

**SAS GOVT DEGREE COLLEGE**  
**NARAYANAPURAM**




Proceedings of the Principal SAS, Govt. Degree College, Narayanapuram

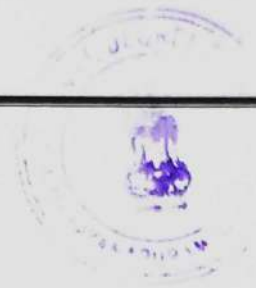
**Present: Dr. T.K. Visweswarara Rao Msc Phd**

Dated 27-01-2019

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Sub: Dept. Of Physical Education - Proposal for Certificate Course in "Yoga for Life" for the academic year 2018-19 - Permission granted - Orders issued - Reg.

The Principal, SAS Govt. Degree College, Narayanapuram is pleased to grant permission to launch a Certificate Course in "Yoga for Life" by the Department of Physical Education during the academic year 2018-19. The In-charge, Department of Physical Education is requested to follow the due procedure for conducting the said course and submit a report thereof.

  
PRINCIPAL  
SAS GOVT. DEGREE COLLEGE  
NARAYANAPURAM  
West Godavari District.  
Pin: 534 406, Andhra Pradesh



**SAS GOVT DEGREE COLLEGE**  
**NARAYANAPURAM**  
**DEPARTMENT OF PHYSICAL EDUCATION**

**Certificate course Report on "Yoga for life"**  
**Academic Year: 2018-20**

Certificate Courses are a great value addition to the affiliating university curriculum. They widen the area of curriculum and strengthen the content in the curriculum. The Institution duly recognizes the key role of certificate courses in enhancing the skills of the UG students. Therefore, the College offers certificate courses through its computer science department.

S. No.	Name of the Course	Duration
1	YOGA FOR LIFE	30 days 01-02-2019 To 10-03-2019

A set of syllabus is adopted for each course with specified objectives and outcomes, and it is taught by a qualified faculty member/trainer. During the course, one formative assessment test was conducted to monitor the student progress and provide feedback for improvement. A summative assessment test is conducted for a total of 25 marks, with 15 marks as the qualifying mark.

In the academic year 2023-24, 50 students got enrolled in this certificate course, as per the schedule and time table.

Name of the Course	Name of the faculty	Duration
YOGA FOR LIFE	Dr S.Nathaniel 1.Course Supervisor:- Dr B.Jayalakshmi Garu 2. Asst Coach :- 1.E.Gopi Naga Ravi Kishore 2.Kotari Samba Siva Rao 3.Asst Co-ordinator :- 1.D Geetha Krishna Arjuna	30 days



**SAS GOVT DEGREE COLLEGE**  
**NARAYANAPURAM**

**DEPARTMENT OF PHYSICAL EDUCATION**  
**CENTRE CERTIFICATE COURSES**

**YOGA FOR LIFE SYLLABUS (DURATION 30 Hours)**

<b>Day</b>	<b>Topic</b>
Day-1	Introduction of yoga
Day-2	Introduction of Asanas
Day-3	Ghomukasana
Day -4	Kurmasana
Day-5	<b>Kukkutasana</b>
Day-6	Uttana kurmasana
Day- 7	Dhanurasana
Day-8	Matyasana
Day-9	Paschimottanasana
Day-10	Mayurasana
Day-11	Practical session



Date:

**From**

Dr.S.Nathaniel  
In-charge, Dept. Of Physical Education  
SAS Govt. Degree College  
Narayanapuram

**To**

The Principal  
SAS Govt. Degree College  
Narayanapuram

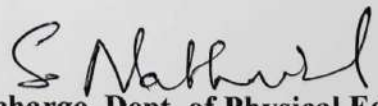
**Sub:** Curriculum Enrichment for 2019-20- Dept. Of Physical Education - Proposal for starting a Certificate Course in "Yoga for Life" - Request for permission - Reg.

This is to submit that the Dept. of Physical Education is proposing to start a Certificate Course in "Yoga for Life" during the academic year 2019-20 so as to enrich the existing curriculum for the benefit of the students. Hence, this proposal is submitted seeking your permission.

<b>Course duration:</b>	30 days
<b>Student intake:</b>	20 to 30
<b>Name of Faculty:</b>	Dr.S.Nathaniel
<b>Formative Assessment</b>	15 marks (objective type)
<b>Summative Assessment</b>	25 marks (objective type)
<b>Practical Assessment</b>	25 marks
<b>Qualifying mark</b>	15

**Objectives:**

- ❖ To educate students on basic concepts of Yoga.
- ❖ To empower students by practising yoga to lead a purposeful life.

  
In-charge, Dept. of Physical Education



S.NO	ROLL NO	CLASS	NAMAE OF THE STUDENT
1	17-355-810-0001	II B.Com	AKULA NAGA RAJU
2	17-355-810-0002	II B.Com	CHATLA GOPI
3	17-355-810-0004	II B.Com	GANJI HEMAMADHURI
4	17-355-810-0005	II B.Com	KALAPALA JOSHI KUMAR
5	17-355-810-0006	II B.Com	KARUTURI HANIMAN
6	17-355-810-0007	II B.Com I	KOMMINI RAJESWARI
7	17-355-810-0008	II B.Com	KOMMU ANIL KUMAR
8	17-355-810-0009	II B.Com	KOPPARTHI RAVICHANDRA
9	17-355-810-0010	II B.Com	KORRA PRASAD BABU
10	17-355-810-0011	II B.Com	KUNCHE VENKATA KRISHNAKUMARI
11	17-355-810-0012	II B.Com	MERUGU NARESH
12	17-355-810-0014	II B.Com	PONNADA SAI SIVAM
13	17-355-810-0015	II B.Com	THUPAKULA RAJA RAO



**SAS GOVT DEGREE COLLEGE**  
**NARAYANAPURAM**

Sl. No.	Name of the Student	Degree Year	Stream Of Study	Course	FA	SA	PRAC TICAL	TOT AL	GRAD E
1	AKULA. NAGARAJU	3 <sup>RD</sup> B.Com	Comme ree	B.com	15	23	22	60	A
2	CHATLA .GOPI	3 <sup>RD</sup> B.Com	Comme ree	B.com	14	19	20	59	B
3	GANJI.HEMA MADHURI	3 <sup>RD</sup> B.Com	Comme ree	B.com	15	24	20	60	A
4	KALAPAL. JOSHI KUMAR	3 <sup>RD</sup> B.Com	Comme ree	B.com	14	23	21	58	A
5	KARUTURI. HANUMAN	3 <sup>RD</sup> B.Com	Comme ree	B.com	15	23	22	60	A
6	KOMMINA .RAJESWARI	3 <sup>RD</sup> B.Com	Comme ree	B.com	14	19	20	59	B
7	KOMMU .ANIL. KUMAR	3 <sup>RD</sup> B.Com	Comme ree	B.com	15	24	20	60	A
8	KOPPARTHI. RAVI CHANDRA	3 <sup>RD</sup> B.Com	Comme ree	B.com	14	23	21	58	A
9	KORRA. PRASAD BABU	3 <sup>RD</sup> B.Com	Comme ree	B.com	15	23	24	60	A
10	K. V. KRISHNA KUMARI	3 <sup>RD</sup> B.Com	Comme ree	B.com	14	21	20	59	B
11	MERUGA .NARESH	3 <sup>RD</sup> B.Com	Comme ree	B.com	15	25	21	60	A
12	PONNADA .SAI SIVAM	3 <sup>RD</sup> B.Com	Comme ree	B.com	14	23	22	58	A
13	T .RAJARAM	3 <sup>RD</sup> B.Com	Comme ree	B.com	15	23	20	60	A

55-A,45-55-B,35-45-C,20-35-D-Fail

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1	AKULA. NAGARAJU	3 <sup>RD</sup> B.Com	Comme rce	B.com	15	23	22	60	A
2	CHATLA .GOPI	3 <sup>RD</sup> B.Com	Comme rce	B.com	14	19	20	59	B
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8	KOPPARTHI. RAVI CHANDRA	3 <sup>RD</sup> B.Com	Comme rce	B.com	14	23	21	58	A
9	KORRA. PRASAD BABU	3 <sup>RD</sup> B.Com	Comme rce	B.com	15	23	24	60	A
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13	T .RAJARAM	3 <sup>RD</sup> B.Com	Comme rce	B.com	15	23	20	60	A

# YOGA FOR LIFE



## **What is *yoga*?**

The word *yoga* was derived from the Sanskrit word *yuj* which means 'to join' or 'to unite'. This union is not, merely, about your nose touching your knees as you bend to touch your toes! The *union* referred to is that of your mind with your body. You integrating with your surroundings and nature. And, finally, your individual consciousness with the universal consciousness.

## **HISTORY OF YOGA**

The earliest recorded mention of the word '*yoga*' is in the ancient Indian text, the *Rig Veda* - this body of knowledge dates back to around 1500 BC! In the *Atharva Veda*, again (dating to 1200-1000 BC), there is a mention of the importance of the control of breath. It is difficult to pinpoint exact dates because in the beginning, the *Vedas* were, only, orally passed on from one generation to another. Written records came much later.

However, even before this, in the Indus-Saraswati civilization (dating to 2700 BC), several seals and fossils have been found, with figures performing Yoga Sadhana. This suggests that yoga was known and practiced even in those early stages of civilization.

## **ASANAS**

Asana is traditionally defined as the seated posture, used for meditation, from the Sanskrit meaning "seat." The term is now commonly used to refer to any physical Hatha yoga posture, found in all styles of yoga practice, such as Vinyasa, Ashtanga, Restorative and Bikram.

In Sanskrit, asana is often used as a suffix in the name of a pose. Although asana is now the most popular aspect of yoga, it is considered to be only one small part of the tradition of yoga as a whole. It is the third of Patanjali's Eight Limbs of Yoga, following the yamas and niyamas and followed by pranayama, pratyahara, dharana, dhyana, and samadhi.

## **GHOMUKKASANA**

(This posture is pronounced as: go-moo-KAHS-anna)





A Sanskrit word, Gomukhasana literally translates into a cow face posture (go – cow, mukha – face, asana – pose). A seated yoga posture, Gomukhasana can be performed along with a set of different seated asanas. It helps stretch the arms, triceps, shoulders, and chest.

Requiring the practitioner to sit erectly, it also enhances one's posture.

**Description:** The feet on both sides represent the ears and the crossed legs look like the cow's face.

#### **How to do Gomukhasana**

1. Sit on the yoga mat with your back straight and legs extended in front of you. Put your feet together and place your palms next to your hips.
2. Bend your right leg and place the right feet under your left buttock.
3. Stack your left knee over your right knee.
4. Raise the left arm above your head and bend the elbow. Simultaneously, bring the right arm behind your back and interlock both hands.
5. Take deep ujjayi breaths and stay as long as you are comfortable.
6. Now, as you exhale, release your arms.
7. Uncross your legs and repeat for the other leg.

#### **Beginner's tip:**

Your left hand may not be able to reach the right hand and vice-a-versa initially. In which case, do not exert too much force. With practice, both hands will be able to hold on another.

#### **Benefits of Gomukhasana :**

1. Cures sciatica
2. Helps in high blood-pressure
3. Reproductive organs are toned and massaged with regular practice
4. Cures stiff shoulders
5. Elongates spine
6. Beneficial for those with bad posture
7. Reduces stress and anxiety
8. Strengthens back muscles
9. Stimulates kidneys



10. Strengthens muscles of ankles, hips, thighs, shoulders, triceps, inner armpits and chest

#### Precautions to Consider While Practising Gomukhasana

While doing any asana or pranayama it is extremely important to take some precautions. If a posture is not done properly, then there may be losses instead of benefits. So let us see what precautions need to be taken during Gomukhasana.

- ✓ If you feel any difficulty or pain while doing Gomukhasana, then it is advisable not to do asanas.
- ✓ If you have pain in the shoulders and hands while moving your hands back, do not do the asana.
- ✓ Do not do asana even if there is any kind of pain in the spine.
- ✓ Do not practice the asana if you feel pain in the knees and muscles.
- ✓ Obese people may have a little difficulty while practising Gomukhasana, but do not panic, regular practice will help you to overcome every difficulty.
- ✓ People suffering from shoulder, neck, and knee injury or pain must consult their doctor before performing this asana.
- ✓ People suffering from severe backaches should avoid practising Gomukhasana.

#### KURMANASA

Kurmasana (Tortoise Pose): Steps, Variations, Benefits, & Precautions :

Kuramasana is a deep-seated forward bend. It leaps the awareness of a practitioner on the voyage of inner exploration along with soothing muscular relaxation.

It is an advanced bend yoga asana, which has been in the practice since ancient times due to the ample benefits associated. As a result, Kurmasana is still prevailing in the modern world of a yogic lifestyle.

The practice of this asana aligns the mental, physical, and emotional column of an individual to support the overall structure of the body. So, it can flourish with wellness.

#### Kurmasana Meaning

Kurmasana in Sanskrit is a combination of 'kurma' and 'asana' which means 'tortoise' and 'pose' respectively. In this pose, the practitioner stretches legs forward and hands backward while back bending forward. This whole structure of the curved back and stretched legs-hands looks like a tortoise. Hence, it's called 'tortoise pose' or 'turtle pose'.

Generally, on sudden change or on threatening tortoise withdraws itself into its shell. Similarly, Kurmasana is the pose that lets our senses draw inward to detach from the worldly distraction. Therefore, one can experience Pratyahara by practicing Kurmasana.

### **Kurmasana Steps**

- ✓ Begin by coming into Dandasana with your legs outstretched and hand beside your hips. Press your thigh firmly on the mat.
- ✓ Open your legs wide so your knees are apart more than your shoulder width.
- ✓ Now slightly bend your knees. Gently, extend your chest and arms forward and down between your legs.
- ✓ Bring your torso forward to slide your arms under the bend knees from inside. Your elbow should be under the knee cap.
- ✓ From here, continue to bend your leg upward to create more space for your shoulders under your knees.
- ✓ To ease the pose, you can roll your thighs inward and extend your abdomen while feet are not stressed.
- ✓ Now, expand your chest and broaden the collarbones while pressing your shoulders or upper arms with your thighs.
- ✓ Experience your inner heels pushing down in forward direction and legs being stretched and straightened. Maintain the pose.
- ✓ **Kurmasana Benefits**
- ✓ **Strengthens the Back** – In Tortoise pose, the muscles around the lumbar spine get activated, and if done carefully, the nerves related to the backaches get massaged. It promotes prana flow thus relieves the lower back issues.
- ✓ **Improves digestion** – With the forward bend in Kurmasana, it gives the gentle massage around the abdominal area, which gradually activates the internal organs. Thus enhancing the working of the digestive system, kidney, and liver.
- ✓  **Encourages flexibility of hips and shoulders** – Kurmasana intensively affects the hips and shoulders which provide room for opening them up. With the regular practice of Kurmasana, it aids to open the hips more easily and smoothly.
- ✓ **Eases sciatica** – While the lower back in Kurmasana extends, sciatic, the largest nerve, gets a gentle massage. It begins at the lower back and runs all through the

buttocks and down the lower limbs. This gives comfort to the nerve and helps to reduce pain related to sciatica.

- ✓ Therapeutic for asthma – With the deep opening of the diaphragm and the extension of the upper back and mid-back, the lungs get filled with sufficient oxygen. This filled lungs with fresh oxygen and help in curing asthma.
- ✓ Calms the Mind – Kurmasana quietens the body and mind by encouraging awareness of the breath. By the withdrawal of all the senses, this yogic posture cultivates inward connection and deep tranquility. Develop the peace of physical and mental health with the Turtle Pose.

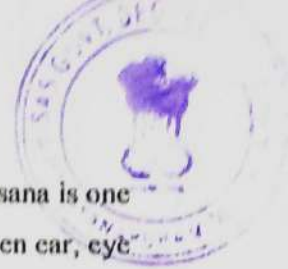
### **KUKKUTASANA**

Kukkutasana is one of the advanced yoga postures. It belongs to the Padmasana Group and arm balancing category. It is one of the ancient yoga postures like the Lotus Posture and Adept Posture. Most of the medieval hatha yoga texts commend this posture and hence it has been one of the most popular yoga ...

#### **Steps**

- ✓ **Beginners Tips**
- ✓ To find balance in Kukkutasana, fix your gaze on a point or object when the body is off the ground.
- ✓ If you find it hard to insert your hands in between the legs, apply oil on your forearms and inner thighs.
- ✓ When you are raising the hips above the ground, then engage your Mula bandha i.e. pull the anus upwards.
- ✓ Don't lean forward with your back, if you do so, you'll lose the balance immediately and fall forward
- ✓ **Kukkutasana Benefits**
- ✓ This asana exerts immense pressure on the wrist, shoulder, ankle, and knee joints hence strengthen them. However, the regular practice of kukkutasana promotes smooth blood flow that also strengthens and tone up the concerning muscles.
- ✓ Padmasana in kukkutasana causes muscles of hips, upper thigh, and lower back to stretch, which improves their mobility. Therefore, regular practice makes one flexible





- ✓ Balancing on just hands require concentration along with strength. This asana is one of the best poses to sharpen one's focus. It refines the coordination between ear, eye muscle, and the brain responsible for body balancing. Ultimately, improve concentration.
- ✓ Abdominal region experiences pressure which in turn provides a massaging effect on the digestive organ. This enhances the production of digestive enzymes and juices. Therefore, digest and assimilate efficiently.
- ✓ In this asana, the practitioner experiences physical stimulation that surges endorphins (a natural painkiller) in the brain. This process induces good sleep and simultaneously reduces stress and anxiety.
- ✓ Kukkutasana enhances the metabolism to generate heat in the body. This burns off the extra belly fat or calories and sweats it out throughout the practice. However, also reduces the chances of diabetes.
- ✓ The appropriate practice of this asana results in the activation of the mooladhara chakra. This adds vitality, vigor, and growth in the practitioner's life. Also reduces the qualities like laziness and unnecessary physical desires.
- ✓ Massaging effect on the abdomen also stimulates adrenal glands, which regulate the then regulates metabolism, blood pressure, and immune system, etc.

#### **PRACTICE OF KUKKUTASANA**

- ✓ If you're afraid of losing balance while off the ground, place a bolster in front of you to hold you in such condition. Otherwise, you might prone to injury in Kukkutasana [efn\_note] Injury and fear in Kukkutasana
- ✓ Place thin folded blankets on your thighs in case you haven't a good grip of legs in a cross-legged pose like padmasana.

#### **Uttana kurmasana**

Yoga once again made its point, when it mercilessly toned down your thigh flab and at the same time made sure your early morning bathroom runs were limited to just once, a satisfying once. Once again yoga made it clear to you that even your tiredness has a solution to it. Basically, yoga is one stop solution.

Then again it was yoga who said you can be fit and hot and not enroll yourself in a gym toiling and boiling the sweat on your brows. This is why they finally regarded yoga as a



handsome prince to your trapped damsel in distress. Amongst the many of them, here is a beneficial *uttana kurmasana*.

But before you get started, here are some take away tips that you may want to keep in mind.

- ✓ Practicing early in the morning is a good way for an effective solution.
- ✓ Ensure your bowel and stomach is clean before you practice.
- ✓ Always start doing on an empty stomach. If morning does not work for you, consider doing it in the evening. Leave an appropriate gap of 4-6 hours after your meal and then get doing.

#### **Uttana Kurmasana Steps:**

1. The heels underneath your hips should be facing upward as you straighten out your spine properly.
2. Your neck should be aligned to your spine and your arms beside you resting. Now take a deep inhale as you bend down trying to touch your forehead to the ground.
3. At this time, while you inhale you would feel your stomach sucking back in making it easier for you to bend down.
4. Once done, now you can bring your arms all the way around to the back and clasp them. The posture indeed looks easy but now comes the difficult part, holding the posture for a few seconds, maybe a minute for the best.
5. As you release your posture now exhale and continue with normal breathing until you reach your base one position.
6. There is another variation to this tortoise pose as well where instead of you kneeling down you stretch your lower limbs ahead and then bend down in between your legs. This can be a bit more difficult and thus is reserved for the pros.

#### **What are the Health Benefits?**

- ✓ This is one of the best breathing yoga postures where as you bend down you lock your breath in creating a clogging in your nasal cavity. This is why this yoga is known for its miracle cure of painful sinuses. Bending down on the initial journey can however, be the cause of a light sting in your nasal cavity.
- ✓ As you bend down, your abdomen now sucked in, gets a good massage in the pressure situation. The organs housing in it, namely the intestines therefore



experiences a blood rush which flushes out any possible toxins from the system ensuring proper digestion.

- ✓ This is also a good exercise to control irregular menstruation or painful cramps on or during the menstruation period. This is also appropriate for the pregnant ladies in their initial stages where they can opt for this exercise to strengthen their ovarian walls.
- ✓ This is also a fat shredder which is evident as you bend down and massage your stomach holding in the organs with a locked inhale.
- ✓ It improves the respiratory rate.
- ✓ For those of you suffering from constipation, indigestion and nervous weakness, this will come as an effective medicine.
- ✓ Since it keeps the prime focus of the mind inwards, it also helps improve concentration.
- ✓ It helps in controlling the bulkiness in and around the abdomen.
- ✓ But what should you be aware of? Here is a list of precautions and contraindications we are listing out for you.

#### **Precautions:**

- ✓ For those of you with chronic injury to the hips, shoulders and neck, should not practice the upside-down tortoise or the Uttana Kuramasana.
- ✓ Those suffering from muscle pull also need to stay away from practicing this.
- ✓ Contraindications:
  - ✓ Avoid doing it if pregnant. The pressure that is caused in the lower abdomen will cause uneasiness, making breathing fast and hard.
  - ✓ Understand your body: If your muscles around the hamstrings and the spine are too tight and stiff, it is at best not to practice this.
  - ✓ If you are suffering from sciatica, make no attempts at this. The pressure to the hip and the extension of the lumbar region will exert more pressure on the nerve, that will affect the whole leg.

#### **Dhanurasana –**

- Dhanurasana has been named after the shape the body takes while performing it – that of a bow. Dhanu means bow and asana means posture or pose. Just as a well-strung



bow is an asset to a warrior, a well-stretched body helps keep you flexible with a good posture.

#### How to do Dhanurasana (Bow Pose)

1. Lie on your stomach with your feet apart, in line with your hips, and your arms by the side of your body.
2. Fold your knees, take your hands backward, and hold your ankles.
3. Breathe in, and lift your chest off the ground and pull your legs up and towards the back.
4. Look straight ahead with a smile on your face.
5. Keep the pose stable while paying attention to your breath. Your body is now curved and as taut as a bow.
6. Continue to take long, deep breaths as you relax in this pose. But, bend only as far as your body permits you to. Do not overdo the stretch.
7. After 15 -20 seconds, as you exhale, gently bring your legs and chest to the ground. Release the ankles and relax.

#### Tips for beginners

1. Pay attention to your breath. Breathe in and breathe out when you go into and come out of the pose respectively.
2. Bend as far back as possible. Do not hold the ankles if it is uncomfortable. You can also use a strap if you are unable to hold your ankles. In any asana, sthira and sukha are vital.

#### Benefits of Dhanurasana (Bow Pose)

1. Strengthens the back and abdominal muscles
2. Stimulates the reproductive organs
3. Opens up the chest, neck, and shoulders
4. Tones the leg and arm muscles
5. Adds greater flexibility to the back
6. Alleviates stress and fatigue
7. Relieves menstrual discomfort and constipation
8. Helps people with renal (kidney) disorders



Full body sequences like Padma Sadhana also include Dhanurasana (Bow Pose).

Contraindications of Dhanurasana (Bow Pose)

Ladies should avoid practicing this yoga pose during pregnancy. Also, do not practice

Dhanurasana (Bow Pose) if you have

- ✓ High or low blood pressure
- ✓ Hernia
- ✓ Neck injury
- ✓ Pain in the lower back
- ✓ Headache or migraine
- ✓ Recent abdominal surgery

### **Matsyasana**

Matsyasana is a reclining back-bending asana. The name is derived from the Sanskrit matsya, meaning "fish," and asana, meaning "pose." Matsya is also the name of an incarnation of the god, Vishnu, who manifested himself as a large fish in order to save the earth from a flood. As Matsya, Vishnu was able to carry wise Hindu sages to safety, thus preserving the wisdom of all of mankind.

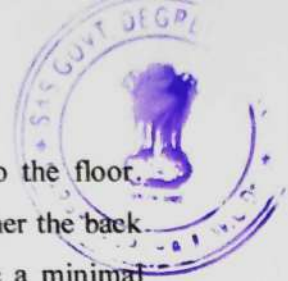
To enter the pose, the practitioner lies flat on the back then lifts the pelvis so the hands can slide under the buttocks. The back arches and the chest lifts until the crown of the head (or the back of the head for beginners) rests on the floor.

### **Beginner tips**

Beginners sometimes strain their neck in this pose. If you feel any discomfort in your neck or throat, either lower your chest slightly toward the floor, or put a thickly folded blanket under the back of your head.

### **Fish Pose: Step-by-Step Instructions**

1. Lie on your back on the floor with your knees bent, feet on the floor. Inhale, lift your pelvis slightly off the floor, and slide your hands, palms down, below your buttocks. Then rest your buttocks on the backs of your hands (and don't lift them off your hands as you perform this pose). Be sure to tuck your forearms and elbows up close to the sides of your torso.
2. Inhale and press your forearms and elbows firmly against the floor. Next press your shoulder blades into your back and, with an inhale, lift your upper torso



and head away from the floor. Then release your head back onto the floor. Depending on how high you arch your back and lift your chest, either the back of your head or its crown will rest on the floor. There should be a minimal amount of weight on your head to avoid crunching your neck. (For more about this, see the Beginners Tip below.)

3. You can keep your knees bent or straighten your legs out onto the floor. If you do the latter, keep your thighs active, and press out through the heels.
4. Stay for 15 to 30 seconds, breathing smoothly. With an exhalation lower your torso and head to the floor. Draw your thighs up into your belly and squeeze.

### **Fish Pose basics**

#### **Benefits**


- ✓ A traditional text that Matsyasana is the destroyer of all diseases.”
- ✓ Stretches the deep hip flexors (psoas) and the muscles (intercostals) between the ribs
- ✓ Stretches and stimulates the muscles of the belly and front of the neck
- ✓ Stretches and stimulates the organs of the belly and throat
- ✓ Strengthens the muscles of the upper back and back of the neck
- ✓ Improves posture

#### **Paschimottanasan**

Paschimottanasana is the Sanskrit name for a fundamental yoga asana. It is a seated posture, in which the upper body is folded forward over the legs in order to stretch the hamstrings and the muscles of the back. The term is derived from three Sanskrit roots; paschima, meaning "back" uttana meaning "stretch" and asana meaning "seat" or "posture".

To come into paschimottanasana, begin in dandasana (staff pose) with legs extended and feet flexed. On an inhale, lift the arms and lengthen the spine. On an exhale, hinge from the hips to fold forward, drawing the belly in gently. Rather than aiming the nose towards the knees, aim the belly towards the thighs in order to maintain a long spine. The hands can rest either on the floor or the shins, or if accessible, gently grasp the base of the heels. The neck should be in a neutral position, providing a natural extension of the spine.

#### **Beginner tips**

- 
- ✓ If you experience low back pain or your hamstrings feel tight, try sitting on the edge of a folded blanket or sliding a rolled blanket beneath your knees to keep them bent (see variation below).
  - ✓ Observe your breath, the natural curves of the spine, and where you experience tension in your back and hamstrings.
  - ✓ Find a stretch rather than a strain.
  - ✓ Allow your body to draw closer to your legs in rhythm with your breath.
  - ✓ To create space for your chest or midsection, separate your legs slightly.
  - ✓ Leaning forward even an inch creates a stretch along your entire back body. It also creates space to practice being still.

### **How To Do Seated Forward Bend**

1. Begin seated with your legs straight in front of you. Flex your feet and press your heels away from you.
2. Inhale and sit tall. Exhale and hinge at your hips to lean forward. Lengthen your spine rather than round your back.
3. Walk your hands as far forward as your back and hamstrings allow you to comfortably stretch. If you can reach your feet, loosely rest your hands on the outer edges. Keep your feet flexed with your knees and toes pointing toward the ceiling.
4. With each inhalation, lift and lengthen your chest slightly; with each exhalation, release a little more fully into the forward bend. If your hands are resting on your feet, let your elbows bend out to the sides.
5. Stay in the pose for 1-3 minutes. To come out, release your feet as you slowly come back to sitting on an inhalation.

### **Benefits:**

This posture stretches your entire back body, including the calf muscles, hamstrings, adductors of your inner thighs, and the muscles along the spine. As with most forward bends, it can bring a sense of calm to your body and mind. The pose is often referred to as having a “grounding” effect since it literally connects you to the ground.

### **Mayurasana Meaning**


Mayurasana, the yoga pose named on peacock, is an advanced level arm balancing pose. Among the 15 asanas of Hatha Yoga, mayurasana is one of the non-seated poses. It's performed by lifting the body on elbows pressing against the abdomen in the prone position.

In Mayurasana, 'Mayur' means 'Peacock' and 'Asana' means 'Pose'. The practitioner's hands in the final position of this asana look like the feet of a standing peacock and lifted legs seems like feathers of the Peacock. The whole body comes in a dancing peacock-like position in this pose, so it's called "Peacock Pose".

In Hinduism, Peacock is associated with Indra, or the 'God of Thunder and Rain', who causes rain and nourishes the earth. In this regard, Peacocks are said to be Harbinger (one who gives an anticipatory sign of what is to come) of rain – by performing a dance to celebrate the arrival of the 'Rain'.

### **How to Do Mayurasana (Steps)**

- ✓ Begin by coming into Vajrasana and then spread your knees apart to set up a gap in between them.
- ✓ Now, lean your shoulder in a forwarding direction to place your palms on the floor just in front of you at some distance. Your fingers pointing your knees.
- ✓ After that, firm your palms on the floor along with bending the elbows to rest your torso on the back part of the upper hand. Also, keep your elbows around the navel region.
- ✓ As you rest your torso on the upper hand, straight up your legs extending back and balance your body on palms and toes, up to here.
- ✓ From here, engage your core to stiff your elbows against it and then lean a bit in a forwarding direction to lift your legs. Flex your neck and gaze right in front of the pose.
- ✓ This is the final position of the Mayurasana. Balance here as long as it is comfortable and try to raise your legs up by engaging core muscles.
- ✓ Now, release the pose by dropping legs and then knees to the floor. Then, return to the vajrasana by bringing the torso up.
- ✓ Mayurasana Beginners Tips

- 
- ✓ Holding your body in Mayurasana engages puts triceps brachii muscles in eccentric contraction. It needs immense strength in the forearms and shoulder. So, beginners with no history of asana practice should work on strengthening the tricep [efn\_note] Tricep Exercises to Build Muscle <https://www.menshealth.com/uk/building-muscle/a759179/tricep-exercises-best-build-muscle/> [efn\_note] before going into the peacock pose.
  - ✓ A practitioner with belly fat and weak abdominal muscles might face difficulty in engaging core muscles for mayurasana. Therefore, one should reduce belly fat or strengthen core muscle to begin the Mayurasana practice.
  - ✓ This asana is a challenging one and the experience of pain while the practice is common if you are not enough skilled. So, beginners should return immediately to the Vajrasana in such a situation.

### **Benefits:**

Mayurasana is a Yoga pose that has many benefits<sup>123</sup>. These benefits include:

- ✓ Improving digestion
- ✓ Reducing stress levels
- ✓ Toning abdominal muscles
- ✓ Improving balance
- ✓ Strengthening the shoulders, back and legs
- ✓ Controlling blood sugar levels in diabetics
- ✓ Detoxifying the body
- ✓ Boosting muscle strength of the elbow, spine, wrist, and shoulders
- ✓ Improving body postures
- ✓ Enhancing concentration and establishing coordination between body and mind

### **Contraindications**

Prior to the practice of Mayurasana caution should be taken under the conditions like Hernia, Hypertension, Menstruation, and Pregnancy. Practitioners should also avoid practice in abdominal surgery and injuries of the wrist, shoulder, and back.

**What is Kriya Yoga?**

# YOGA FOR LIFE



## **What is *yoga*?**

The word *yoga* was derived from the Sanskrit word *yuj* which means 'to join' or 'to unite'. This union is not, merely, about your nose touching your knees as you bend to touch your toes! The *union* referred to is that of your mind with your body. You integrating with your surroundings and nature. And, finally, your individual consciousness with the universal consciousness.

## **HISTORY OF YOGA**

The earliest recorded mention of the word '*yoga*' is in the ancient Indian text, the *Rig Veda* - this body of knowledge dates back to around 1500 BC! In the *Atharva Veda*, again (dating to 1200-1000 BC), there is a mention of the importance of the control of breath. It is difficult to pinpoint exact dates because in the beginning, the *Vedas* were, only, orally passed on from one generation to another. Written records came much later.

However, even before this, in the Indus-Saraswati civilization (dating to 2700 BC), several seals and fossils have been found, with figures performing Yoga Sadhana. This suggests that yoga was known and practiced even in those early stages of civilization.

## **ASANAS**

Asana is traditionally defined as the seated posture, used for meditation, from the Sanskrit meaning "seat." The term is now commonly used to refer to any physical Hatha yoga posture, found in all styles of yoga practice, such as Vinyasa, Ashtanga, Restorative and Bikram.

In Sanskrit, asana is often used as a suffix in the name of a pose. Although asana is now the most popular aspect of yoga, it is considered to be only one small part of the tradition of yoga as a whole. It is the third of Patanjali's Eight Limbs of Yoga, following the yamas and niyamas and followed by pranayama, pratyahara, dharana, dhyana, and samadhi.

## **GHOMUKKASANA**

(This posture is pronounced as: go-moo-KAHS-anna)

A Sanskrit word, Gomukhasana literally translates into a cow face posture (go = cow, mukha – face, asana – pose). A seated yoga posture, Gomukhasana can be performed along with a set of different seated asanas. It helps stretch the arms, triceps, shoulders, and chest. Requiring the practitioner to sit erectly, it also enhances one's posture.

**Description:** The feet on both sides represent the ears and the crossed legs look like the cow's face.

#### **How to do Gomukhasana**

1. Sit on the yoga mat with your back straight and legs extended in front of you. Put your feet together and place your palms next to your hips.
2. Bend your right leg and place the right feet under your left buttock.
3. Stack your left knee over your right knee.
4. Raise the left arm above your head and bend the elbow. Simultaneously, bring the right arm behind your back and interlock both hands.
5. Take deep ujjayi breaths and stay as long as you are comfortable.
6. Now, as you exhale, release your arms.
7. Uncross your legs and repeat for the other leg.

#### **Beginner's tip:**

Your left hand may not be able to reach the right hand and vice-a-versa initially. In which case, do not exert too much force. With practice, both hands will be able to hold on another.

#### **Benefits of Gomukhasana :**

1. Cures sciatica
2. Helps in high blood-pressure
3. Reproductive organs are toned and massaged with regular practice
4. Cures stiff shoulders
5. Elongates spine
6. Beneficial for those with bad posture
7. Reduces stress and anxiety
8. Strengthens back muscles
9. Stimulates kidneys

10. Strengthens muscles of ankles, hips, thighs, shoulders, triceps, inner armpits and chest

#### Precautions to Consider While Practising Gomukhasana

While doing any asana or pranayama it is extremely important to take some precautions. If a posture is not done properly, then there may be losses instead of benefits. So let us see what precautions need to be taken during Gomukhasana.

- ✓ If you feel any difficulty or pain while doing Gomukhasana, then it is advisable not to do asanas.
- ✓ If you have pain in the shoulders and hands while moving your hands back, do not do the asana.
- ✓ Do not do asana even if there is any kind of pain in the spine.
- ✓ Do not practice the asana if you feel pain in the knees and muscles.
- ✓ Obese people may have a little difficulty while practising Gomukhasana, but do not panic, regular practice will help you to overcome every difficulty.
- ✓ People suffering from shoulder, neck, and knee injury or pain must consult their doctor before performing this asana.
- ✓ People suffering from severe backaches should avoid practising Gomukhasana.

#### **KURMANASA**

**Kurmasana (Tortoise Pose): Steps, Variations, Benefits, & Precautions :**

Kuramasana is a deep-seated forward bend. It leaps the awareness of a practitioner on the voyage of inner exploration along with soothing muscular relaxation.

It is an advanced bend yoga asana, which has been in the practice since ancient times due to the ample benefits associated. As a result, Kurmasana is still prevailing in the modern world of a yogic lifestyle.

The practice of this asana aligns the mental, physical, and emotional column of an individual to support the overall structure of the body. So, it can flourish with wellness.

#### **Kurmasana Meaning**

Kurmasana in Sanskrit is a combination of 'kurma' and 'asana' which means 'tortoise' and 'pose' respectively. In this pose, the practitioner stretches legs forward and hands backward while back bending forward. This whole structure of the curved back and stretched legs-hands looks like a tortoise. Hence, it's called 'tortoise pose' or 'turtle pose'.



Generally, on sudden change or on threatening tortoise withdraws itself into its shell. Similarly, Kurmasana is the pose that lets our senses draw inward to detach from the worldly distraction. Therefore, one can experience Pratyahara by practicing Kurmasana.



### **Kurmasana Steps**

- ✓ Begin by coming into Dandasana with your legs outstretched and hand beside your hips. Press your thigh firmly on the mat.
- ✓ Open your legs wide so your knees are apart more than your shoulder width.
- ✓ Now slightly bend your knees. Gently, extend your chest and arms forward and down between your legs.
- ✓ Bring your torso forward to slide your arms under the bend knees from inside. Your elbow should be under the knee cap.
- ✓ From here, continue to bend your leg upward to create more space for your shoulders under your knees.
- ✓ To ease the pose, you can roll your thighs inward and extend your abdomen while feet are not stressed.
- ✓ Now, expand your chest and broaden the collarbones while pressing your shoulders or upper arms with your thighs.
- ✓ Experience your inner heels pushing down in forward direction and legs being stretched and straightened. Maintain the pose.
- ✓ **Kurmasana Benefits**
- ✓ **Strengthens the Back** – In Tortoise pose, the muscles around the lumbar spine get activated, and if done carefully, the nerves related to the backaches get massaged. It promotes prana flow thus relieves the lower back issues.
- ✓ **Improves digestion** – With the forward bend in Kurmasana, it gives the gentle massage around the abdominal area, which gradually activates the internal organs. Thus enhancing the working of the digestive system, kidney, and liver.
- ✓  **Encourages flexibility of hips and shoulders** – Kurmasana intensively affects the hips and shoulders which provide room for opening them up. With the regular practice of Kurmasana, it aids to open the hips more easily and smoothly.
- ✓ **Eases sciatica** – While the lower back in Kurmasana extends, sciatic, the largest nerve, gets a gentle massage. It begins at the lower back and runs all through the

buttocks and down the lower limbs. This gives comfort to the nerve and helps to reduce pain related to sciatica.

- ✓ Therapeutic for asthma – With the deep opening of the diaphragm and the extension of the upper back and mid-back, the lungs get filled with sufficient oxygen. This filled lungs with fresh oxygen and help in curing asthma.
- ✓ Calms the Mind – Kurmasana quietens the body and mind by encouraging awareness of the breath. By the withdrawal of all the senses, this yogic posture cultivates inward connection and deep tranquility. Develop the peace of physical and mental health with the Turtle Pose.

### **KUKKUTASANA**

Kukkutasana is one of the advanced yoga postures. It belongs to the Padmasana Group and arm balancing category. It is one of the ancient yoga postures like the Lotus Posture and Adept Posture. Most of the medieval hatha yoga texts commend this posture and hence it has been one of the most popular yoga ...

#### Steps

- ✓ Beginners Tips
- ✓ To find balance in Kukkutasana, fix your gaze on a point or object when the body is off the ground.
- ✓ If you find it hard to insert your hands in between the legs, apply oil on your forearms and inner thighs.
- ✓ When you are raising the hips above the ground, then engage your Mula bandha i.e. pull the anus upwards.
- ✓ Don't lean forward with your back, if you do so, you'll lose the balance immediately and fall forward
- ✓ Kukkutasana Benefits
- ✓ This asana exerts immense pressure on the wrist, shoulder, ankle, and knee joints hence strengthen them. However, the regular practice of kukkutasana promotes smooth blood flow that also strengthens and tone up the concerning muscles.
- ✓ Padmasana in kukkutasana causes muscles of hips, upper thigh, and lower back to stretch, which improves their mobility. Therefore, regular practice makes one flexible

- ✓ Balancing on just hands require concentration along with strength. This asana is one of the best poses to sharpen one's focus. It refines the coordination between ear, eye muscle, and the brain responsible for body balancing. Ultimately, improve concentration.
- ✓ Abdominal region experiences pressure which in turn provides a massaging effect on the digestive organ. This enhances the production of digestive enzymes and juices. Therefore, digest and assimilate efficiently.
- ✓ In this asana, the practitioner experiences physical stimulation that surges endorphins (a natural painkiller) in the brain. This process induces good sleep and simultaneously reduces stress and anxiety.
- ✓ Kukkutasana enhances the metabolism to generate heat in the body. This burns off the extra belly fat or calories and sweats it out throughout the practice. However, also reduces the chances of diabetes.
- ✓ The appropriate practice of this asana results in the activation of the mooladhara chakra. This adds vitality, vigor, and growth in the practitioner's life. Also reduces the qualities like laziness and unnecessary physical desires.
- ✓ Massaging effect on the abdomen also stimulates adrenal glands, which regulate the then regulates metabolism, blood pressure, and immune system, etc.

#### **PRACTICE OF KUKKUTASANA**

- ✓ If you're afraid of losing balance while off the ground, place a bolster in front of you to hold you in such condition. Otherwise, you might prone to injury in Kukkutasana [efn\_note] Injury and fear in Kukkutasana
- ✓ Place thin folded blankets on your thighs in case you haven't a good grip of legs in a cross-legged pose like padmasana.

#### **Uttana kurmasana**

Yoga once again made its point, when it mercilessly toned down your thigh flab and at the same time made sure your early morning bathroom runs were limited to just once, a satisfying once. Once again yoga made it clear to you that even your tiredness has a solution to it. Basically, yoga is one stop solution.

Then again it was yoga who said you can be fit and hot and not enroll yourself in a gym toiling and boiling the sweat on your brows. This is why they finally regarded yoga as a

handsome prince to your trapped damsel in distress. Amongst the many of them, here is a beneficial Uttana Kurmasana.

But before you get started, here are some take away tips that you may want to keep in mind.

- ✓ Practicing early in the morning is a good way for an effective solution.
- ✓ Ensure your bowel and stomach is clean before you practice.
- ✓ Always start doing on an empty stomach. If morning does not work for you, consider doing it in the evening. Leave an appropriate gap of 4-6 hours after your meal and then get doing.

#### **Uttana Kurmasana Steps:**

1. The heels underneath your hips should be facing upward as you straighten out your spine properly.
2. Your neck should be aligned to your spine and your arms beside you resting. Now take a deep inhale as you bend down trying to touch your forehead to the ground.
3. At this time, while you inhale you would feel your stomach sucking back in making it easier for you to bend down.
4. Once done, now you can bring your arms all the way around to the back and clasp them. The posture indeed looks easy but now comes the difficult part, holding the posture for a few seconds, maybe a minute for the best.
5. As you release your posture now exhale and continue with normal breathing until you reach your base one position.
6. There is another variation to this tortoise pose as well where instead of you kneeling down you stretch your lower limbs ahead and then bend down in between your legs. This can be a bit more difficult and thus is reserved for the pros.

#### **What are the Health Benefits?**

- ✓ This is one of the best breathing yoga postures where as you bend down you lock your breath in creating a clogging in your nasal cavity. This is why this yoga is known for its miracle cure of painful sinuses. Bending down on the initial journey can however, be the cause of a light sting in your nasal cavity.
- ✓ As you bend down, your abdomen now sucked in, gets a good massage in the pressure situation. The organs housing in it, namely the intestines therefore



experiences a blood rush which flushes out any possible toxins from the system ensuring proper digestion.

- ✓ This is also a good exercise to control irregular menstruation or painful cramps on or during the menstruation period. This is also appropriate for the pregnant ladies in their initial stages where they can opt for this exercise to strengthen their ovarian walls.
- ✓ This is also a fat shredder which is evident as you bend down and massage your stomach holding in the organs with a locked inhale.
- ✓ It improves the respiratory rate.
- ✓ For those of you suffering from constipation, indigestion and nervous weakness, this will come as an effective medicine.
- ✓ Since it keeps the prime focus of the mind inwards, it also helps improve concentration.
- ✓ It helps in controlling the bulkiness in and around the abdomen.
- ✓ But what should you be aware of? Here is a list of precautions and contraindications we are listing out for you.

#### **Precautions:**

- ✓ For those of you with chronic injury to the hips, shoulders and neck, should not practice the upside-down tortoise or the Uttana Kuramasana.
- ✓ Those suffering from muscle pull also need to stay away from practicing this.
- ✓ Contraindications:
  - ✓ Avoid doing it if pregnant. The pressure that is caused in the lower abdomen will cause uneasiness, making breathing fast and hard.
  - ✓ Understand your body: If your muscles around the hamstrings and the spine are too tight and stiff, it is at best not to practice this.
  - ✓ If you are suffering from sciatica, make no attempts at this. The pressure to the hip and the extension of the lumbar region will exert more pressure on the nerve, that will affect the whole leg.

#### **Dhanurasana –**

- Dhanurasana has been named after the shape the body takes while performing it – that of a bow. Dhanu means bow and asana means posture or pose. Just as a well-strung

bow is an asset to a warrior, a well-stretched body helps keep you flexible with a good posture.



#### How to do Dhanurasana (Bow Pose)

1. Lie on your stomach with your feet apart, in line with your hips, and your arms by the side of your body.
2. Fold your knees, take your hands backward, and hold your ankles.
3. Breathe in, and lift your chest off the ground and pull your legs up and towards the back.
4. Look straight ahead with a smile on your face.
5. Keep the pose stable while paying attention to your breath. Your body is now curved and as taut as a bow.
6. Continue to take long, deep breaths as you relax in this pose. But, bend only as far as your body permits you to. Do not overdo the stretch.
7. After 15 -20 seconds, as you exhale, gently bring your legs and chest to the ground. Release the ankles and relax.

#### Tips for beginners

1. Pay attention to your breath. Breathe in and breathe out when you go into and come out of the pose respectively.
2. Bend as far back as possible. Do not hold the ankles if it is uncomfortable. You can also use a strap if you are unable to hold your ankles. In any asana, sthira and sukha are vital.

#### Benefits of Dhanurasana (Bow Pose)

1. Strengthens the back and abdominal muscles
2. Stimulates the reproductive organs
3. Opens up the chest, neck, and shoulders
4. Tones the leg and arm muscles
5. Adds greater flexibility to the back
6. Alleviates stress and fatigue
7. Relieves menstrual discomfort and constipation
8. Helps people with renal (kidney) disorders

Full body sequences like Padma Sadhana also include Dhanurasana (Bow Pose).

Contraindications of Dhanurasana (Bow Pose)

Ladies should avoid practicing this yoga pose during pregnancy. Also, do not practice

Dhanurasana (Bow Pose) if you have

- ✓ High or low blood pressure
- ✓ Hernia
- ✓ Neck injury
- ✓ Pain in the lower back
- ✓ Headache or migraine
- ✓ Recent abdominal surgery

### **Matsyasana**

Matsyasana is a reclining back-bending asana. The name is derived from the Sanskrit matsya, meaning "fish," and asana, meaning "pose." Matsya is also the name of an incarnation of the god, Vishnu, who manifested himself as a large fish in order to save the earth from a flood. As Matsya, Vishnu was able to carry wise Hindu sages to safety, thus preserving the wisdom of all of mankind.

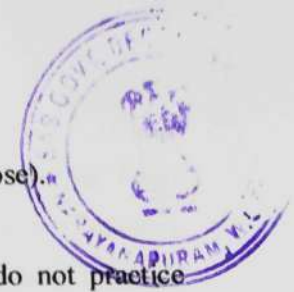
To enter the pose, the practitioner lies flat on the back then lifts the pelvis so the hands can slide under the buttocks. The back arches and the chest lifts until the crown of the head (or the back of the head for beginners) rests on the floor.

### **Beginner tips**

Beginners sometimes strain their neck in this pose. If you feel any discomfort in your neck or throat, either lower your chest slightly toward the floor, or put a thickly folded blanket under the back of your head.

### **Fish Pose: Step-by-Step Instructions**

1. Lie on your back on the floor with your knees bent, feet on the floor. Inhale, lift your pelvis slightly off the floor, and slide your hands, palms down, below your buttocks. Then rest your buttocks on the backs of your hands (and don't lift them off your hands as you perform this pose). Be sure to tuck your forearms and elbows up close to the sides of your torso.
2. Inhale and press your forearms and elbows firmly against the floor. Next press your shoulder blades into your back and, with an inhale, lift your upper torso



and head away from the floor. Then release your head back onto the floor. Depending on how high you arch your back and lift your chest, either the back of your head or its crown will rest on the floor. There should be a minimal amount of weight on your head to avoid crunching your neck. (For more about this, see the Beginners Tip below.)

3. You can keep your knees bent or straighten your legs out onto the floor. If you do the latter, keep your thighs active, and press out through the heels.
4. Stay for 15 to 30 seconds, breathing smoothly. With an exhalation lower your torso and head to the floor. Draw your thighs up into your belly and squeeze.

### **Fish Pose basics**

#### **Benefits**

- ✓ A traditional text that Matsyasana is the destroyer of all diseases.”
- ✓ Stretches the deep hip flexors (psoas) and the muscles (intercostals) between the ribs
- ✓ Stretches and stimulates the muscles of the belly and front of the neck
- ✓ Stretches and stimulates the organs of the belly and throat
- ✓ Strengthens the muscles of the upper back and back of the neck
- ✓ Improves posture

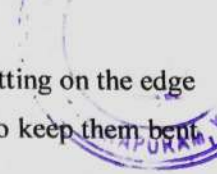
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To come into paschimottanasana, begin in dandasana (staff pose) with legs extended and feet flexed. On an inhale, lift the arms and lengthen the spine. On an exhale, hinge from the hips to fold forward, drawing the belly in gently. Rather than aiming the nose towards the knees, aim the belly towards the thighs in order to maintain a long spine. The hands can rest either on the floor or the shins, or if accessible, gently grasp the base of the heels. The neck should be in a neutral position, providing a natural extension of the spine.

#### **Beginner tips**



- 
- ✓ If you experience low back pain or your hamstrings feel tight, try sitting on the edge of a folded blanket or sliding a rolled blanket beneath your knees to keep them bent (see variation below).
  - ✓ Observe your breath, the natural curves of the spine, and where you experience tension in your back and hamstrings.
  - ✓ Find a stretch rather than a strain.
  - ✓ Allow your body to draw closer to your legs in rhythm with your breath.
  - ✓ To create space for your chest or midsection, separate your legs slightly.
  - ✓ Leaning forward even an inch creates a stretch along your entire back body. It also creates space to practice being still.

### **How To Do Seated Forward Bend**

1. Begin seated with your legs straight in front of you. Flex your feet and press your heels away from you.
2. Inhale and sit tall. Exhale and hinge at your hips to lean forward. Lengthen your spine rather than round your back.
3. Walk your hands as far forward as your back and hamstrings allow you to comfortably stretch. If you can reach your feet, loosely rest your hands on the outer edges. Keep your feet flexed with your knees and toes pointing toward the ceiling.
4. With each inhalation, lift and lengthen your chest slightly; with each exhalation, release a little more fully into the forward bend. If your hands are resting on your feet, let your elbows bend out to the sides.
5. Stay in the pose for 1-3 minutes. To come out, release your feet as you slowly come back to sitting on an inhalation.

### **Benefits:**

This posture stretches your entire back body, including the calf muscles, hamstrings, adductors of your inner thighs, and the muscles along the spine. As with most forward bends, it can bring a sense of calm to your body and mind. The pose is often referred to as having a “grounding” effect since it literally connects you to the ground.

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In Hinduism, Peacock is associated with Indra, or the 'God of Thunder and Rain', who causes rain and nourishes the earth. In this regard, Peacocks are said to be Harbinger (one who gives an anticipatory sign of what is to come) of rain – by performing a dance to celebrate the arrival of the 'Rain'.

### **How to Do Mayurasana (Steps)**

- ✓ Begin by coming into Vajrasana and then spread your knees apart to set up a gap in between them.
- ✓ Now, lean your shoulder in a forwarding direction to place your palms on the floor just in front of you at some distance. Your fingers pointing your knees.
- ✓ After that, firm your palms on the floor along with bending the elbows to rest your torso on the back part of the upper hand. Also, keep your elbows around the navel region.
- ✓ As you rest your torso on the upper hand, straight up your legs extending back and balance your body on palms and toes, up to here.
- ✓ From here, engage your core to stiff your elbows against it and then lean a bit in a forwarding direction to lift your legs. Flex your neck and gaze right in front of the pose.
- ✓ This is the final position of the Mayurasana. Balance here as long as it is comfortable and try to raise your legs up by engaging core muscles.
- ✓ Now, release the pose by dropping legs and then knees to the floor. Then, return to the vajrasana by bringing the torso up.
- ✓ Mayurasana Beginners Tips

- 
- ✓ Holding your body in Mayurasana engages puts triceps brachii muscles in eccentric contraction. It needs immense strength in the forearms and shoulder. So, beginners with no history of asana practice should work on strengthening the tricep [efn\_note] Tricep Exercises to Build Muscle <https://www.menshealth.com/uk/building-muscle/a759179/tricep-exercises-best-build-muscle/> [efn\_note] before going into the peacock pose.
  - ✓ A practitioner with belly fat and weak abdominal muscles might face difficulty in engaging core muscles for mayurasana. Therefore, one should reduce belly fat or strengthen core muscle to begin the Mayurasana practice.
  - ✓ This asana is a challenging one and the experience of pain while the practice is common if you are not enough skilled. So, beginners should return immediately to the Vajrasana in such a situation.

### **Benefits:**

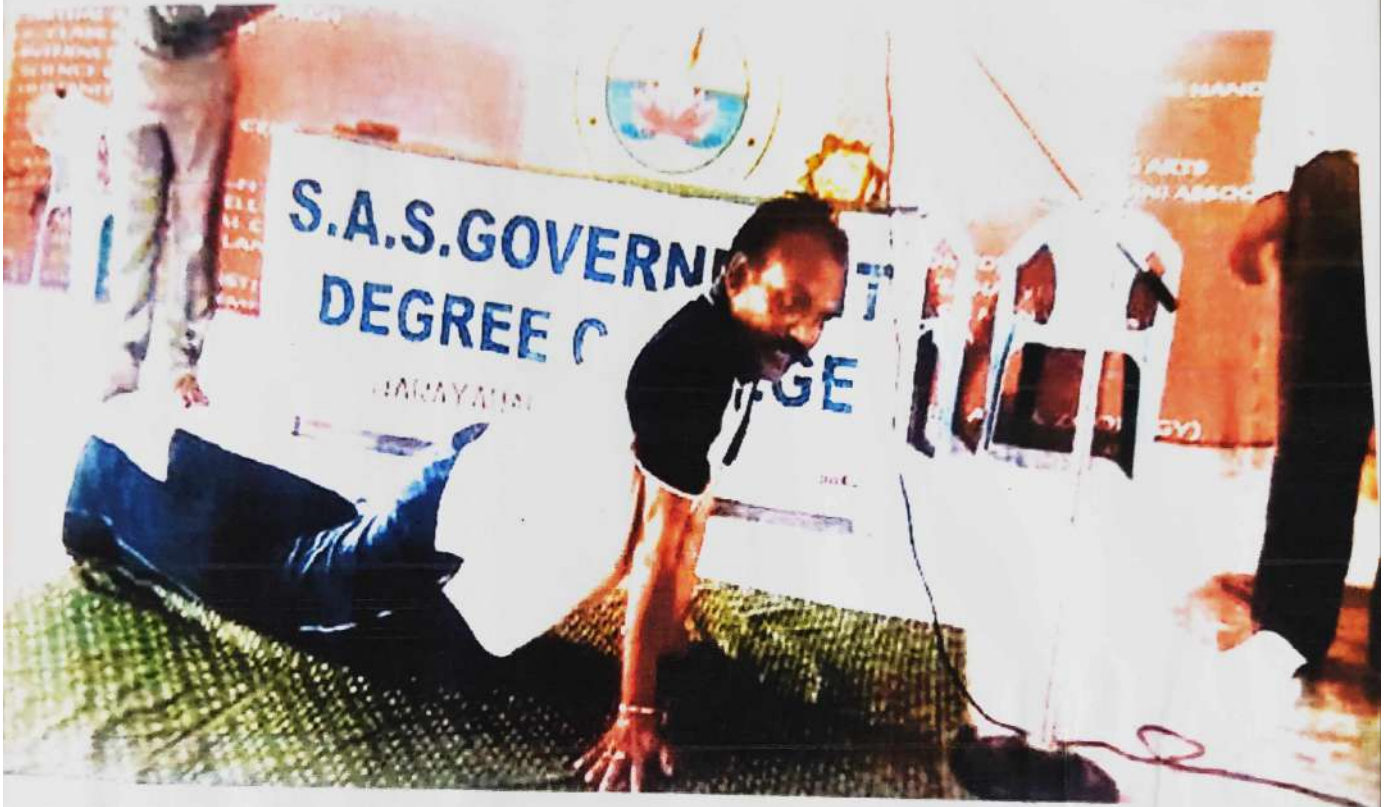
Mayurasana is a Yoga pose that has many benefits<sup>123</sup>. These benefits include:

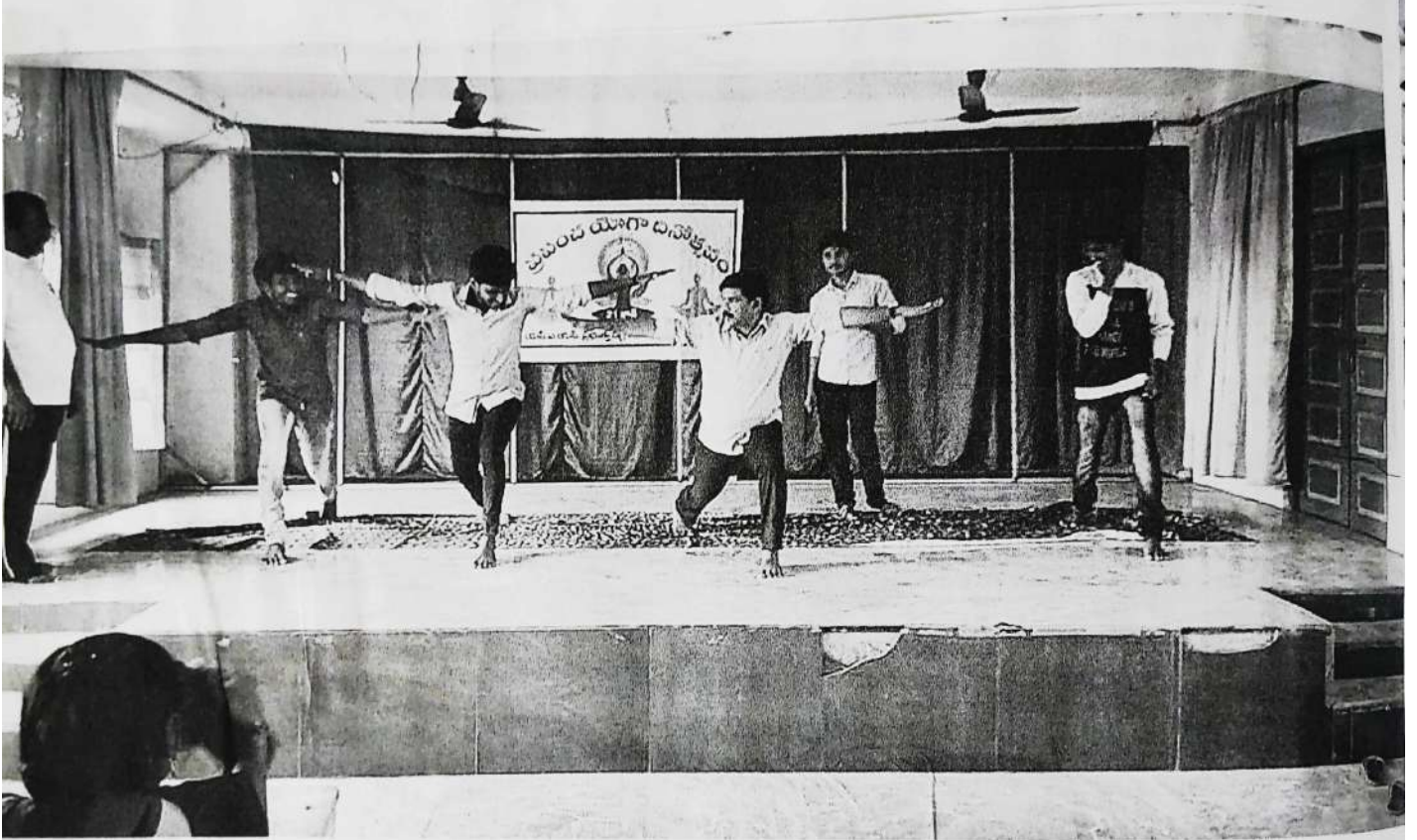
- ✓ Improving digestion
- ✓ Reducing stress levels
- ✓ Toning abdominal muscles
- ✓ Improving balance
- ✓ Strengthening the shoulders, back and legs
- ✓ Controlling blood sugar levels in diabetics
- ✓ Detoxifying the body
- ✓ Boosting muscle strength of the elbow, spine, wrist, and shoulders
- ✓ Improving body postures
- ✓ Enhancing concentration and establishing coordination between body and mind

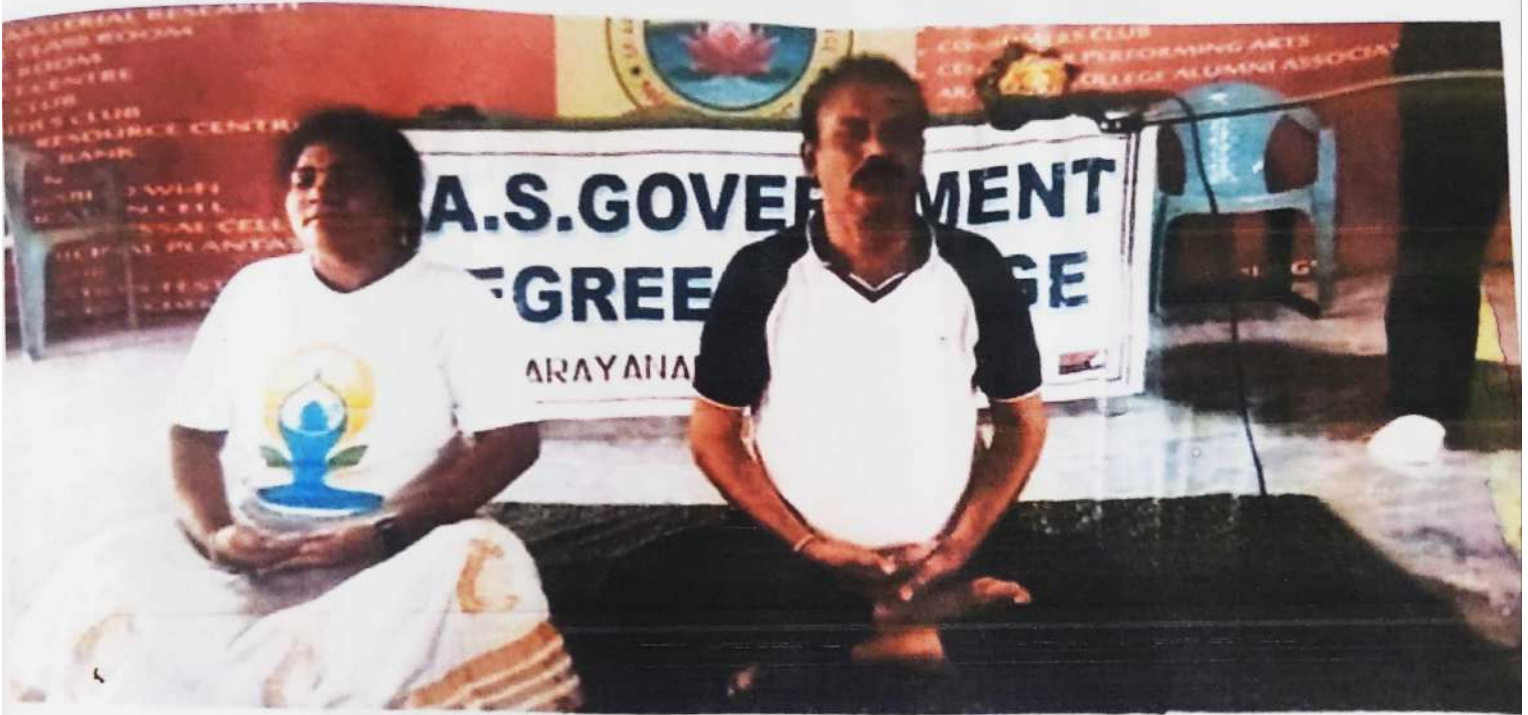
### **Contraindications**

Prior to the practice of Mayurasana caution should be taken under the conditions like Hernia, Hypertension, Menstruation, and Pregnancy. Practitioners should also avoid practice in abdominal surgery and injuries of the wrist, shoulder, and back.

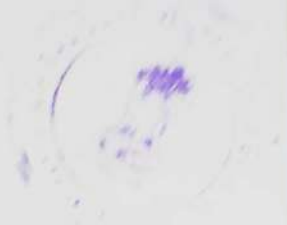
### **What is Kriya Yoga?**



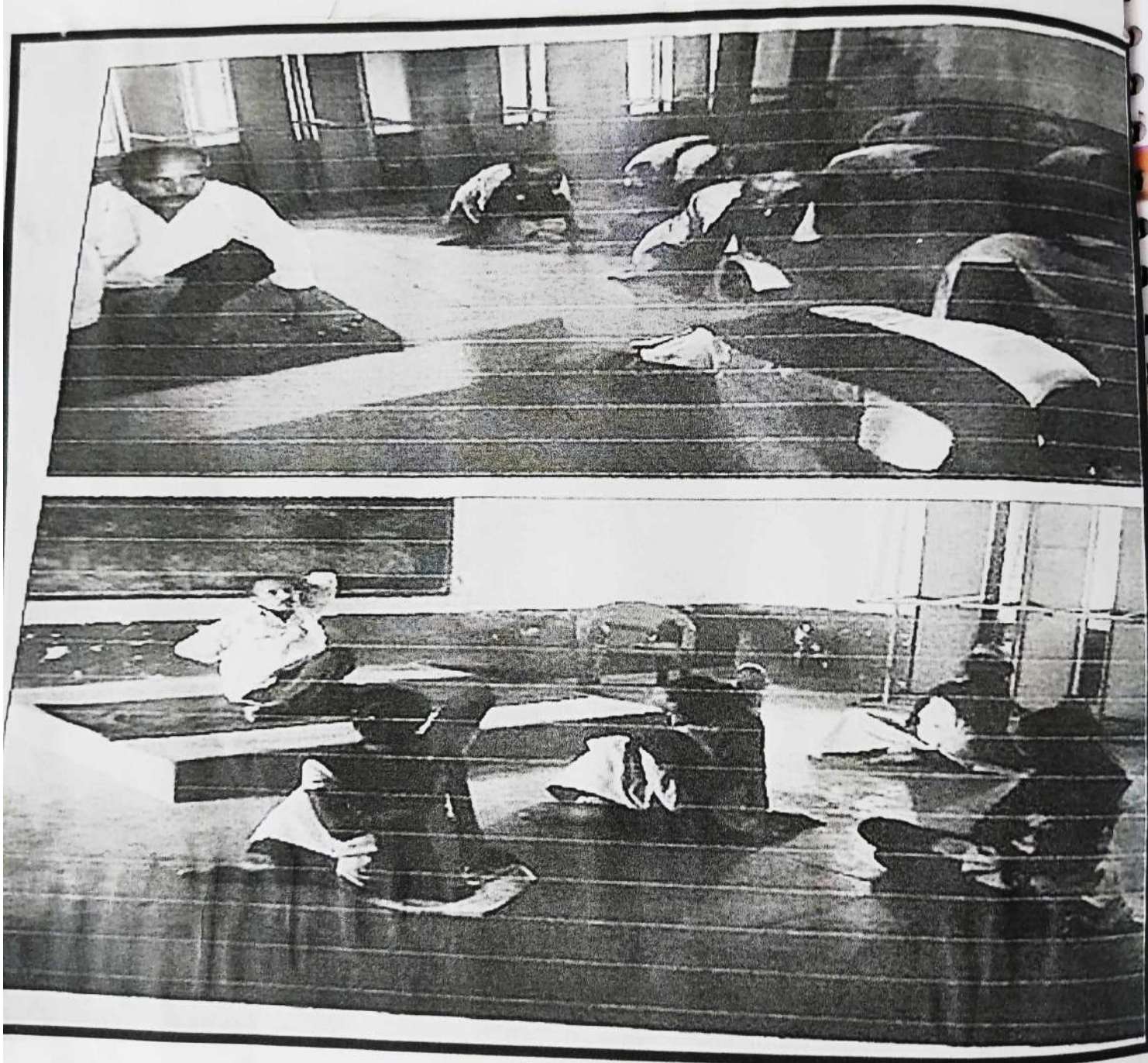
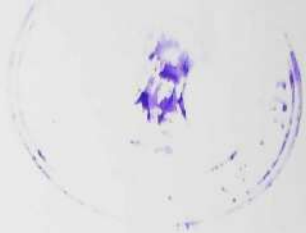


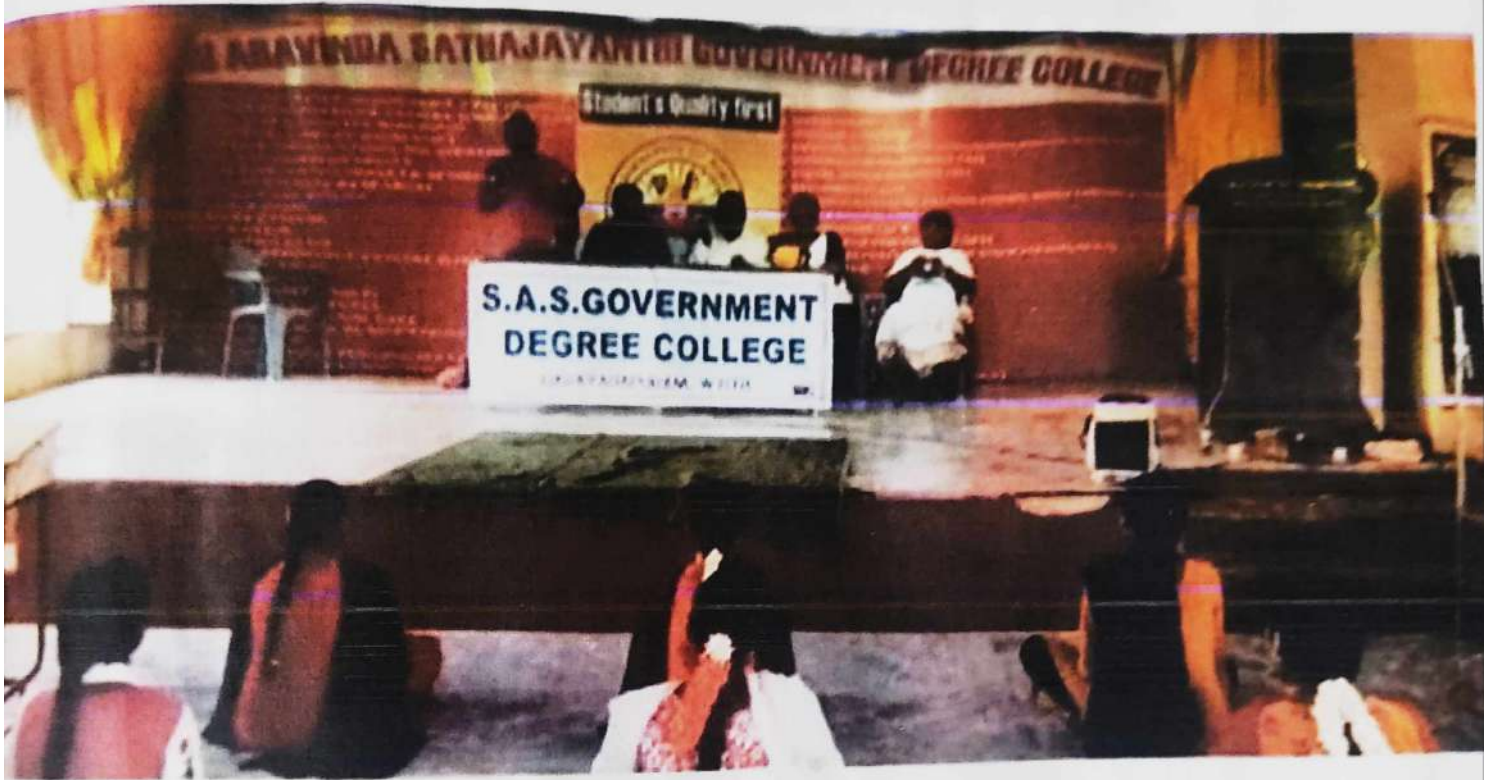




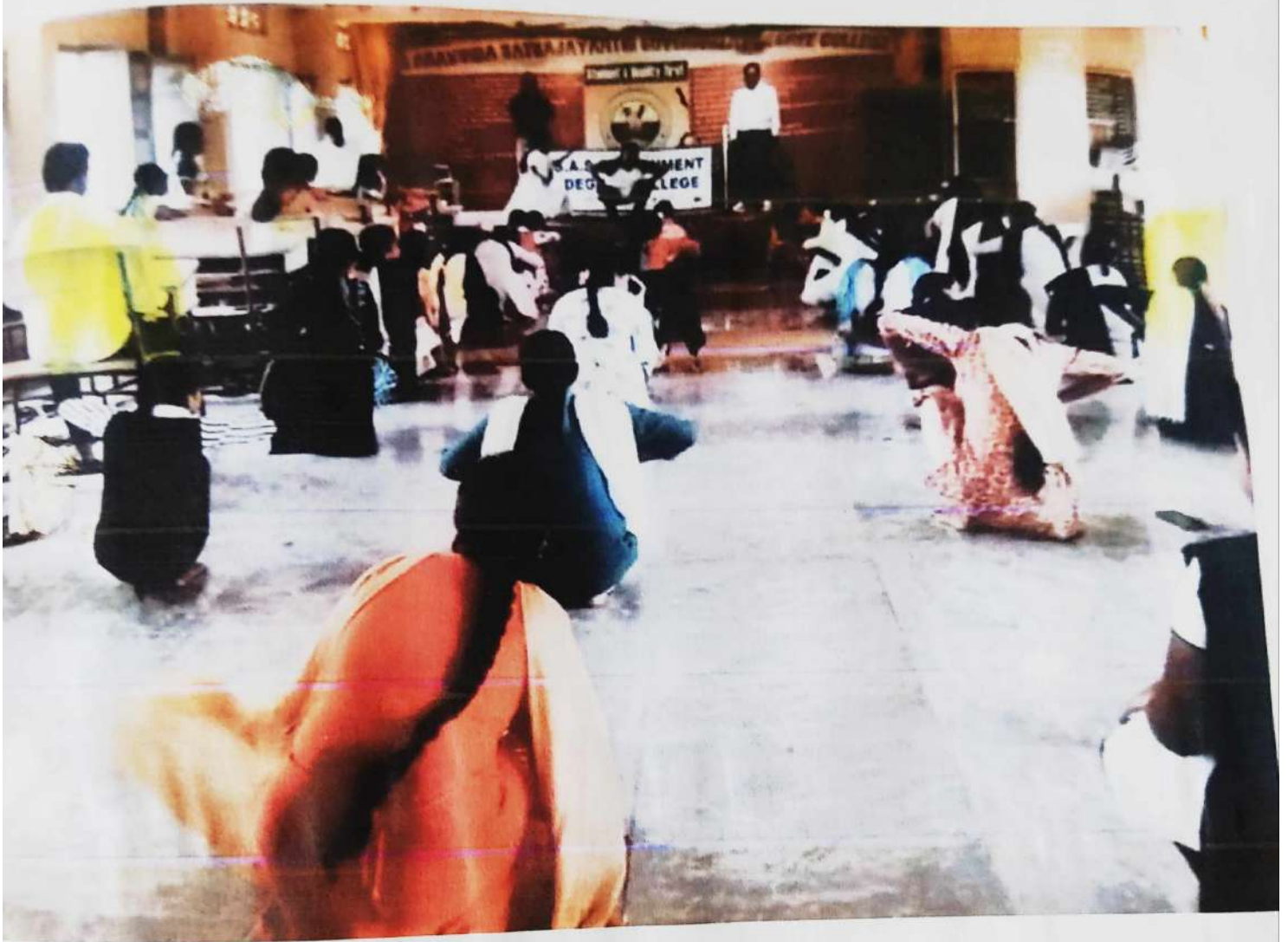
























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01/02/19 To 10/3/2019.

Morning and Evening Sessions

Name of the Office : P.S. Ghat Dargah at the  
Muzayam - YOGA Ghat  
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# Attendance

11/1/19 2/2/19 3/2/19 4/2/19 5/2/19 6/2/19 7/2/19 8/2/19 9/2/19 10/2/19

S. No.	NAME	Designation	1	2	3	4	5	6	7	8	9	10
1	M. Naga Raju	Sub-Post	x	x	x	x	x	x	x	x	x	x
2	Ch. Gopi	"	x	x	x	x	x	x	x	x	x	x
3	G. Hanu Madhuni (F)	"	x	x	x	x	x	x	x	x	x	x
4	K. Joshi Kumar	"	x	x	x	x	x	x	x	x	x	x
5	K. Hanu Man	"	x	x	x	x	x	x	x	x	x	x
6	K. Rajikant (F)	"	x	x	x	x	x	x	x	x	x	x
7	K. Anil Kumar	"	x	x	x	x	x	x	x	x	x	x
8	K. Ranichand	"	x	x	x	x	x	x	x	x	x	x
9	K. Prasad Bosa	"	x	x	x	x	x	x	x	x	x	x
10	K.V. Kishan Kumar (F)	"	x	x	x	x	x	x	x	x	x	x
11	M. Nandhu	"	x	x	x	x	x	x	x	x	x	x
12	P. Sai Sivan	"	x	x	x	x	x	x	x	x	x	x
13	S. Raja Ram	Sub-Post	x	x	x	x	x	x	x	x	x	x
14	A. Naga Raju	"	x	x	x	x	x	x	x	x	x	x
2	Ch. Gopi	"	x	x	x	x	x	x	x	x	x	x
3	G. Hanu Madhuni (F)	"	x	x	x	x	x	x	x	x	x	x
4	K. Joshi Kumar	"	x	x	x	x	x	x	x	x	x	x
5	K. Hanu Man	"	x	x	x	x	x	x	x	x	x	x
6	K. Rajikant (F)	"	x	x	x	x	x	x	x	x	x	x
7	K. Anil Kumar	"	x	x	x	x	x	x	x	x	x	x
8	K. Ranichand	"	x	x	x	x	x	x	x	x	x	x
9	K. Prasad Bosa	"	x	x	x	x	x	x	x	x	x	x
10	K.V. Kishan Kumar (F)	"	x	x	x	x	x	x	x	x	x	x
11	M. Nandhu	"	x	x	x	x	x	x	x	x	x	x
12	P. Sai Sivan	"	x	x	x	x	x	x	x	x	x	x
13	S. Raja Ram	"	x	x	x	x	x	x	x	x	x	x

Pradha

# Register

Month : \_\_\_\_\_  
Year : \_\_\_\_\_



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	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Remarks
1	X	T	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
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Name of the Office: SAS GATE DEPARTMENT  
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# Attendance

11/01/19 2/01/19 3/01/19 4/01/19 5/01/19 6/01/19 7/01/19 8/01/19 9/01/19 10/01/19

S. No.	NAME	Designation	1	2	3	4	5	6	7	8	9	10
1	A. Naga Raju	FSI	x	x	x	x	x	x	x	x	x	x
2	Ch. Gopi	"	x	x	x	x	x	x	x	x	x	x
3	G. Hemamalini (F)	"	x	x	x	x	x	x	x	x	x	x
4	K. Joshi Kumar	"	x	x	x	x	x	x	x	x	x	x
5	K. Hanuman	"	x	x	x	x	x	x	x	x	x	x
6	K. Rajikumar (F)	"	x	x	x	x	x	x	x	x	x	x
7	K. Anil Kumar	"	x	x	x	x	x	x	x	x	x	x
8	K. Ravi Chandra	"	x	x	x	x	x	x	x	x	x	x
9	K. Prasad Babu	"	x	x	x	x	x	x	x	x	x	x
10	K.V. Kishore Kumar (F)	"	x	x	x	x	x	x	x	x	x	x
11	M. Manohar	"	x	x	x	x	x	x	x	x	x	x
12	P. Sai Sivaiah	"	x	x	x	x	x	x	x	x	x	x
13	S. Raju Ram	FSI	x	x	x	x	x	x	x	x	x	x
14	A. Naga Raju		x	x	x	x	x	x	x	x	x	x
2	Ch. Gopi		x	x	x	x	x	x	x	x	x	x
3	G. Hema Malini (F)		x	x	x	x	x	x	x	x	x	x
4	K. JOSHI KUMAR		x	x	x	x	x	x	x	x	x	x
5	K. HANU MAN		x	x	x	x	x	x	x	x	x	x
6	K. Rajikumar (F)		x	x	x	x	x	x	x	x	x	x
7	K. Anil Kumar		x	x	x	x	x	x	x	x	x	x
8	K. Ravi Chandra		x	x	x	x	x	x	x	x	x	x
9	K. Prasad Babu		x	x	x	x	x	x	x	x	x	x
10	K.V. Kishore Kumar (F)		x	x	x	x	x	x	x	x	x	x
11	M. Manohar		x	x	x	x	x	x	x	x	x	x
12	P. Sai Sivaiah		x	x	x	x	x	x	x	x	x	x
13	S. RAJA RAM		x	x	x	x	x	x	x	x	x	x

Pradha

# Register

Month \_\_\_\_\_  
Year \_\_\_\_\_



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Remarks

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