine life. He exhibited tremendous zeal and energy in spreading the light of yoga, and in the short span of twenty years Sri Swamiji fulfilled the mandate of his guru.

By 1983, Bihar School of Yoga was well established and recognized throughout the world as a reputed and authentic center for learning yoga and the spiritual sciences. More than that, yoga had moved out of the caves of hermits and ascetics into the mainstream of society. Whether in hospitals, jails, schools, colleges, business houses, the sporting and fashion arenas, the army or navy, yoga was in demand. Professionals such as lawyers, engineers, doctors, business magnates and professors were incorporating yoga into their lives. So too were the masses. Yoga had become a household word.

Now, at the peak of his accomplishment, having fulfilled his guru's wish, Swami Satyananda renounced all that he created and appointed his successor, Swami Niranjanananda, to continue the work.

In 1988 Sri Swamiji renounced disciples, establishments and institutions, and departed from Munger, never to return again, on a pilgrimage through the siddha teerthas of India, as a mendicant, without any personal belongings or assistance from the ashrams or institutions he had founded.

At Trayambakeshwar, the jyotir linga of Lord Mrityunjaya, his ishta devata, he renounced his garb and lived as an avadhoota, during which time his future place of abode and sadhana were revealed to him.

According to the mandate of his ishta devata, which was revealed to him at the source of the Godavari river near Neel Parbat at Trayambakeshwar (Maharashtra), Swami Satyananda came to the cremation ground of Sati in 1989, and took up residence in Rikhia, on the outskirts of Baba Baidyanath Dham in Deoghar (Jharkhand).

Swami Satyananda has been residing at Rikhia since September 1989. During this period he has undertaken long and arduous sadhanas such as Panchagni and Ashtottar-shat-laksh (108 lakh) mantra purascharana. Here he entered the lifestyle of the Paramahansas who do not work for their flock and mission alone but have a universal vision. He does not associate with any institutions, nor does he give diksha, upadesh or receive dakshina, but remains in seclusion and sadhana, only on rare occasions coming out to give darshan to devotees who are always yearning for a glimpse of him.



## **INTERNATIONAL YOGA FELLOWSHIP MOVEMENT (IYFM)**

The IYFM is a charitable and philosophical movement founded by Swami Satyananda at Rajnandgaon in 1956 to disseminate the yogic tradition throughout the world. It forms the medium to convey the teachings of Swami Satyananda through its affiliated centers around the world. Swami Niranjanananda is the first Paramacharya of the International Yoga Fellowship Movement.

The IYFM provides guidance, systematized yoga training programs and sets teaching standards for all the affiliated yoga teachers, centers and ashrams. A Yoga Charter to consolidate and unify the humanitarian efforts of all sannyasin disciples, yoga teachers, spiritual seekers and well-wishers was introduced during the World Yoga Convention in 1993. Affiliation to this Yoga Charter enables the person to become a messenger of goodwill and peace in the world, through active involvement in various far-reaching yoga-related projects.



## **BIHAR SCHOOL OF YOGA (BSY)**

The Bihar School of Yoga is a charitable and educational institution founded by Swami Satyananda at Munger in 1963, with the aim of imparting yogic training to all nationalities and to provide a focal point for a mass return to the ancient science of yoga. The Chief Patron of Bihar School of Yoga is Swami Niranjanananda. The original school, Sivanandashram, is the center for the Munger locality. Ganga Darshan, the new school established in 1981, is situated on a historic hill with panoramic views of the river Ganges.

Yoga Health Management, Teacher Training, Sadhana, Kriya Yoga and other specialized courses are held throughout the year. BSY is also renowned for its sannyasa training and the initiation of female and foreign sannyasins.

BSY provides trained sannyasins and teachers for conducting yoga conventions, seminars and lectures tours around the world. It also contains a comprehensive research library and scientific research center.



## **SIVANANDA MATH (SM)**

Sivananda Math is a social and charitable institution founded by Swami Satyananda at Munger in 1984, in memory of his guru, Swami Sivananda Saraswati of Rishikesh. The Head Office is now situated at Rikhia in Deoghar district, Bihar. Swami Niranjanananda is the Chief Patron.

Sivananda Math aims to facilitate the growth of the weaker and underprivileged sections of society, especially rural communities. Its activities include: distribution of free scholarships, clothing, farm animals and food, the digging of tube-wells and construction of houses for the needy, assistance to farmers in ploughing and watering their fields. The Rikhia complex also houses a satellite dish system for providing global information to the villagers.

A medical clinic has been established for the provision of medical treatment, advice and education. Veterinary services are also provided. All services are provided free and universally to everyone, regardless of caste and creed.



## **YOGA RESEARCH FOUNDATION (YRF)**

The Yoga Research Foundation is a scientific, research-oriented institution founded by Swami Satyananda at Munger in 1984. Swami Niranjanananda is the Chief Patron of the foundation.

YRF aims to provide an accurate assessment of the practices of different branches of yoga within a scientific framework, and to establish yoga as an essential science for the development of mankind. At present the foundation is working on projects in the areas of fundamental research and clinical research. It is also studying the effects of yoga on proficiency improvement in various social projects, e.g. army, prisoners, children. These projects are being carried out in affiliated centers worldwide.

YRF's future plans include literary, scriptural, medical and scientific investigations into other little-known aspects of yoga for physical health, mental well-being and spiritual upliftment.



## **SRI PANCHDASHNAM PARAMAHANSA ALAKH BARA (PPAB)**

Sri Panchdashnam Paramahansa Alakh Bara was established in 1990 by Swami Satyananda at Rikhia, Deoghar, Bihar. It is a charitable, educational and non-profit making institution aiming to uphold and propagate the highest tradition of sannyasa, namely vairagya (dispassion), tyaga (renunciation) and tapasya (austerity). It propounds the tapovan style of living adopted by the rishis and munis of the vedic era and is intended only for sannyasins, renunciates, ascetics, tapasvis and paramahamsas. The Alakh Bara does not conduct any activities such as yoga teaching or preaching of any religion or religious concepts. The guidelines set down for the Alakh Bara are based on the classical vedic tradition of sadhana, tapasya and swadhyaya, or atma chintan.

Swami Satyananda, who resides permanently at the Alakh Bara, has performed the Panchagni Vidya and other vedic sadhanas, thus paving the way for future paramahamsas to uphold their tradition.



## **BIHAR YOGA BHARATI (BYB)**

Bihar Yoga Bharati was founded by Swami Niranjanananda in 1994 as an educational and charitable institution for advanced studies in yogic sciences. It is the culmination of the vision of Swami Sivananda and Swami Satyananda. BYB is the world's first government accredited university wholly devoted to teaching yoga. A comprehensive yogic education is imparted with provision to grant higher degrees in yogic studies such as MA, MSc, MPhil, DLitt, and PhD to the students. It offers a complete scientific and yogic education according to the needs of today, through the faculties of Yoga Philosophy, Yoga Psychology, Applied Yogic Science and Yogic Ecology.

Residential courses of four months to two years are conducted in a gurukul environment, so that along with yoga education, the spirit of seva (selfless service), samarpan (dedication) and karuna (compassion) for humankind is also imbibed by the students.



## **YOGA PUBLICATIONS TRUST (YPT)**

Yoga Publications Trust (YPT) was established by Swami Niranjan-ananda in 2000. It is an organization devoted to the dissemination and promotion of yogic and allied knowledge - psychology (ancient and modern), ecology, medicine, vedic, upanishadic, tantric darshanas, philosophies (Eastern and Western), mysticism and spirituality - nationally and internationally through the distribution of books, magazines, audio and video cassettes and multimedia.

YPT is primarily concerned with publishing textbooks in the areas of yoga philosophy, psychology and applied yogic science, research materials, practice texts and the inspiring talks of eminent spiritual personalities and authors aimed at the upliftment of humanity by means of the eternal yogic knowledge, lifestyle and practice.



SATYANANDA YOGA  
BIHAR YOGA

*Asana Pranayama Mudra Bandha* is recognised internationally as one of the most systematic yoga manuals available today. Since its first publication by the Bihar School of Yoga in 1969, it has been reprinted thirteen times and translated into many languages. It is the main reference text used by yoga teachers and students of Bihar Yoga/Satyananda Yoga within the International Yoga Fellowship Movement, and many other traditions as well.

This comprehensive text provides clear illustrations, step by step directions and details of chakra awareness. It guides the practitioner or teacher from the simplest to the most advanced practices of the hatha yoga system. A therapeutic index is included for use by doctors and yoga therapists incorporating recent information from research into yoga. This edition successfully brings the exposition of yoga practices to the standard of a university text.

