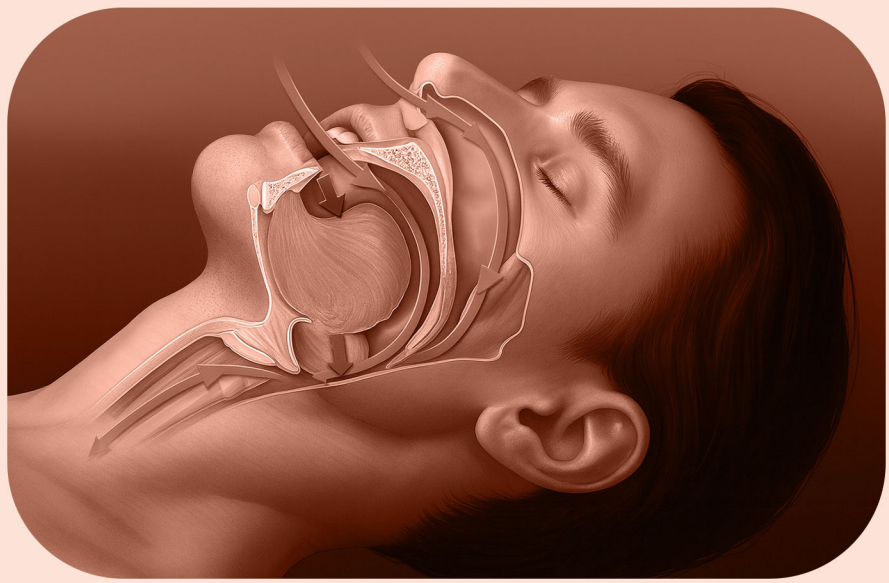
YOGA FOR SLEEP APNEA



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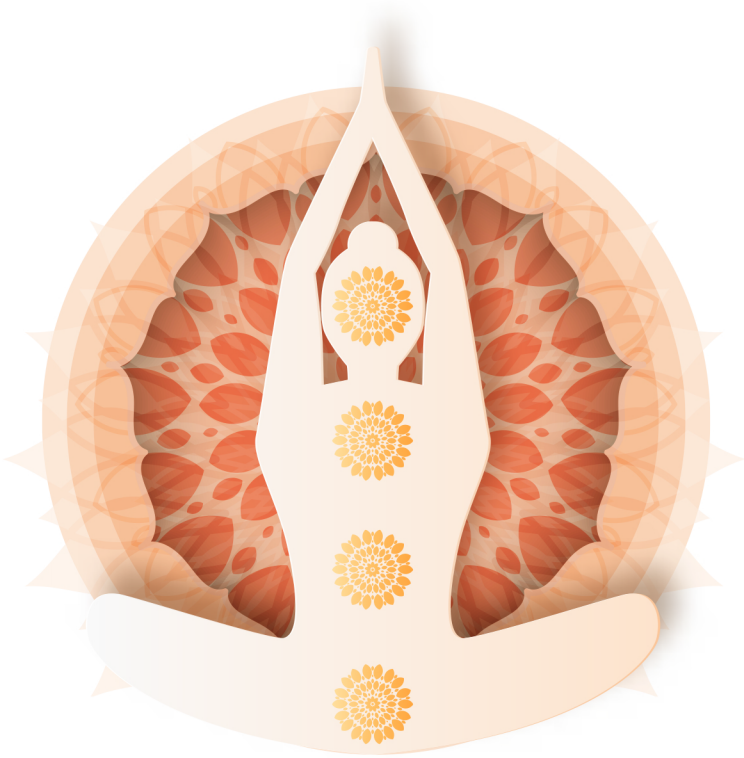


Disclaimer

Kindly consult your treating physician before practicing these techniques. Ideally, they should be performed under the supervision of your physician and a formally trained yoga teacher.
These practices should be started gradually and can be modified according to individual needs.



GUIDELINES

BEFORE THE PRACTICE

1. Yoga should be practiced in a clean and quiet atmosphere.
2. Yoga should be practiced on an empty stomach or light stomach. Eat at least 2-3 hours before practice.
3. Bladder and Bowel should be empty before starting the practice.
4. Light and comfortable clothes are preferred to facilitate the easy movements of the body.
5. In case of any shortness of breath/chest pain/giddiness, please consult the Yoga physician prior to practice.
6. Consult the Yoga physician in case of any issues with Pregnancy or Menstruation, before practicing Yoga

DURING THE PRACTICE

1. All practices should be done slowly, in a relaxed manner, with awareness of body and breathing.
2. Always breathe from nostrils and avoid holding breath in any practice.
3. Avoid holding of the body tightly or jerky movements at any time.
4. Perform according to your capacity. Regularity is a more important factor here.
5. In case of having difficulty while sitting down on the floor for a long duration, one can use a chair.
6. In case of any breathing difficulty/discomfort/blurred vision during the practice, stop the practice immediately and inform the therapist.

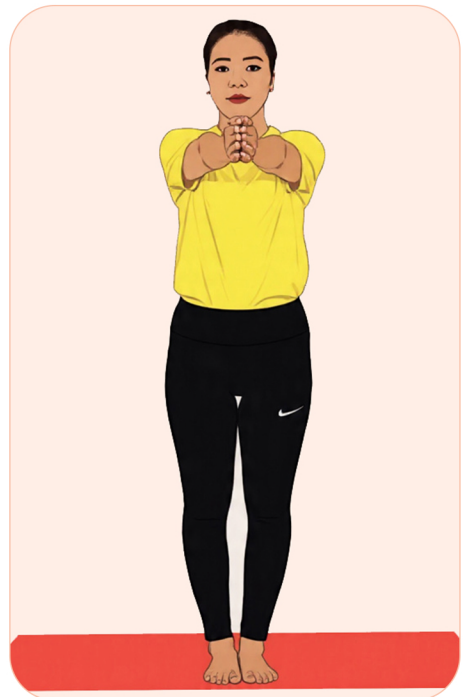
AFTER THE PRACTICE

1. Take bath before/after 20-30 minutes of practice.
2. Eat only after 30 minutes of practice.

Hands-In-and-Out Breathing

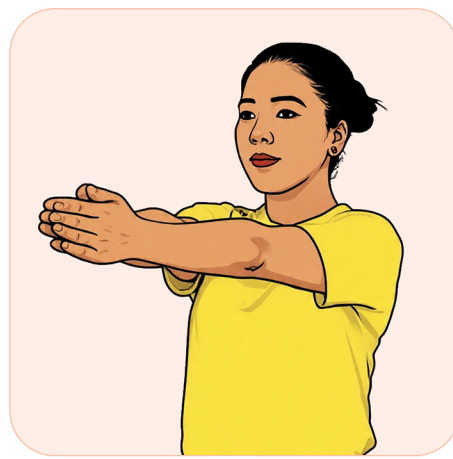
Start

- Stand straight, join your feet, and keep the arms beside the body.
- Stretch your arms in front at shoulder level and join the palms together.



Steps

- Breathing-in slowly spread the arms out to the sides and expand your chest.
- Breathing-out chant 'Akara' bringing your palms in front of the chest. Join the palms together.
- Synchronize Akara chanting with breathing and arm movements.
- This is one round. Repeat 5 rounds.



End

- Bring your hands down, separate your legs, close your eyes and relax.



Hands Stretch Breathing

Starting position

- Join your feet, keep your arms beside the body and stand straight.
- Interlock your fingers, place your palms on the chest.
- Dropdown your shoulders and relax your elbows.



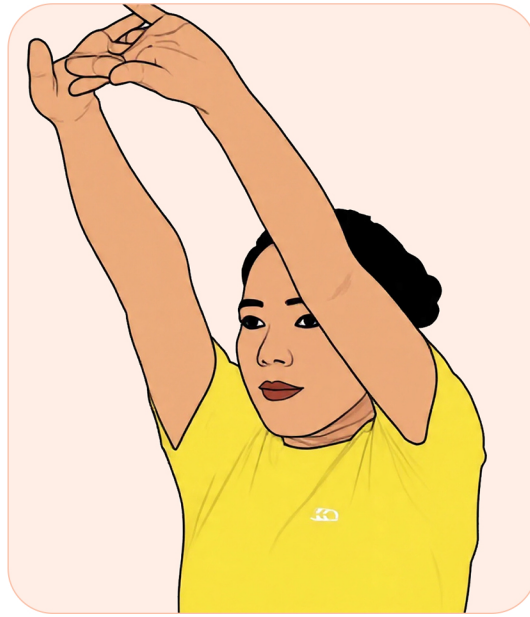
Part-I

- Breathing in, slowly turn your palms outwards, stretch out to straighten the arms at shoulder level.
- Stretch the arms completely without any strain.
- Breathing out, slowly fold your arms and bring back the palms onto the chest. Collapse the shoulders.
- This is one round, repeat 5 rounds with complete awareness of breathing and movement of arms.



Part-II

- Breathing in, turn your palms outward, slowly straighten the arms, and stretch them above the forehead (at an angle of 135 degrees).
- Breathing out, slowly fold your arms and bring back the palms onto the chest. Collapse the shoulders.
- Repeat 5 times with complete awareness of breathing and movement of arms.



Part-III

- Breathing in, slowly straighten the arms vertically above the head, turn your palms outward and stretch your hands.
- Breathing out, slowly fold your arms back and bring back the palms onto the chest. Collapse the shoulders.
- Repeat 5 times with complete awareness of breathing and movements.



After completing the practice, relax in a standing position, with your legs apart and hands loose by the side of the thighs.

Observe your breath and relax for a few seconds.

Ankle-Stretch Breathing

Start

- Stand straight, keep your legs one foot apart.
- Place your palms in front of your thighs



Steps

- Breathing in, slowly raise your arms and heels simultaneously straight up.
- Breathing out, bring your arms and heels down simultaneously.
- Synchronize breathing with the movement of arm and heels.
- This is one round. Repeat 5 rounds.

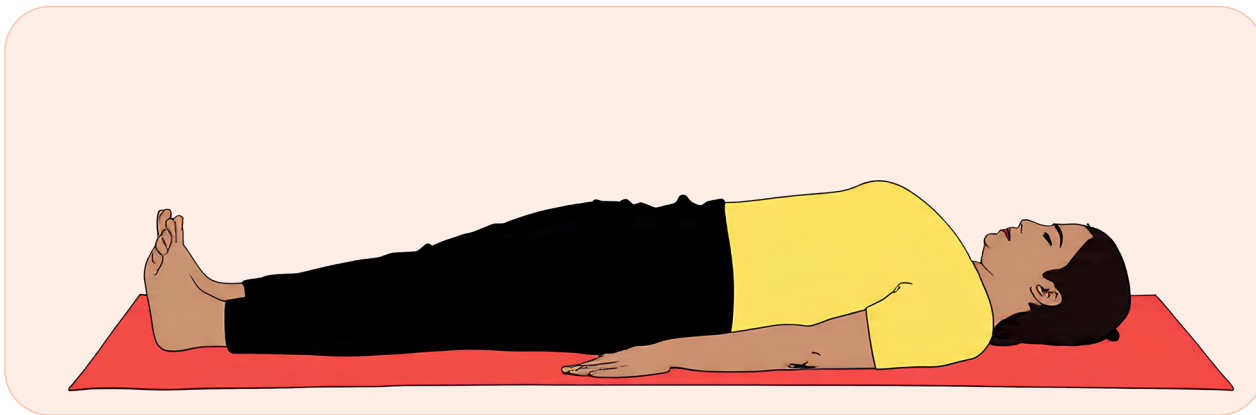


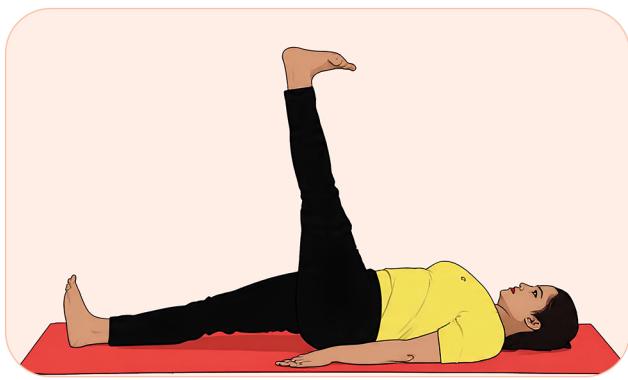
End

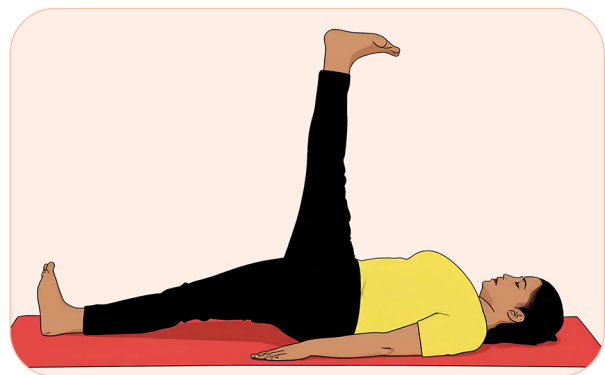
- Separate your legs, loosen up your arms, close your eyes and relax.



Single Leg Raise Breathing

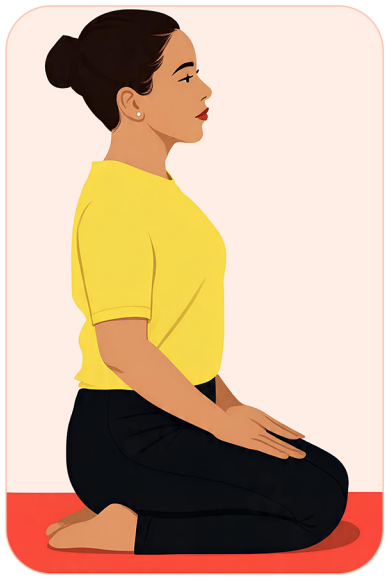


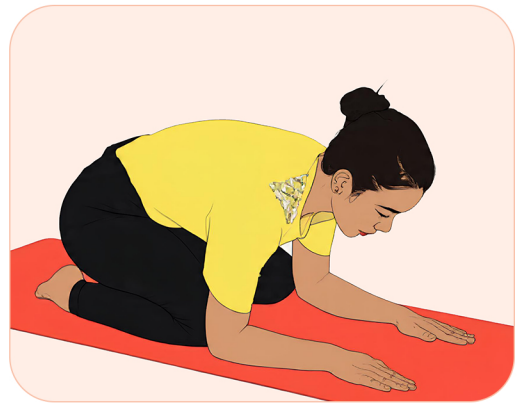


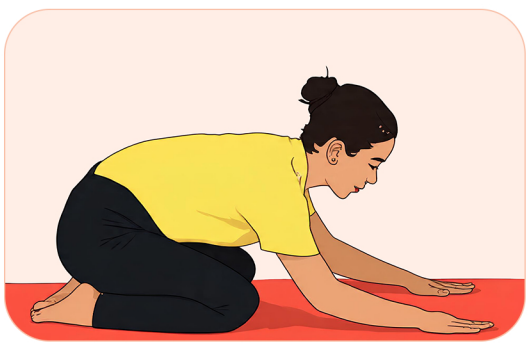


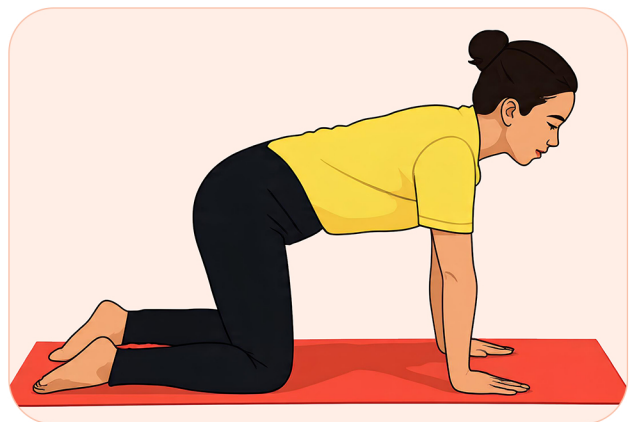
- While inhaling, slowly raise the right leg as high as possible. Do not bend the knee.
- Keep the left leg firmly on the ground.
- While exhaling, slowly bring the right leg down to the ground.
- Synchronize the breath with leg movements.
- Rest the back firmly on the ground while lifting the leg up.
- Repeat the practice with the left leg.
- Practice 5 to 10 rounds.

Tiger Breathing



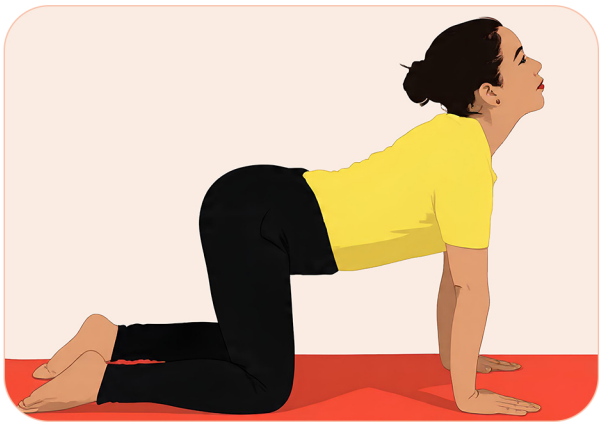






Starting position

- Sit straight with stretched legs to the front, keep your hands beside the buttocks.
- Bend your legs one by one and sit comfortably in Vajrasana.
- Separate your knees by one forearm distance.
- Lean forward and place the palms forward at one forearm distance from the respective knees, move your palms one handspan further with the fingers pointing forward.
- Separate the feet in such a way that palms, knees, and feet are in parallel to each other.
- In this position, your spine will be parallel to the floor









Steps

- While inhaling, slowly arch your spine down and raise your head up simultaneously. Expand the abdomen fully and fill the lungs with the maximum amount of air.
- While exhaling, slowly arch your spine up, lower the head and bring your chin closer to the chest simultaneously. Expel out all the air.
- This is one round. Practice 5 rounds with complete awareness of breathing and movements.

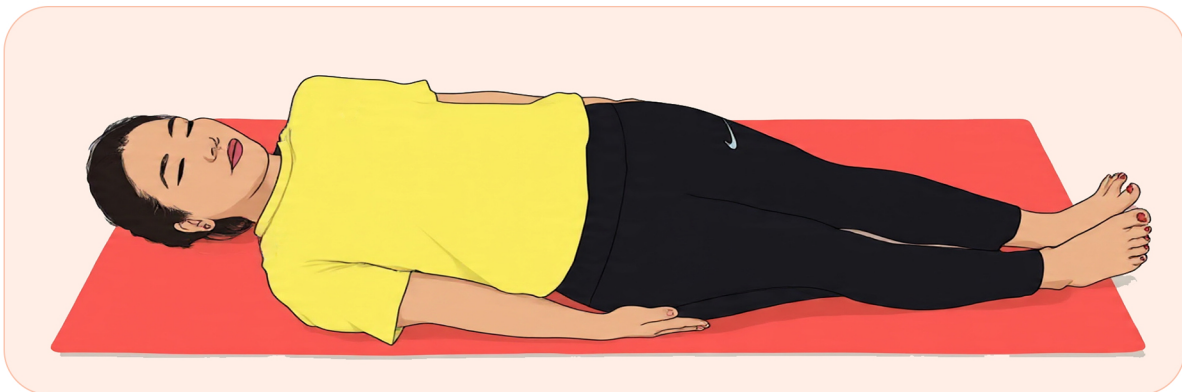
After completing the practice, slowly get back to Vajrasana. Stretch your legs forward, place your hands behind your back on the floor, lean your head back, close your eyes and relax.

Observe the changes in the body.

Instant Relaxation Technique (IRT)

Starting Position

- Lie down straight on your back. Join your legs, keep your hands beside the thighs and close your eyes.

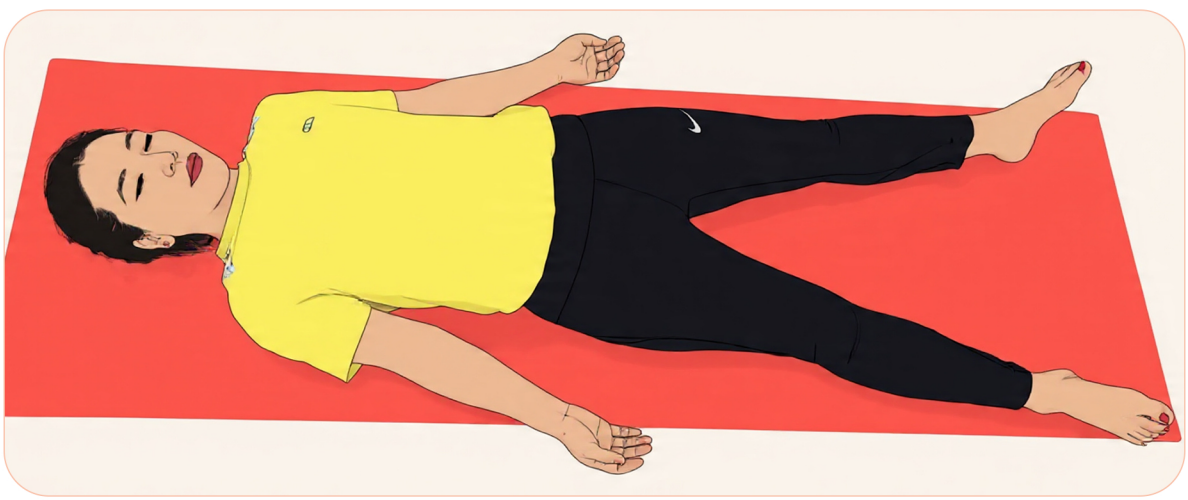


Steps

- Keep your face relaxed.
- Tighten the toes, sensitize.
- Tighten the ankle joints, stretch and tighten the calf muscles.
- Tighten the knees.
- Tighten the thigh muscles.
- Squeeze the buttocks and pull them inwards.
- Exhale, suck in the abdomen.
- Make fists of your palms and tighten them.
- Stretch the arms and tighten them.
- Inhale, expand the chest and tighten.
- Tighten the shoulders, neck muscles, and face.
- Tighten the whole body from the toes to the head.
- TIGHTEN... TIGHTEN...TIGHTEN...
- Release and relax the whole body - let go.

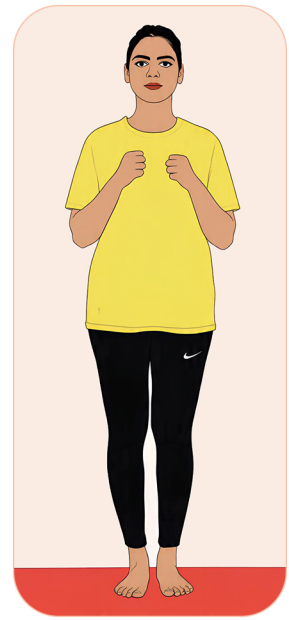


- Separate your legs, slide your arms slightly away from the body with palms facing upward.
- Collapse the whole body completely.
- Keep your eyes gently closed, and a pleasant smile on your face.
- Relax the whole body.



JOGGING

Starting Position



- Stand straight.
- Make loose fists of your hands and place them on the chest.
- Collapse and relax your shoulders.





Part I: Slow Jogging

- - Slowly start jogging on your toes.
- - Jog about 20 times.



Part II: Forward Jogging

- Lean backward a little and now increase the speed, try to raise the knees higher and higher.
- Raise the knees forward to reach chest level.
- Repeat 20 times at your maximum speed.
- Slow down the practice coming back to the stage of slow jogging again.
- Continue slow jogging for a few rounds, count 10 times.

Part III: Backward Jogging



- Lean a little forward and increase the speed of jogging gradually.
- Start hitting the buttocks with the heels.
- Repeat this 20 times at your maximum speed.
- Then gradually slow down the speed.
- Do not stop.
- Continue and move on to slow jogging for at least 10 times

Part IV: Side Jogging

- Gradually increase the speed taking the heels sideways.
- As the speed increases bring the heels as close to the elbows as possible.
- Repeat this movement 20 times at your maximum speed.
- Gradually slow down to come back to slow jogging stage.
- Keep jogging a few more rounds (10 times) and finally stop the practice.





After practicing jogging, immediately start Mukha Dhauti.

Mukha Dhauti

Starting Position

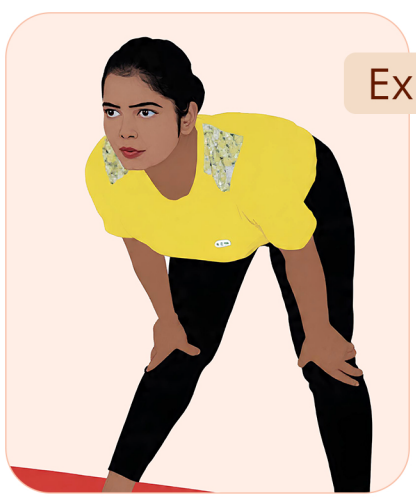
- Separate your legs 2-3 feet apart, lean forward, and place your hands on the knees.

Steps

- Inhale through the nose and exhale forcefully through the mouth.
- Practice 10 times.
- Get back up, keep your feet slightly apart, loosen up your arms, close your eyes and relax.







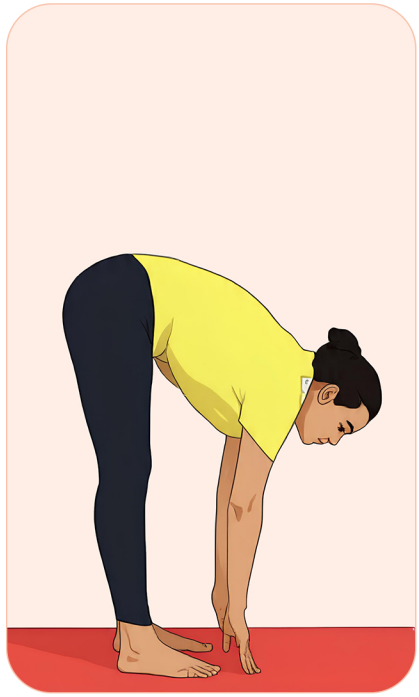
Forward and Backward Bending Stretch

- Stand straight and keep your feet apart with shoulder width distance in between.
- Raise the arms straight above the head with the palms facing forward.
- While inhaling bend backwards with arms stretched above the head.
- While exhaling bend forward as much as possible.
- While inhaling come up and bend backwards and go on rapidly to forward bending with exhalation.
- Repeat 20 times with increasing speed.
- Gradually slow down and stop the practice.
- Keep your legs slightly apart, loosen up your arms, close your eyes and relax.

Note

- Bend from the lower waist.
- Do not bend your knees.





Side Bending Stretches

- Stand straight, join your feet together.
- Slowly, raise your right arm straight over your head.
- Slowly bend your waist to the left side. Keep your abdomen tight. You should feel the hip and abdomen muscles pulled when leaning.
- Repeat with the same on other side. Repeat 5 times.
- After the practice, keep your legs slightly apart, loosen up your arms, close your eyes and relax.



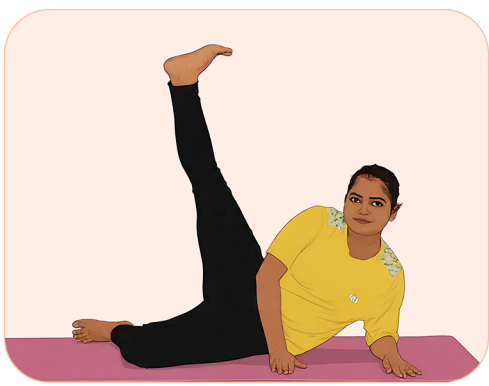


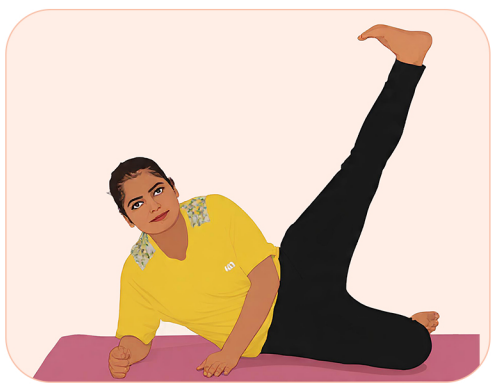


Side Leg Raising

- Lie down on the right side, with the head resting on folded right arm and support the back of the neck with the right hand.
- Place the left hand on the left thigh or in front of the chest.
- Keep the whole body as straight as possible.
- While inhaling slowly raise the left leg as high as possible without bending the knee. Stretch out the toes.
- While exhaling, slowly lower the left leg. This is one round.
- Repeat 5 rounds.
- Repeat the same practice 5 times on the left side.







Quick Relaxation Technique

Duration:

Total time taken - 3 minutes

Practice in three phases - time taken for each phase is 1 minute

Sthiti: Shavasana

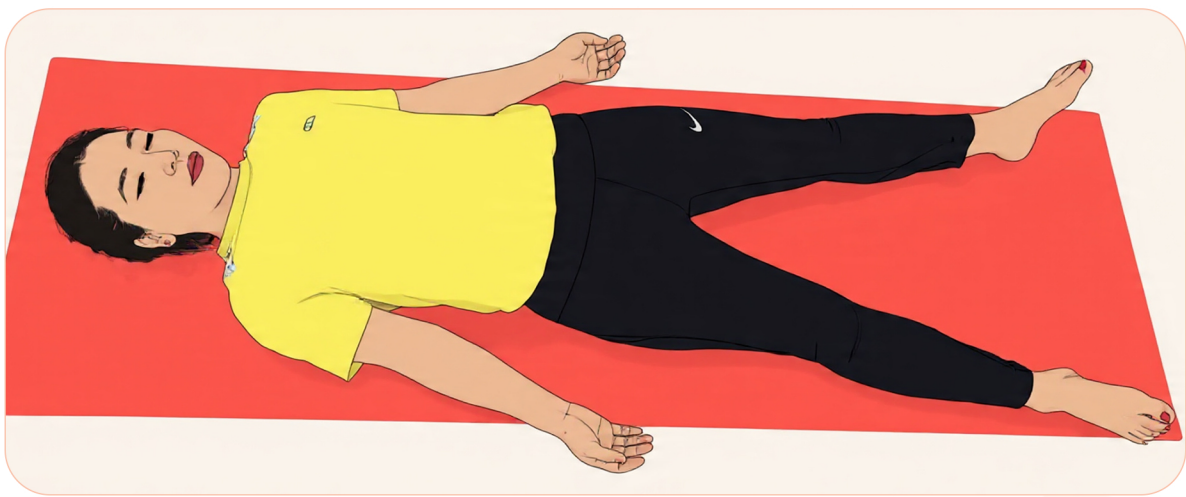
Technique:

Phase I - Observation of abdominal muscle movement

Bring your awareness to the abdomen. Feel the movements of abdominal muscles. Observe the movements of abdominal muscles going up and down as you breathe in and out with normal breathing. Observe 5 rounds.

Phase II - Synchronization with abdominal breathing

Synchronize the abdominal movements with breathing. The abdomen bulges up with inhalation and sinks down with exhalation. Inhale ... deeply; exhale... completely. Feel the deep breath goes down to the lungs as you inhale and on full exhalation empty the lungs each time.
One inhalation and one exhalation form one round. Observe 5 rounds.



Phase III – Breathing with feeling

As you inhale deeply and slowly, energize the body and feel the lightness. As you exhale completely collapse all the muscles, releasing all the stresses and tensions and enjoy the relaxation. Inhale deeply and exhale... completely.

Feel the effects of inhalation and exhalation. When you inhale fully, the abdominal muscles go up, feel the whole body becoming light giving the sensation of floating. Feel the collapse of the body as if it is sinking down in to the ground each time when you exhale and the abdominal muscles going down with release of tension and enjoy relaxation. Observe 5 rounds.

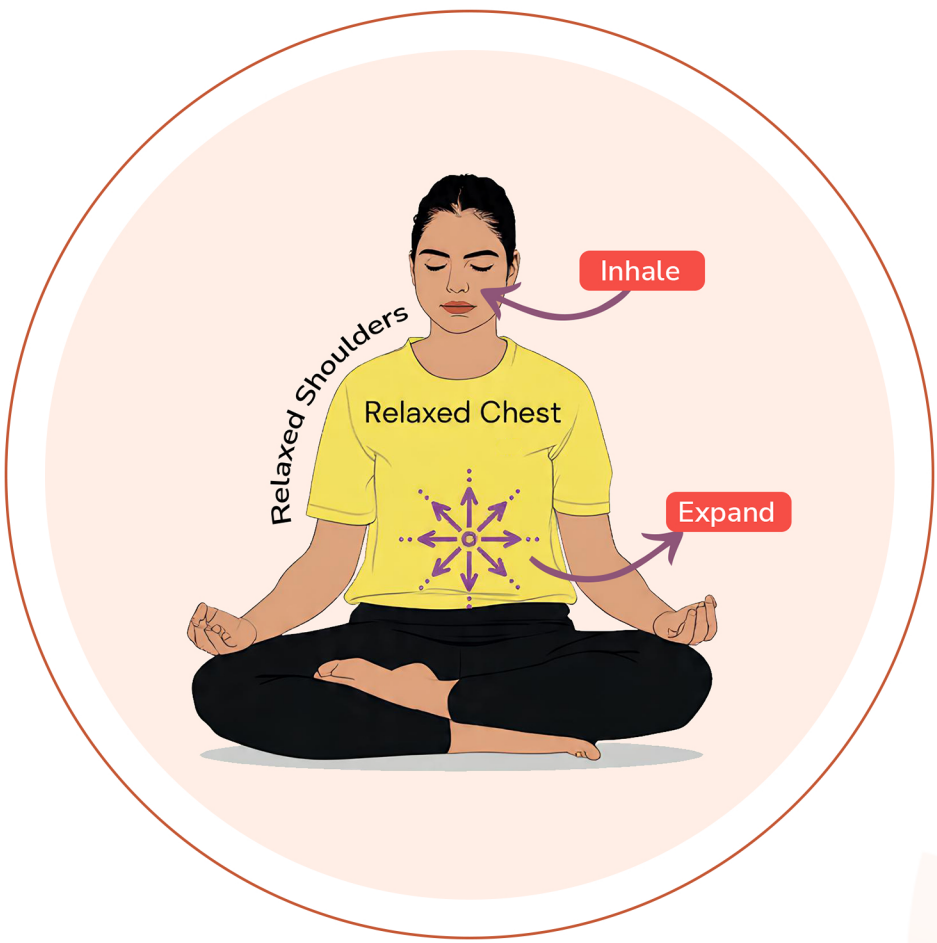
Inhale and chant 'AAA' in a low pitch while exhaling.
Feel the vibrations in the lower parts of the body.
Slowly come up from either the right or the left side of the body.

Sectional Breathing

- Sit in any comfortable posture.
- Keep your spine erect, place your hands in chin mudra on the knees and gently close your eyes.

Abdominal breathing

- - Breathing in, slowly expand your abdomen up to your maximum capacity.
- - Make sure only your abdomen expands and not your chest or shoulders.
- - Breathing out, slowly relax and contract your abdomen to expel out all the air.
- - Practice 5 times.



Abdominal Breathing

Thoracic breathing

- Breathing in, slowly expand your chest up to your maximum capacity.
- Make sure only your chest expands and not your abdomen or shoulders.
- Breathing out, slowly relax your chest and expel out all the air.
- Practice 5 times.



Thoracic Breathing

Clavicular breathing

- Breathing in, fill the upper part of the chest, so that your shoulders get lifted-up.
- Make sure to not expand your abdomen.
- Breathing out, slowly relax and expel out all the air.
- Practice 5 times.



Clavicular Breathing

Yogic breathing

- Practice all the three steps together.
- Slowly breathing in and expand your abdomen first, followed by your chest and gradually lift your shoulders up, to your maximum capacity.
- Your lungs will be completely filled with air with maximum inhalation.
- Now, slowly breathing out, first relax your shoulders, followed by your chest and finally relax your abdomen.
- Expel out the air completely without any strain.
- Practice 5 times.



Yogic Deep Breathing

Sheetali Pranayama

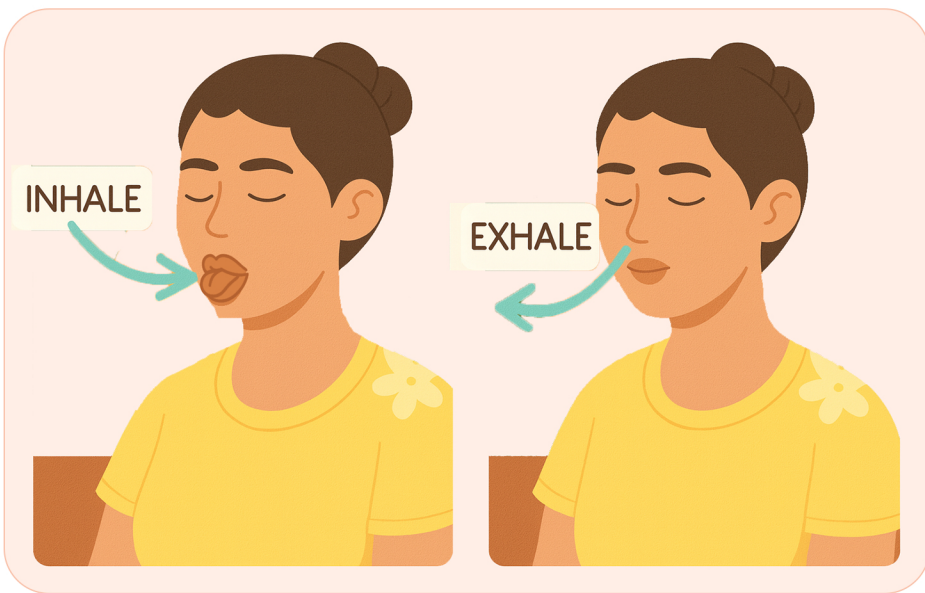
Starting Position



- Sit straight in Sukhasana.
- Keep your hands in Chin mudra. Close your eyes.

Steps

- Bring your tongue out in a tubular shape. Slowly inhale from in between your tongue.
- Pull your tongue in, close your mouth and slowly exhale from the nose. This is one round. Practice this with complete awareness for 2 minutes.
- If your are unable to form tubular shape with your tongue, then you can practice Sheetkari Pranayama.



Sheetkari Pranayama

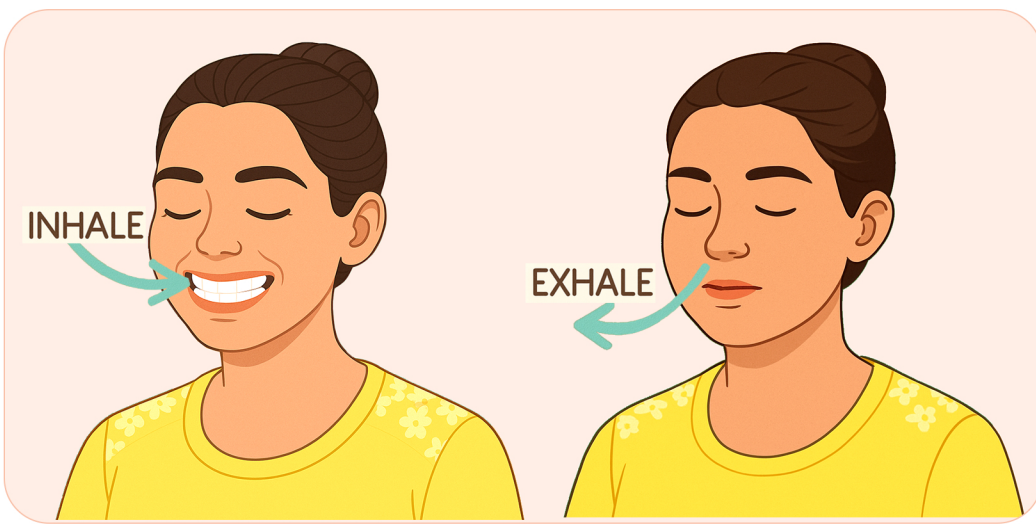
Starting Position



- Sit straight in Sukhasana.
- Keep your hands in Chin mudra. Close your eyes.

Steps

- Open your lips, clench your teeth together and keep your tongue straight.
- Slowly breathe in through your teeth.
- Close your lips and slowly exhale from the nose. This is one round.
- Practice this for 2 minutes with complete awareness.



After completing the practice, relax in the starting position.

Bhramari Pranayama

Starting Position



- Sit straight in Sukhasana, keep your hands in chin mudra on the knees and close your eyes.

Steps

- Relax the whole body.
- 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.
- Raise the arms sideways and bend the elbows, bringing the hands to the ears.
- Use the index to plug the ears or press the flaps of the ears without inserting the fingers.
- Bring the awareness to the center of the head, and keep the body still.
- Breathe in through the nose. Breathe out slowly making a humming sound like that of a 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.
- At the end of exhalation, the hands can be kept steady or returned to the knees and then raised again for the next round. The inhalation and exhalation should be smooth and controlled. This is one round.
- Practice 5 rounds with complete awareness.

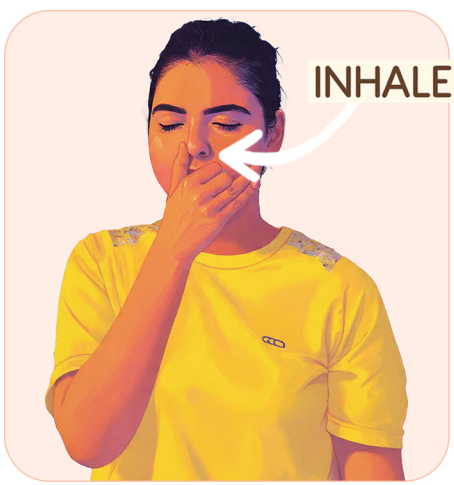
Suryabhedana Pranayama

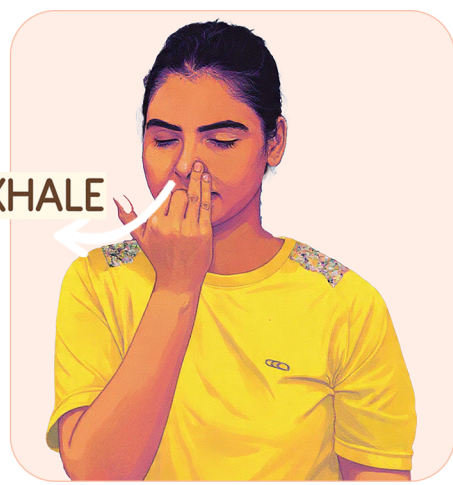
Position

- Sit in any meditative posture or any comfortable sitting posture with the head and spine straight. Close the eyes and relax the whole body.

Practice

- When the body is comfortable and relaxed, focus on your breath for a few minutes effortlessly.
- Adopt Nasika Mudra with your right hand (folding index and middle fingers towards palm).
- Close the left nostril with the little and ring fingers of Nasika Mudra.
- Inhale and exhale slowly through the right nostril (suryanadi) only.
- During the practice, keep the left nostril closed all the time during the practice.
- One cycle of inhalation and exhalation forms one round.
- Exhalation should be longer than inhalation.
- Repeat 9 rounds.

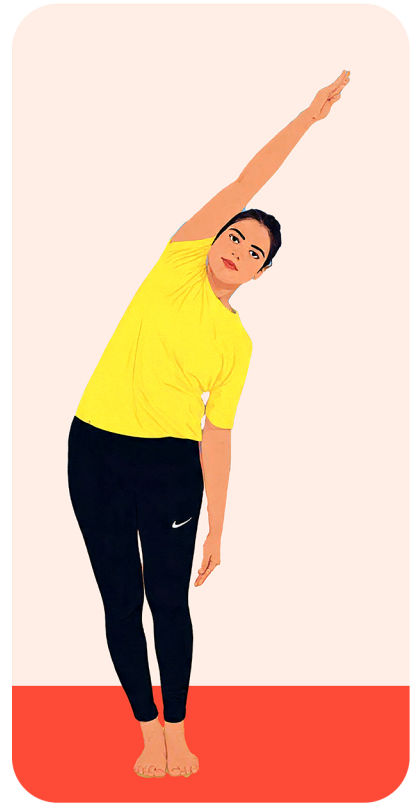




Ardhakati Chakrasana







Starting Position

- Stand straight, join your feet and keep your arms straight beside the body.

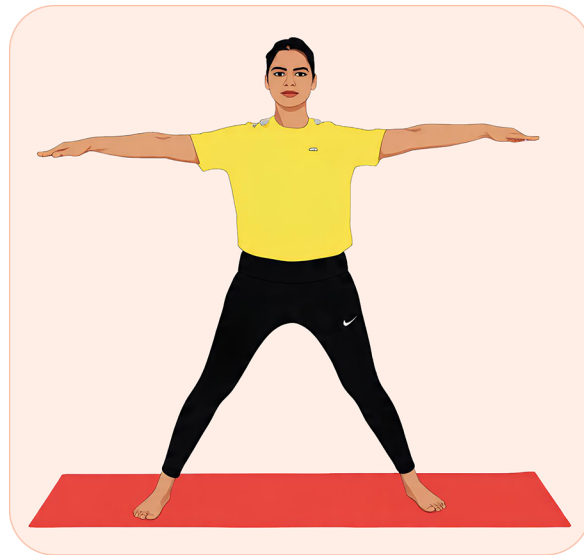
Steps

- While breathing in, slowly raise your right arm sideways, straight above the head.
- While breathing out, slowly bend your waist to the left side. Keep your right arm stretched up and look to the front.
- Breathe normally and maintain this position for some time.
- While inhaling return to the vertical position and while exhaling bring your arm down.
- Repeat this on the left side.
- This is one round. Practice 3-5 rounds.

After completing the practice, relax in the standing position. Keep your legs apart and hands loose by the side of the thighs.

Trikonasana

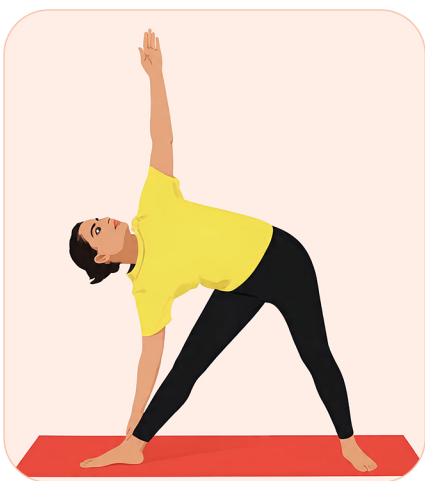
Start

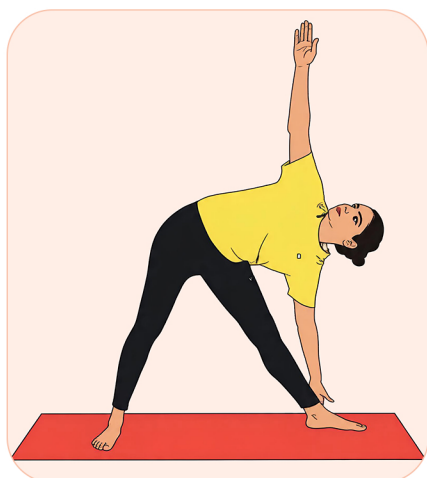


- Stand straight, and separate your legs with a three-feet distance in between.

Steps

- Breathing-in raise your arms sideways at shoulder level.
- Turn your right foot to the right side.
- Breathing out, slowly bend your waist to the right side. Both arms will be in a straight line. Place your right hand near the right ankle and your left hand straight up.
- Turn your head up and look at the left hand.
- Breathe normally and maintain this position for some time.
- Breathing in slowly return to the vertical position and turn your right foot forward.
- Breathing out repeat the above steps on the left side.



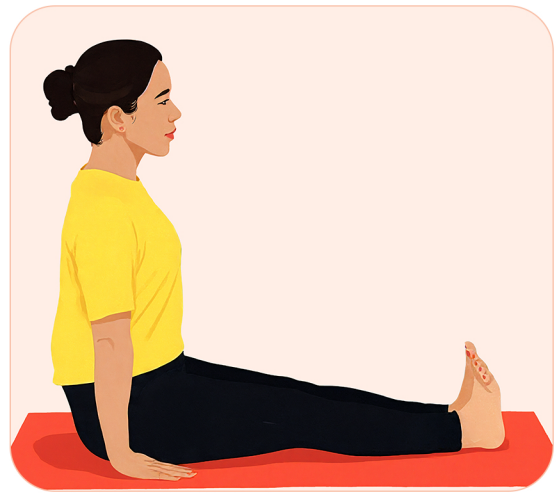


After completing the practice, relax in the standing position. Keep your legs apart, hands loose by the side of the thighs, close your eyes gently.

VAKRASANA

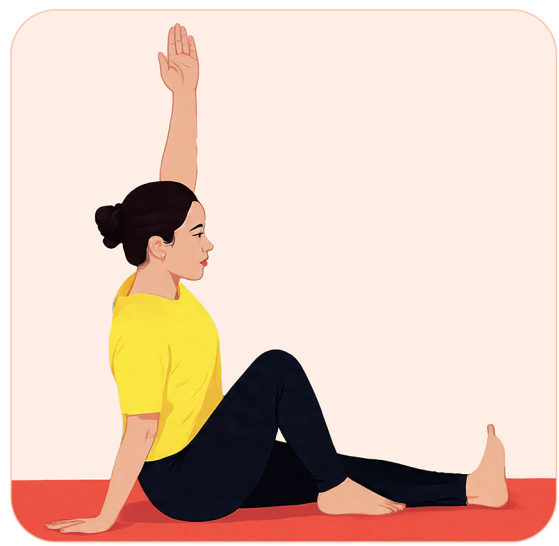
Starting position

- Sit straight with legs forward, join your feet and place your hands beside the buttocks.



Steps

- Bend the right knee and place the foot beside the left knee.
- Place your right hand behind on the ground with fingers pointing back.
- Breathing in, raise your right arm straight above the head.
- Breathing out, twist the waist to the right side, bring the left arm around the right knee and bring your left hand on the right ankle.
- Keep the palm on the ground in such a way that the turn is kept erect with a proper twist.
- Breathe normally and maintain this position for 10-15 seconds.
- Slowly return to the starting position in the reverse order.
- Repeat the same on the other side.



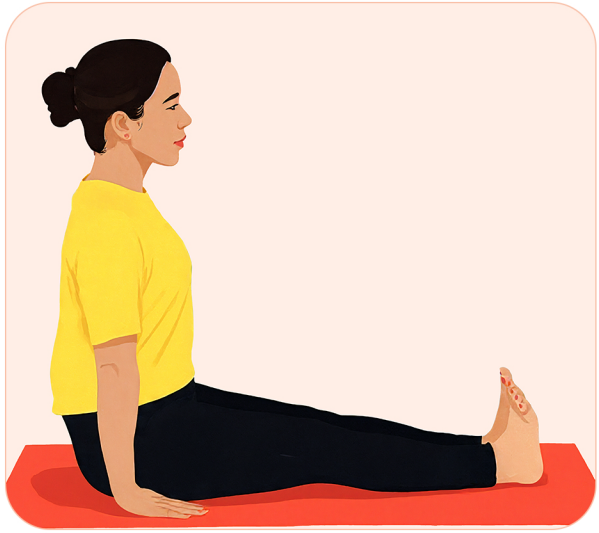


Note

- People who have recently undergone abdominal surgery may avoid this asana.

Paschimottanasana

- Sit up with the legs stretched out straight in front of you on the floor.
- Keep the spine erect and toes flexed towards you.
- Bring your respiration to normal.
- Breathing in, slowly raise both the arms straight above your head and stretch up.
- Slowly breathe out and bend forward from the hip joint, chin moving towardthe toes keeping the spine erect.
- If possible hold of your toes and pull on them to help you go forward.
- Stay in this position for 10-15 seconds
- After that inhale and raise up stretching up your arms straight above your head.
- Breathing out and bring your arms down placing the palms on the ground.
- Relax for a while and try to feel the changes that occurred in the body.



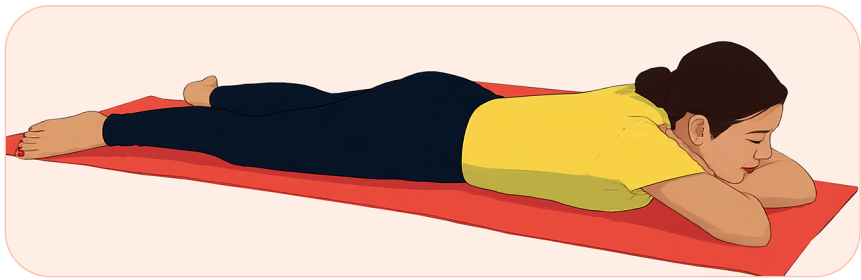




Bhujangasana

Starting position

- Lie down in Makarasana, on your abdomen, place your hands below your head.
- Separate your legs with toes pointing sideways.



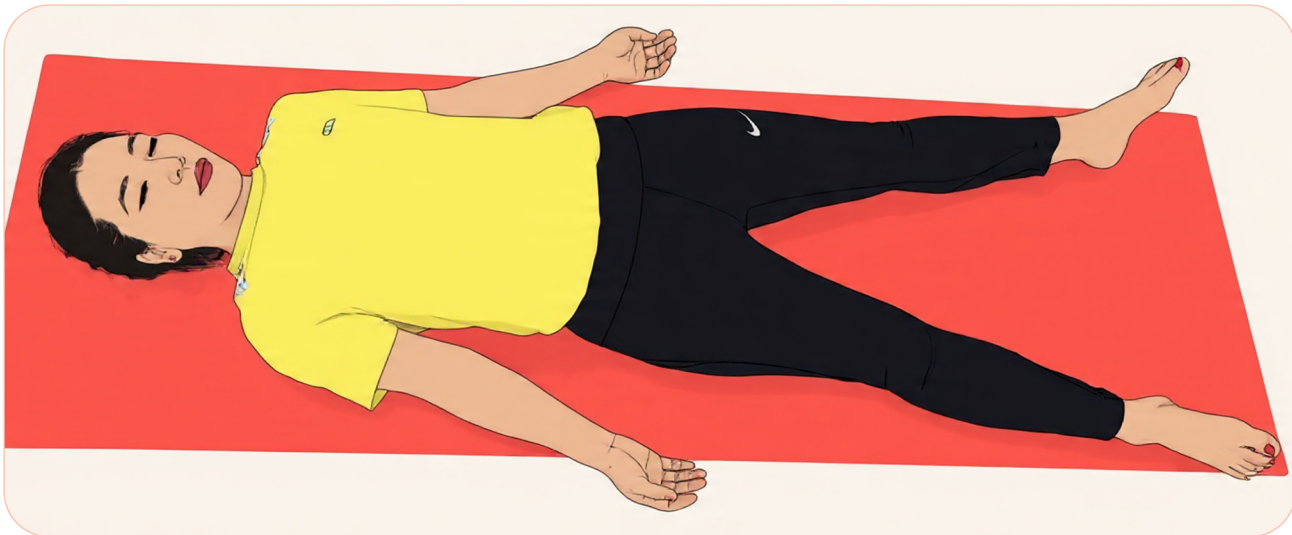
Steps

- Join your feet and place your hands by the sides of your chest While inhalation, lift your head and chest upward.
- Lift up to your navel region and lookup.
- Maintain this position with normal breathing for 10-15 seconds.
  While exhaling, slowly bring your chest and head down.
- Relax in Makarasana.





Deep Relaxation Technique (DRT)



Phase I - Awareness of toes to waist

- Lie down on your back in Shavasana with legs apart, hands by the side of the body slightly away,and palms facing the ceiling. Eyes gently closed, face smiling. Collapse and relax the whole body. Bring your awareness to the tip of the toes, gently move your toes and relax. Sensitize the soles of your feet; loosen the ankle joints; relax the calf muscles; gently pull up the knee caps, release and relax; relax your thigh muscles, and buttock muscles; loosen and relax the hip joints, relax the pelvic region and the waist region. Relax your lower part of the body. R...e...l...a...x. Inhale and chant Aa... Kara and feel the vibration in your lower parts of the body.

Phase II - Awareness from waist to neck

- Gently bring your awareness to the abdominal region and observe the abdominal movement for a while. The abdominal muscles go up and down as you inhale and exhale. Relax your abdominal muscles.
  Bring your awareness to the chest muscles and relax the chest muscles, rib cage, lungs, and heart. Relax them. R...e...l...a...x. . Feel the heartbeat slow, steady, and relaxed.

Gently bring your awareness to your lower back, relax your lower back, and loosen all the vertebral joints one by one. Relax the muscles and nerves around the backbones. Relax your middle back and upper back muscles and relax. Relax the shoulder blades, loosen, collapse and relax the shoulder joints. Shift your awareness to the tip of the fingers, gently move them a little and sensitize. Relax your fingers one by one. Relax your palms, loosen the wrist joints, relax the forearms, loosen the elbow joints, relax the arms-triceps, biceps and relax your shoulders. Shift your awareness to your neck, slowly turn your head to the right and left, and again bring it back to the center.
Relax the muscles and nerves of the neck. Relax your middle part of the body, totally relax. R...e...l...a...x. Inhale and chant Uu... Kära and feel the vibration in the middle part of your body.

Phase III - Awareness of head region

- Gently bring your awareness to your head region. Relax your chin, lower jaw and upper jaw, lower and upper gums, and lower and upper teeth, and relax your tongue. Relax your palates hard and soft; relax your throat and vocal cords.

  Gently shift your awareness to your lips, and relax your lower and upper lips. Shift your awareness to your nose, observe your nostrils, and feel the warm air touching the walls of the nostrils as you exhale and feel the cool air touching the walls of the nostrils as you inhale. Observe for a few seconds and relax your nostrils.

  Relax your cheek muscles and have a beautiful smile on your cheeks. Relax your eyeballs muscles, relax your eyelids, eyebrows, and space in between the eyebrows. Relax your ears- inner, middle & outer ears. Relax your forehead, temple muscles, the sides of the head, the back of the head, and the crown of the head. Relax your entire head region, totally relax. R... e...l...a...x. Inhale and chant Mm... Kara and feel the vibration in your head region.

Phase IV - Awareness of complete body

- Have a glimpse of your whole body lying down on the ground by observing your whole body from toes to head and relaxing it. Let all the muscles relax. Let go. Feel the whole body relaxing. Let us resonate and vibrate the whole body with the resonant ways of Aa... Kära, Uu... Kära and Mm... Kära. Inhale and chant an AUM in a single breath, in continuous flow with no breaks. Feel the resonance throughout the body. Feel the entire body relaxing completely and becoming lighter and lighter.

Phase V - Body apartness and tuning to the infinity

- Slowly come out of the body consciousness and visualize your body lying on the ground completely collapsed. Imagine the vast beautiful blue sky, the limitless blue sky. Expand your awareness as vast as the blue sky. Merge yourself into the blue sky. You are becoming the blue sky. You are the blue sky. Enjoy the infinite bliss. E...N...J...O...Y the blissful state of silence and all pervasive awareness.

Phase VI - coming back to body consciousness

- Slowly come back to body consciousness. Inhale deeply. Chant an "AUM- Kära". Feel the resonance throughout the body, the soothing and massaging effect from toes to head. Gently move your whole body a little. Feel the lightness, alertness, and movement of energy throughout the body. Slowly bring your legs together and the hands by the side of the body. Turn over to the left or the right side and come up to a sitting posture with eyes gently closed and face smiling.

30 Minutes Yoga Module

List of Practices	Rounds	Duration
JOGGING		
Slow Jogging	20	30 sec
Forward Jogging	20	30 sec
Side Jogging	20	30 sec
Backward Jogging	20	30 sec
Mukha Dhauti	10	1 min
LOOSENING PRACTICES		
Spinal Twisting	10	1 min
Alternate Toe Touching	10	1 min
BREATHING PRACTICES		
Hands Stretch	5	1 min
Breathing	5	1 min
Tiger Breathing	5	5 min
SURYANAMASKARA		
INSTANT RELAXATION TECHNIQUE	1	1 min
ASANA		
Tadasana	1	1 min
Ardha-chakrasana	1	1 min
Vakrasana	1	1 min
Ardha-ushtrasana	1	1 min
Pawanamukatasana	1	1 min
Setubandhasana	1	1 min
PRANAYAMA		
Bhastrika Pranayama	1	1 min
Ujjayi Pranayama	1	1 min
Bhramari Pranayama	1	1 min
NADANUSANDHANA (A-U-M)	5	8 min
YOGIC COUNSELING	**each**	



Center for Integrative Medicine and Research