CENTER FOR INTEGRATIVE MEDICINE AND RESEARCH AIIMS, NEW DELHI

शरीरमाद्यं खलु धर्मसाधनम्

YOGA FOR ANTENATAL PATIENTS

Its Association With Pregnancy Outcomes: A Pilot Study.

Instruction Booklet



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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

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

DURING THE PRACTICE

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

AFTER THE PRACTICE

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

SECOND TRIMESTER

Practice Yoga for at least 5 days per week

Yoga Module

This Yoga Module has been specifically designed for this trial.

Techniques	Rounda	Duration
A. Prayer		1 min
B. Sukshma Vyayama	5 rounds each	5 min
Neck Movements		
1. Forward and backward bending		
2. Right and left bending		
Shoulder Movements		
1. Shoulder stretch		
2. Shoulder rotation		
Knee Movements		
1. Knee stretch		
2. Knee rotation		
Ankle Movements		
1. Ankle Stretch		
2. Ankle Rotation		
Toe Movements		
C. Breathing Practices	10 rounds	8 min
1. Hands In & Out breathing		
2. Tiger Breathing		
D. Asana	1 round each	15 min
1. Tadasana		
2. Veerbhadrasana II		
3. Katichakrasana		
4. Utkatasana		
5. PurnaTitaliasana		
6. Parivrata Sukhasana		
7. Vipareetkarni		
8. Shavasana		

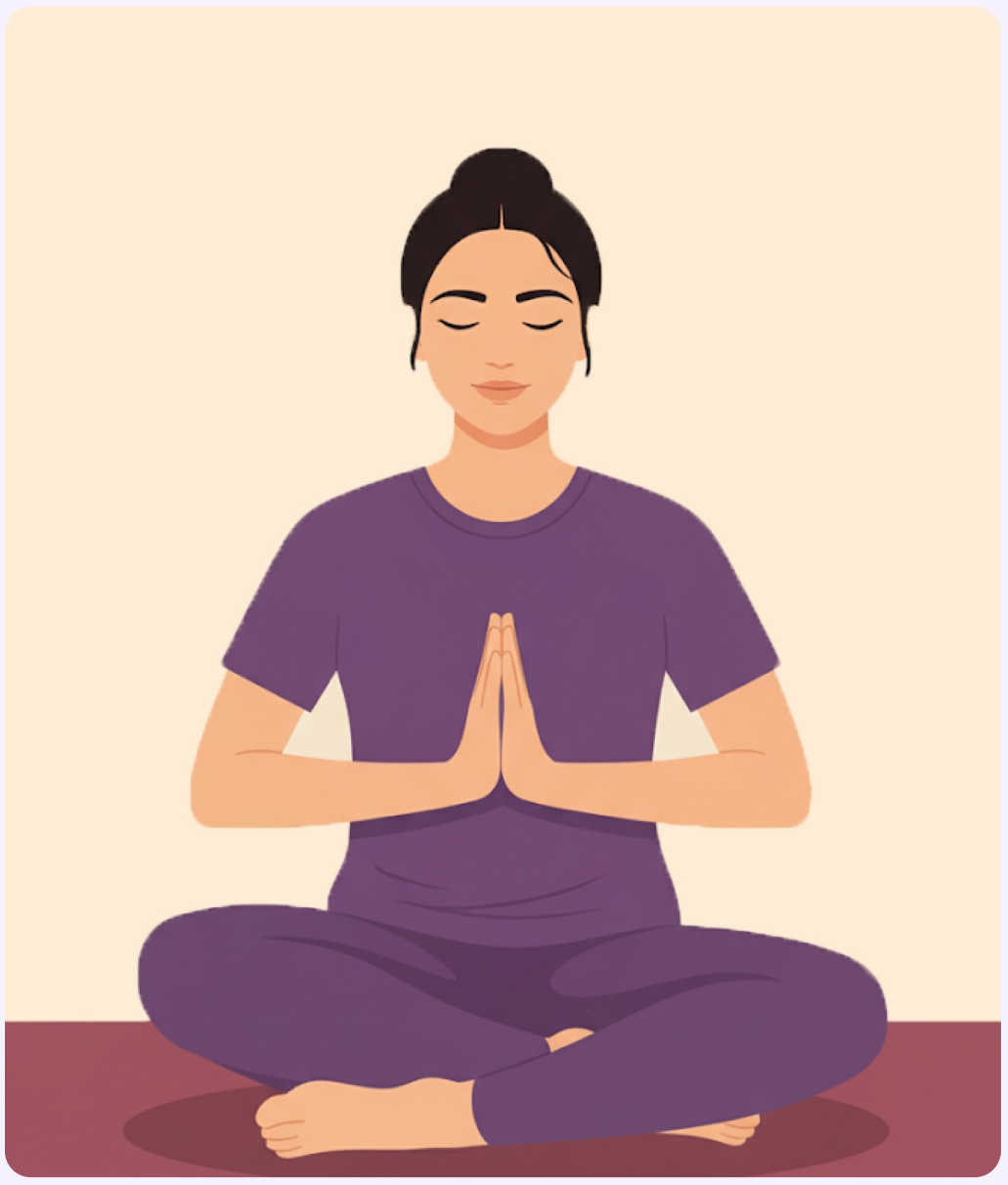
Practice Yoga for at least 5 days per week

Yoga Module

This Yoga Module has been specifically designed for this trial.

Techniques	Rounda	Duration
E. Pranayama	10 rounds each	5 min
Neck Movements		
1. Sheetali		
F. Meditation		5 min
Nadanusandhana		
G. Ending prayer		1 min

STARTING PRAYER



- Please sit in any comfortable posture.
- Keep your palms on knees, adopt chin mudra (join the tips of your thumb and index figure) or join your palms.
- Keep your spine erect.
- Gently close your eyes.
- Bring your awareness at the tip of your nostrils, be aware of the in going and out coming breathing
- Observe natural flow of the breath, just recognize the in-going breath as in going and out-going breath as outgoing.

- Prepare yourself physically and mentally for the practice.
- Now let’s chant 3 rounds of “Om–Kara”. Inhale deeply...

  Om..... Om..... om.....
- Feel the resonance and vibration of the Om-Kara throughout the body.
- Gently open your eyes while keep a gentle smile on your face.

SUKSHMA VYAYAMA

Neck Movements

Shoulder Movements

Knee Movements

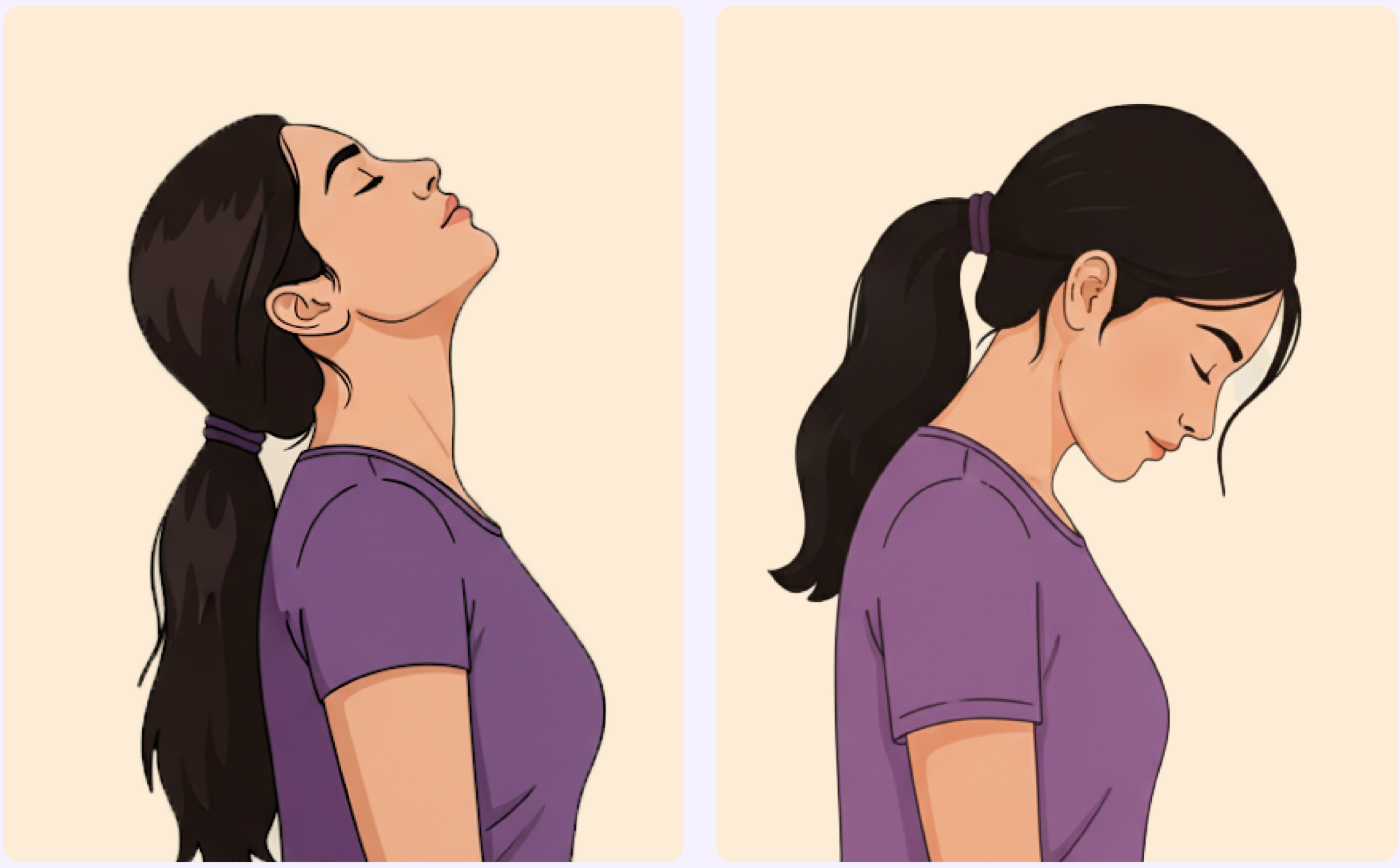
Ankle Movements

Toe Movements

Neck Movements

This group of practices is concerned with loosening up the joints of the body. It eliminates energy blockages in the joints and outer extremities of the physical body and works on the Pranic and the mental level as well. It can be done either in standing or sitting position as per your comfort.

Stage-1: Forward and Backward Bending



- Sit straight in any comfortable meditative posture, keep your hands on the knees and close your eyes.
- With inhalation slowly move the head backward and with exhalation try to touch the chin to the chest.
- Practice 5 times.

Neck Movements

Stage-2: Right and left bending

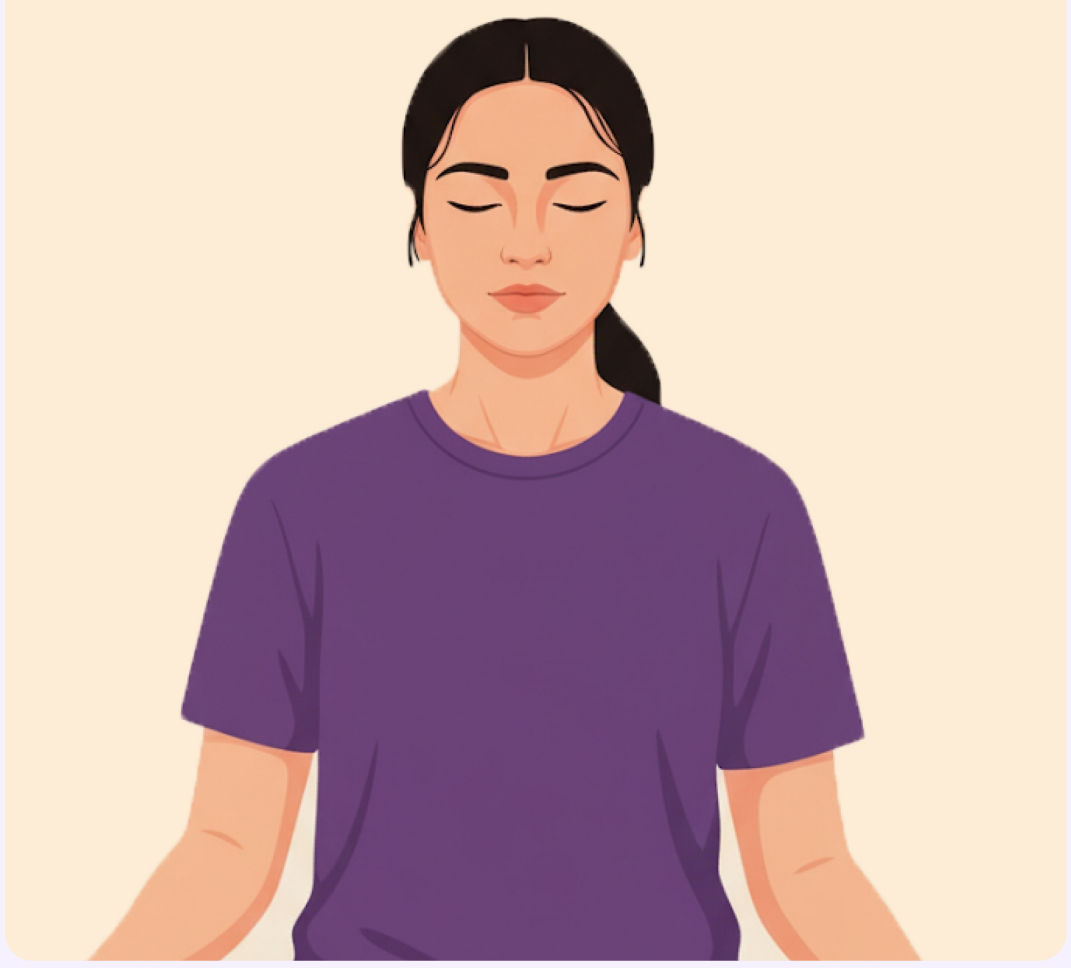


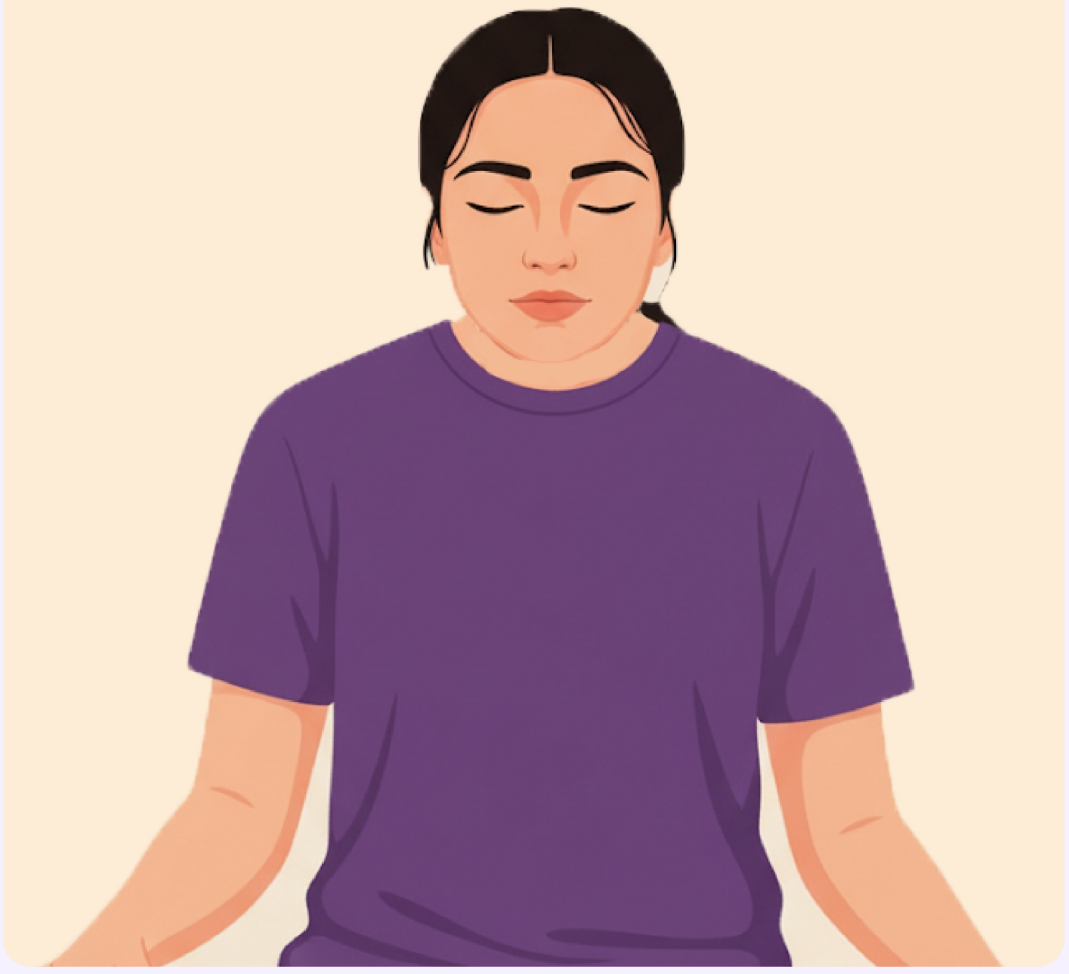


- Remain in the same position, keeping the eyes closed.
- With exhalation tilt the head to right, with inhalation move your head back to center.
- Repeat the same on left side.
- This is one round. Repeat 5 times.

Shoulder Movement

Shoulder stretch

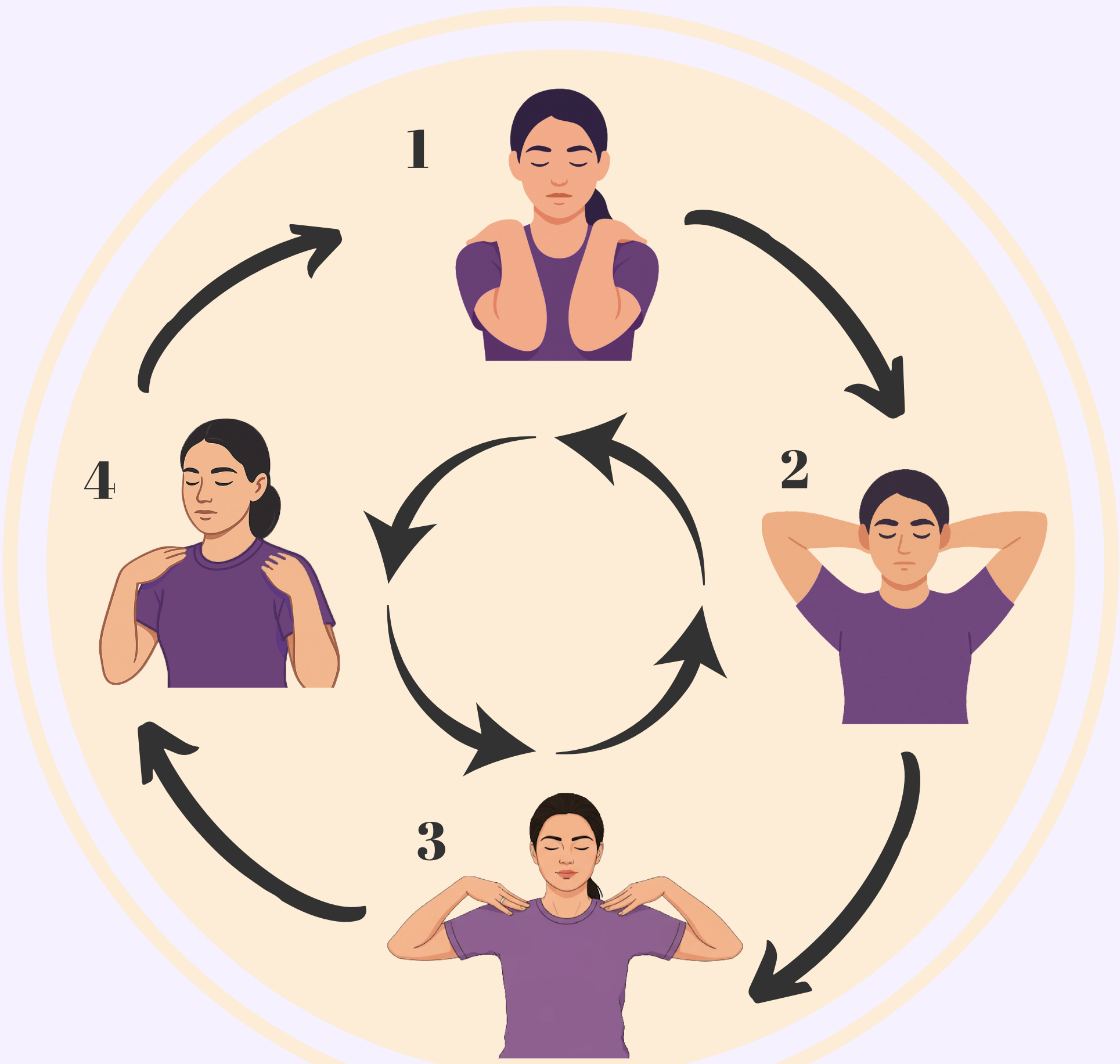




- Remain in the same position.
- With inhalation lift your shoulders up and with exhalation bring your shoulders down.
- Repeat 5 times.

Shoulder Movement

Shoulder rotation



- Remain in the same position, keeping the eyes closed.
- Bend your elbows and place the fingers of your hands on the respective shoulders.
- Rotate the elbows in a large circle.
- Keep the head, trunk and spine straight.
- While inhaling take the elbows backward and while exhaling forward.
- Practice 5 times clockwise and 5 times anti-clockwise.

Knee Movements

Knee-stretch





- Sit straight with legs forward and hands besides the hips.
- Bend the right knee bringing the thigh near the chest, interlock the hands under the right thigh.
- With inhalation straighten the right leg, pulling up the knee cap
- With exhalation bend the right knee and relax the leg.
- Repeat the same practice 5 times with each leg.

Knee Movements

Knee-rotation



- Sit with your back erect. Bend the right knee, bringing the thigh near the chest and interlock the hands under the right thigh.
- Rotate the right knee clockwise and anticlockwise 5 times.
- Repeat the same practice with the left leg 5 times.

Ankle Movements

Ankle-stretch







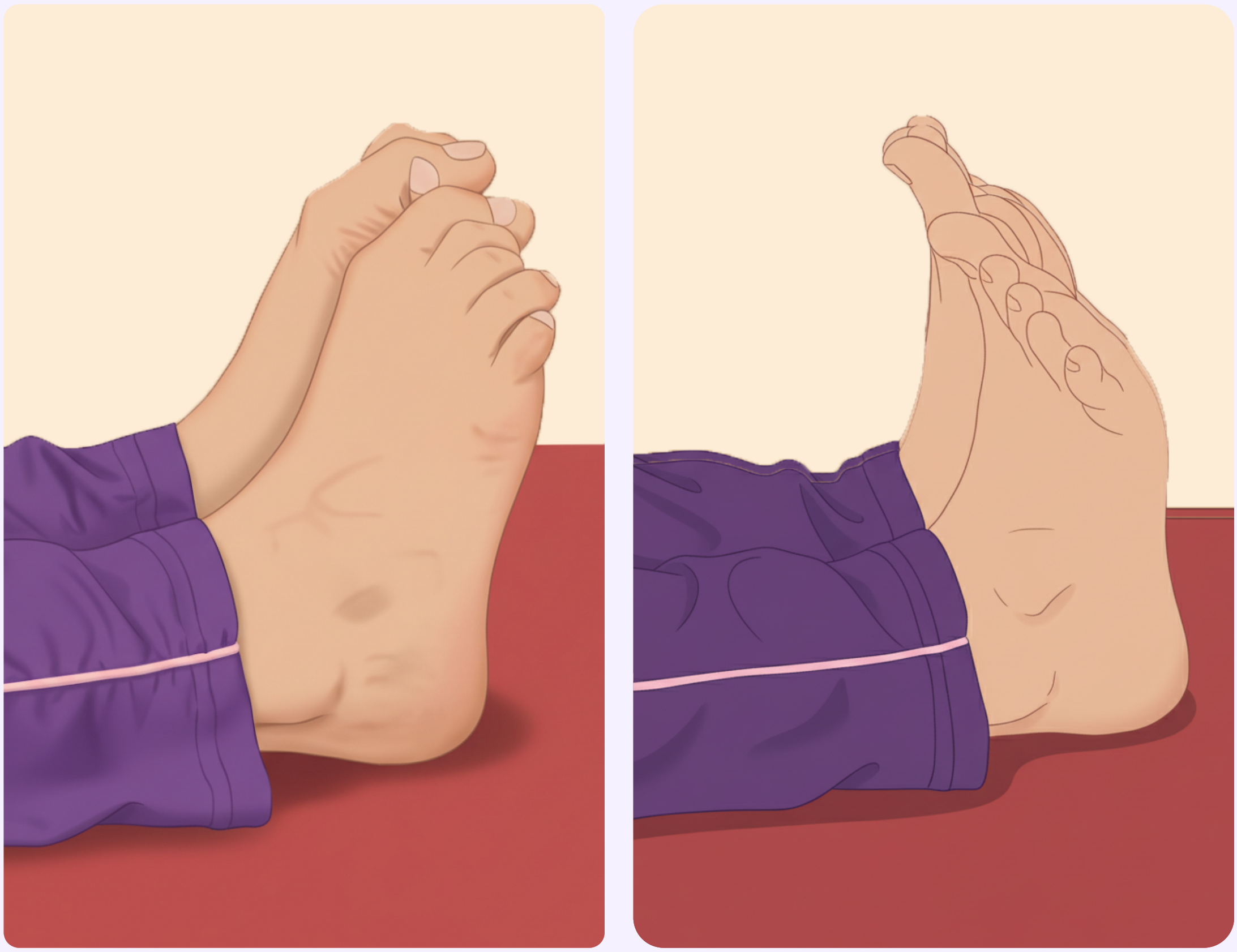
- Sit straight with your legs forward and hands behind the back on the floor. Keep your legs joined.
- With inhalation slowly bend the ankle joints and move the feet backwards.
- With exhalation slowly move the feet forwards
- Repeat 5 times.

Ankle rotation

- Remain in the same position.
- Keep the heels on the ground throughout the practice.
- With normal breathing, slowly rotate your feet from the ankles 5 times clockwise and 5 times anti-clockwise.



Toes Movements



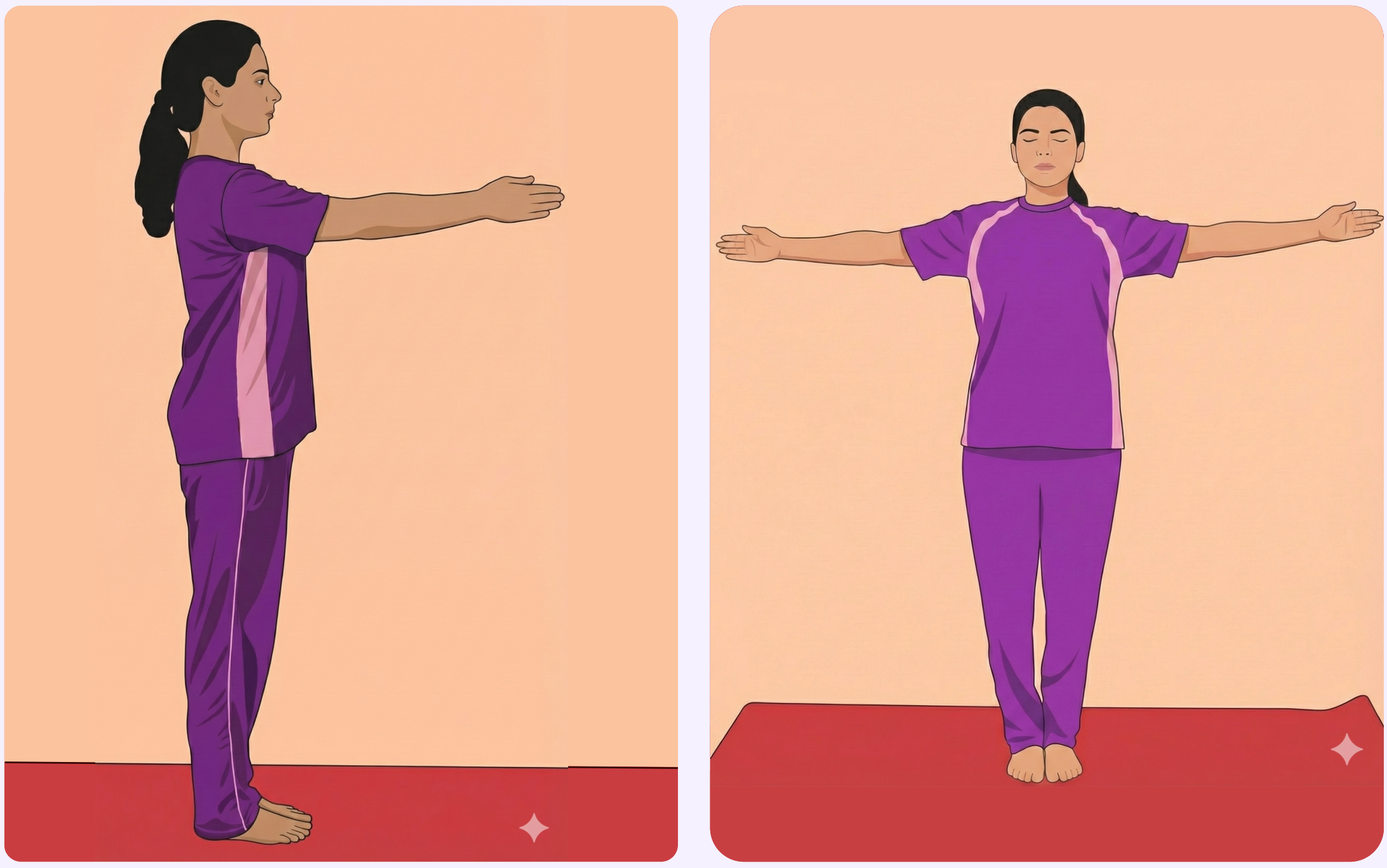
- Remain in the same position
- With inhalation move your toes backward, keeping the feet upright and the ankles relaxed and motionless.
- With exhalation move your toes forward. Repeat 5 times.

BREATHING PRACTICES

Hands In & Out breathing

Tiger Breathing

Feets in & out breathing



- Stand straight, join your feet and keep your hands besides the body.
- Stretch your arms in front at the shoulder level and join the palms together.
- While inhaling slowly spread the arms sideways so that they form a straight line at shoulder level.
- While exhaling slowly bring your palms in front of the chest and join the palms back together.
- Synchronize the arm movements with breathing.
- Repeat the practice 10 times
- After 10 rounds, relax in standing posture keeping your legs apart and hands hanging freely.

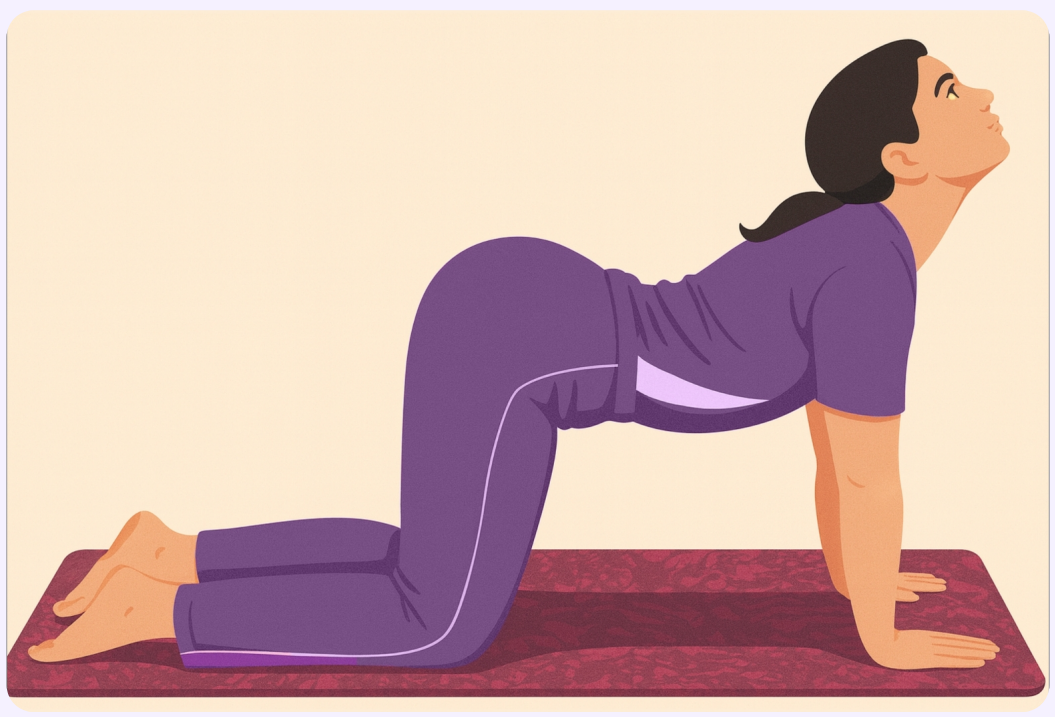
Awareness: Feel the changes in arms, shoulders, back, neck and breathing.

Note: This practice can be also done sitting on a chair.

Tiger Breathing









- Sit in Vajrasana. Separate the knees by one arm distance
- Lean forward and place the palms at one forearm distance from the respective knees with the fingers pointed forward.
- Separate the feet in such a way that the palms, knees and feet are in a straight line.
- The back remains parallel to the floor.
- While inhaling raise the head up and arch the spine down
- While exhaling, arch the spine up and bend the head down.
- This is one round, repeat 5 rounds.
- Return to sitting position and relax.

Awareness: On the breathing, spine, neck and chest muscles.

ASANA

Tadasana

Veerbhadrasana II

Katichakrasana

Utkatasana

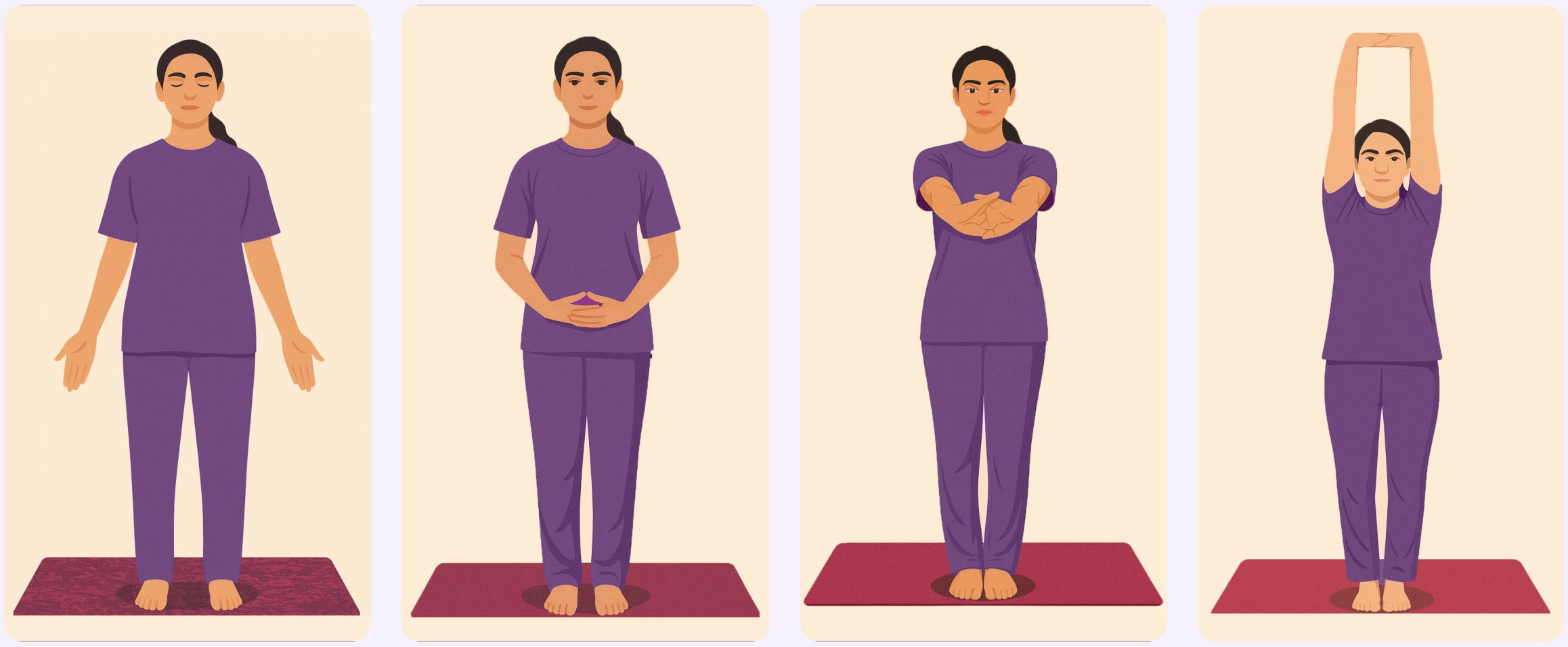
PurnaTitaliasana

Parivrata Sukhasana

Vipareetkarni

Shavasana

Tadasana



- Stand straight with legs apart and hands by the sides in Shithila Tadasana.
- Join your feet, interlock the fingers, and turn the wrists outwards.
- Look forward and slowly inhaling raise the arms straight up, bringing them in line with the shoulders.
- Simultaneously, raise the heels off the floor and balance on the toes.
- Stay in this position for 10 -15 seconds with normal breathing.
- Slowly exhaling, bring the heels down, release the fingers and bring the arms down and come back to the standing posture. Relax.

Note: Avoid lifting the toes in case of acute cardiac problems, varicose veins and vertigo.

Virabhadrasana-II

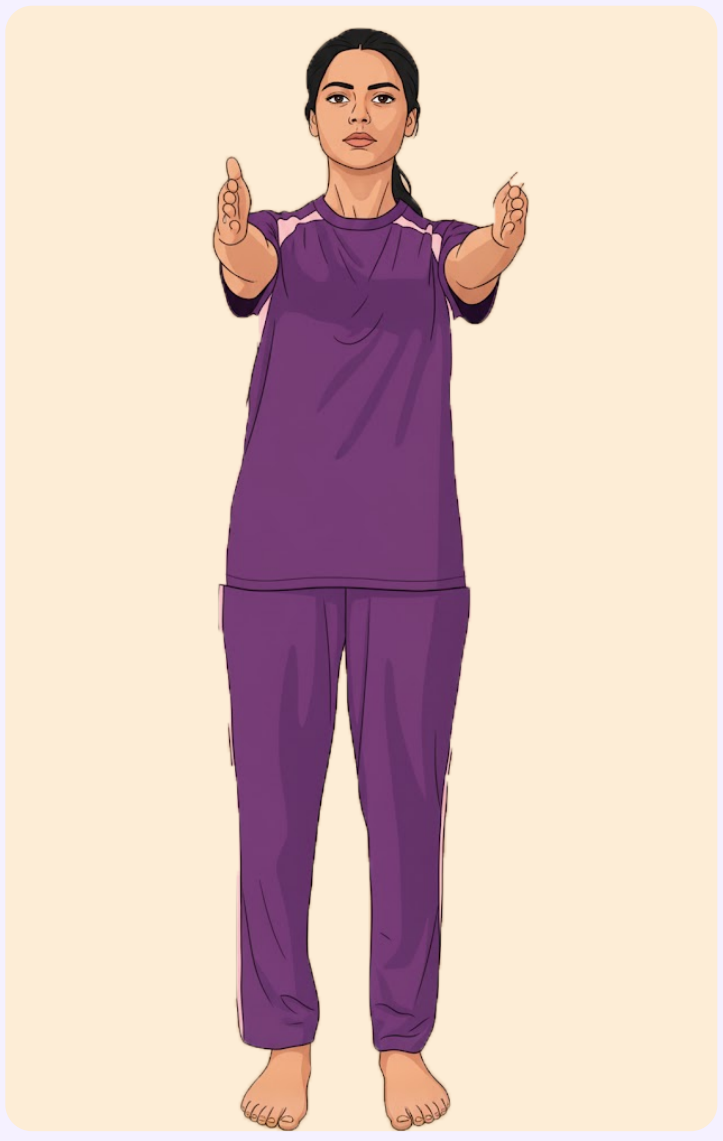




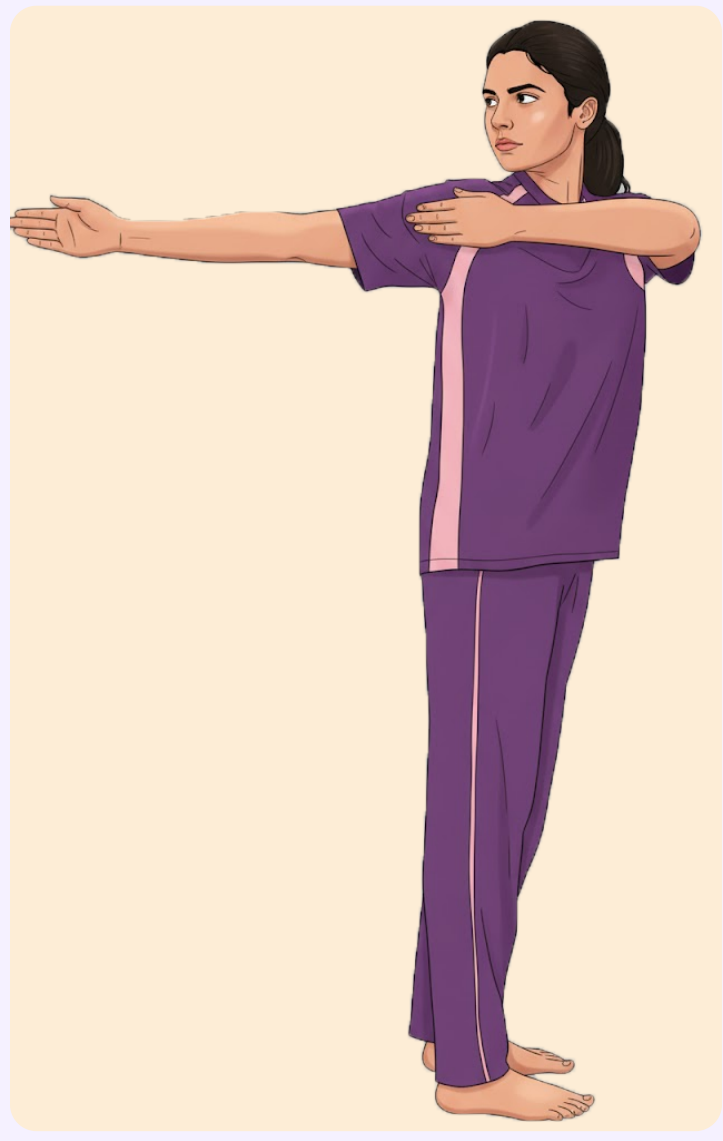


- Stand straight and separate your legs with a distance of 2-3 feet in between.
- Turn your right foot 90 degree to the right and left foot slightly to the right in such a way that the right heel will be in alignment with the left heel.
- With inhalation, raise your arms sideways at shoulder level.
- With exhalation, bend your right knee at 90 degrees and turn your head towards right.
- Maintain this posture for 10-15 seconds or as long as you feel comfortable with normal breathing.
- Return to normal standing position and relax for few seconds.

Katichakrasana

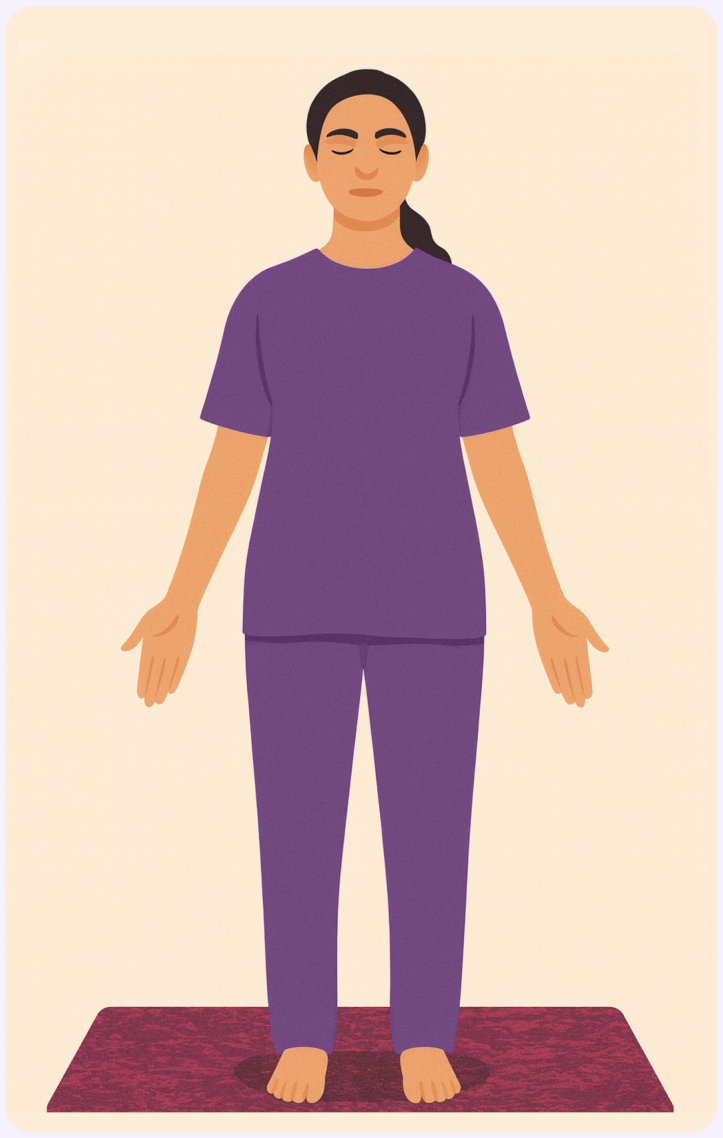




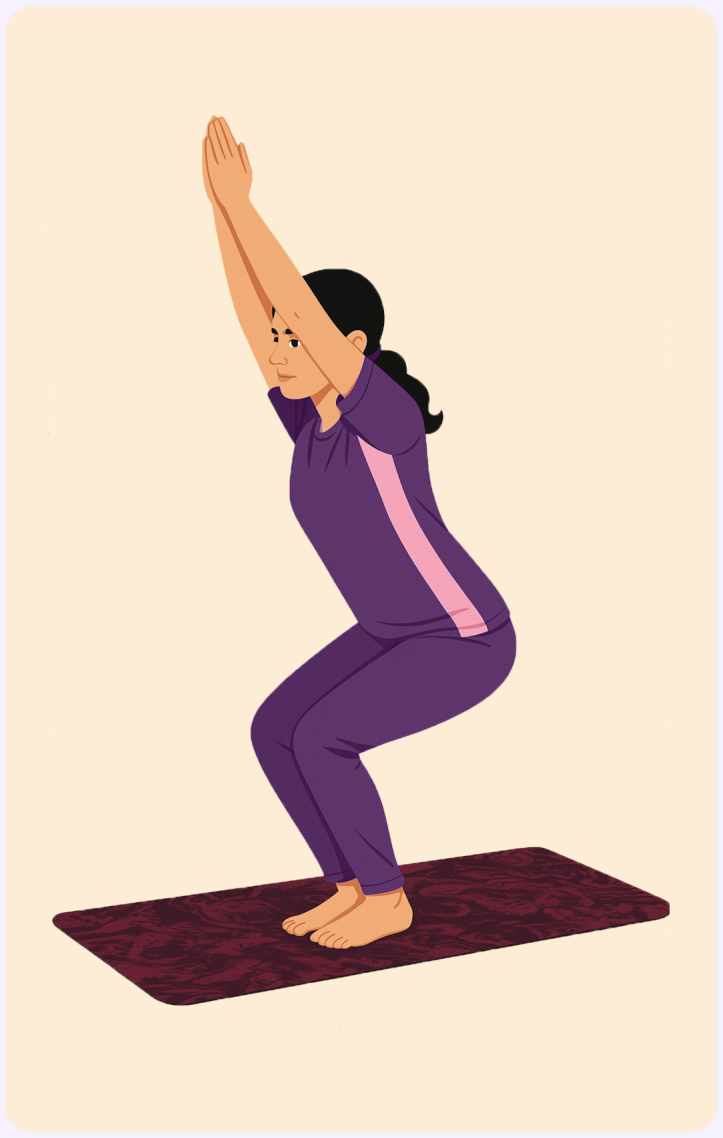


- Stand straight and separate your feet with a distance of your shoulder width.
- With inhalation, raise your arms in the front at shoulder level. With exhalation, twist the upper body to the right side.
- Bring the left hand closer to the right shoulder and keep the right arm straight towards the back. Look back over the right shoulder as far as is comfortable.
- Maintain this posture for 10-15 seconds with normal breathing.
- With inhalation, return back to the front and exhaling repeat the same on left side.
- Inhaling return to the starting position and exhaling bring your arms down besides the body. Relax for few seconds.

Utkatasana







- Stand straight and separate your legs with a distance of your shoulder width.
- With inhalation, raise your arms up and join your palms together.
- With exhalation, bend your knees and lean your upper body slightly forward (as shown in the picture).
- Keep your spine straight and arms stretched.
- Maintain this posture for 10-15 seconds or as long as you are comfortable with normal breathing.
- Return to standing position and relax.

Purnatitliasana

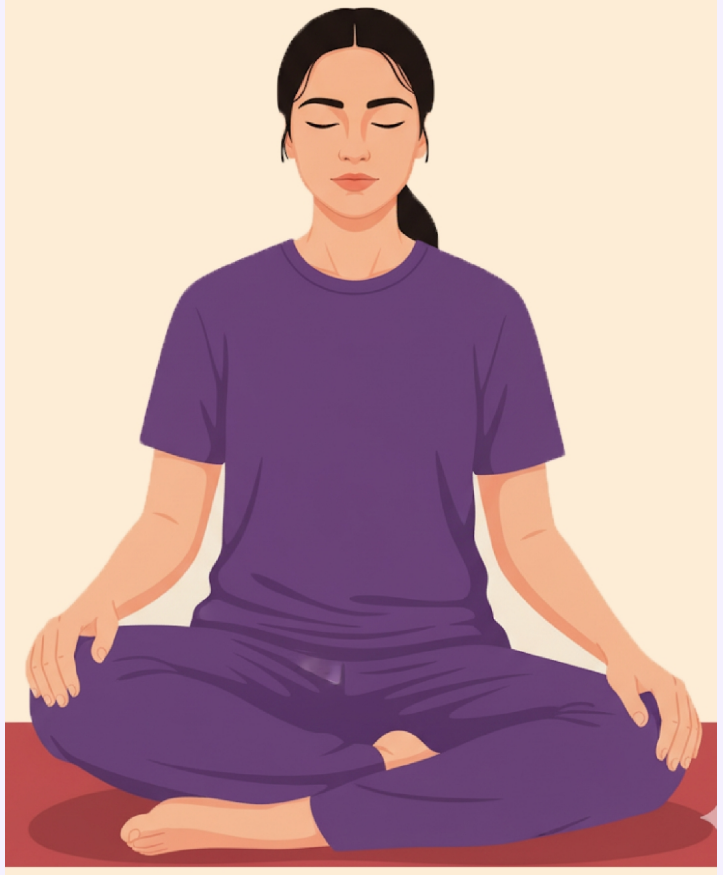




- Sit straight with legs forwards and hands besides the hips.
- Bend your knees and join the soles. Bring your heels closer to your pubic region.
- Interlock your fingers, hold your feet and keep your back as straight as possible.
- Try to bring your knees closer to the floor.
- Maintain this posture for 10-15 seconds with normal breathing.
- In case the legs are too stiff to hold in this position, you can repeatedly press the knees down and gently release for 15-20 times with normal breathing.
- Stretch your legs, return to sitting position and relax.

Note: This may not be possible for everyone Avoid over exerting yourself, and push down only as far as is comfortable for you.

Parivrttasukhasana







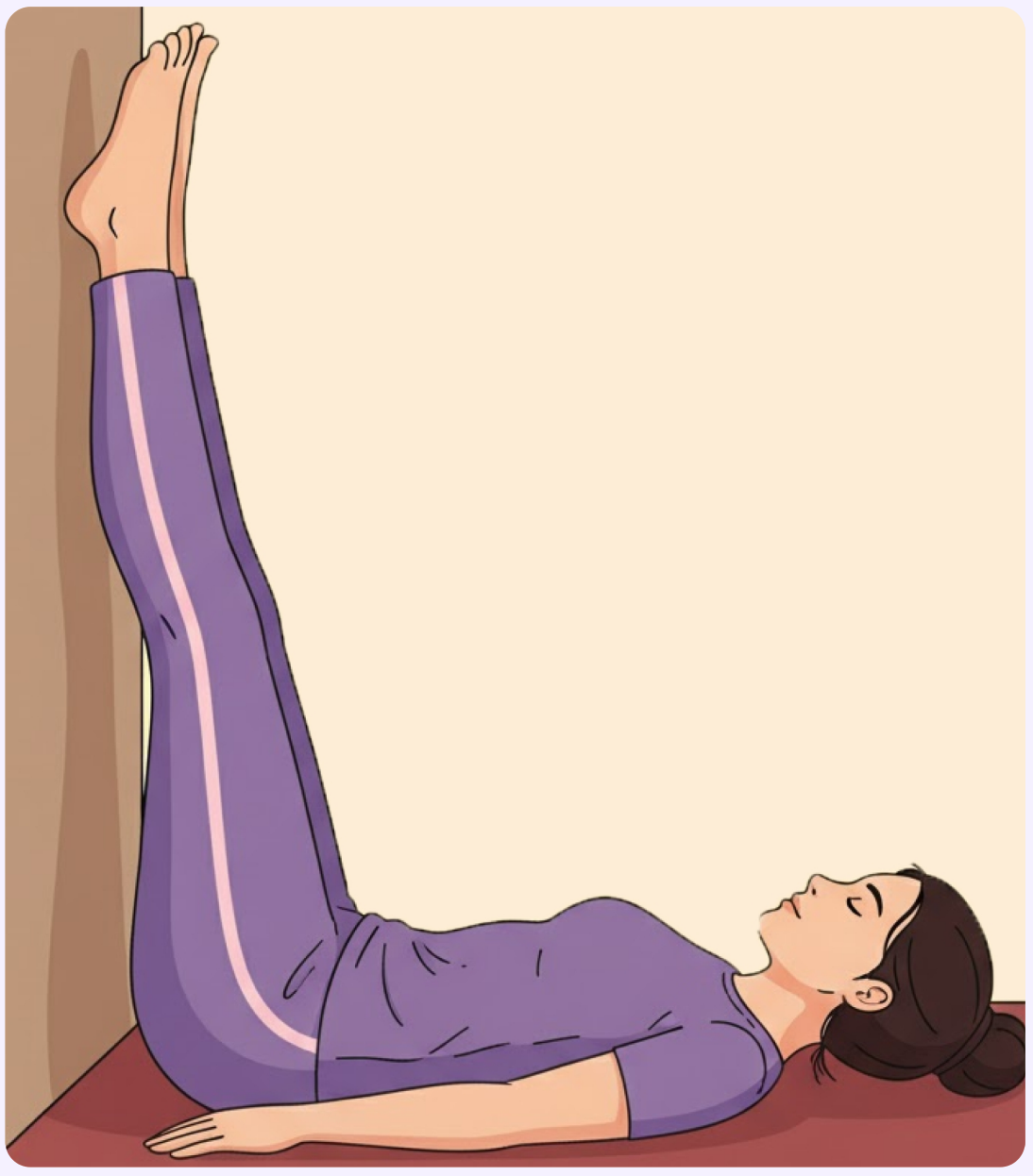
- Sit comfortably in Sukhasana.
- Slowly inhale, and with exhalation twist your upper body towards right by placing left hand on right knee; and right hand behind the back on the floor.
- Keep your spine straight and do not lift your thighs.
- Look back and maintain this posture for 10-15 seconds with normal breathing.
- With inhalation return back to front, and with exhalation repeat the same on left side.

Vipareetakarani Asana

- Lie down near a wall on your back in Shavasana, keep your legs apart and hands away from waist.



- Join your legs and place your legs against the wall.
- Raise your legs slowly upward and bring it to 90° angle with normal breathing.
- Remain in this position with slow, deep and rhythmic breathing for 10-15 seconds or as long as you are comfortable.



Awareness: On the various sensations of the body adjusting to the inversion; on the orientation of the body; on the neck or thyroid gland; and on the breathing.

Shavasana



- Lie flat on the back with the arms about 15 cm away from the body, palms facing upward
- Let the fingers curl up slightly.
- Separate the feet 1-2 feet apart in a comfortable position and gently close the eyes.
- The head and spine should be in a straight line
- Make sure the head does not fall to one side or the other.
- Stop all physical movement and relax the whole body
- Become aware of the natural breath and allow it to become rhythmic and relaxed.
- Become aware of the body and surroundings
- After few minutes of relaxation, release the posture and gently get up and sit.

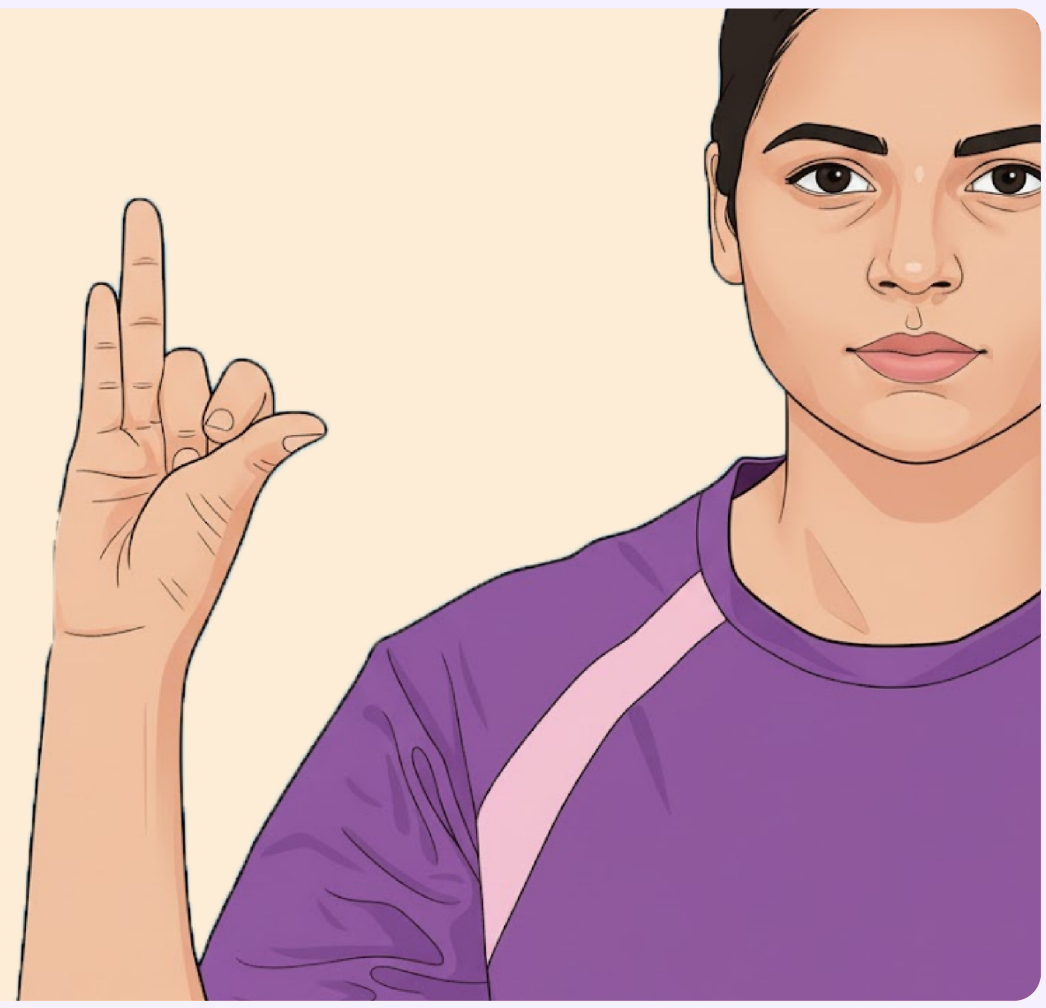
PRANAYAMA

Nadi-Shodhana Pranayama

Sheetali

Nadi-Shodhana Pranayama

Hand position: Nasagra Mudra



- Take the right hand and bend the index and middle fingers.
- Place the thumb above the right nostril and the ring finger above the left.
- These two digits will control the flow of breath in the nostrils by alternately pressing on one nostril, blocking the flow of breath, and then the other.

Nadi-Shodhana Pranayama

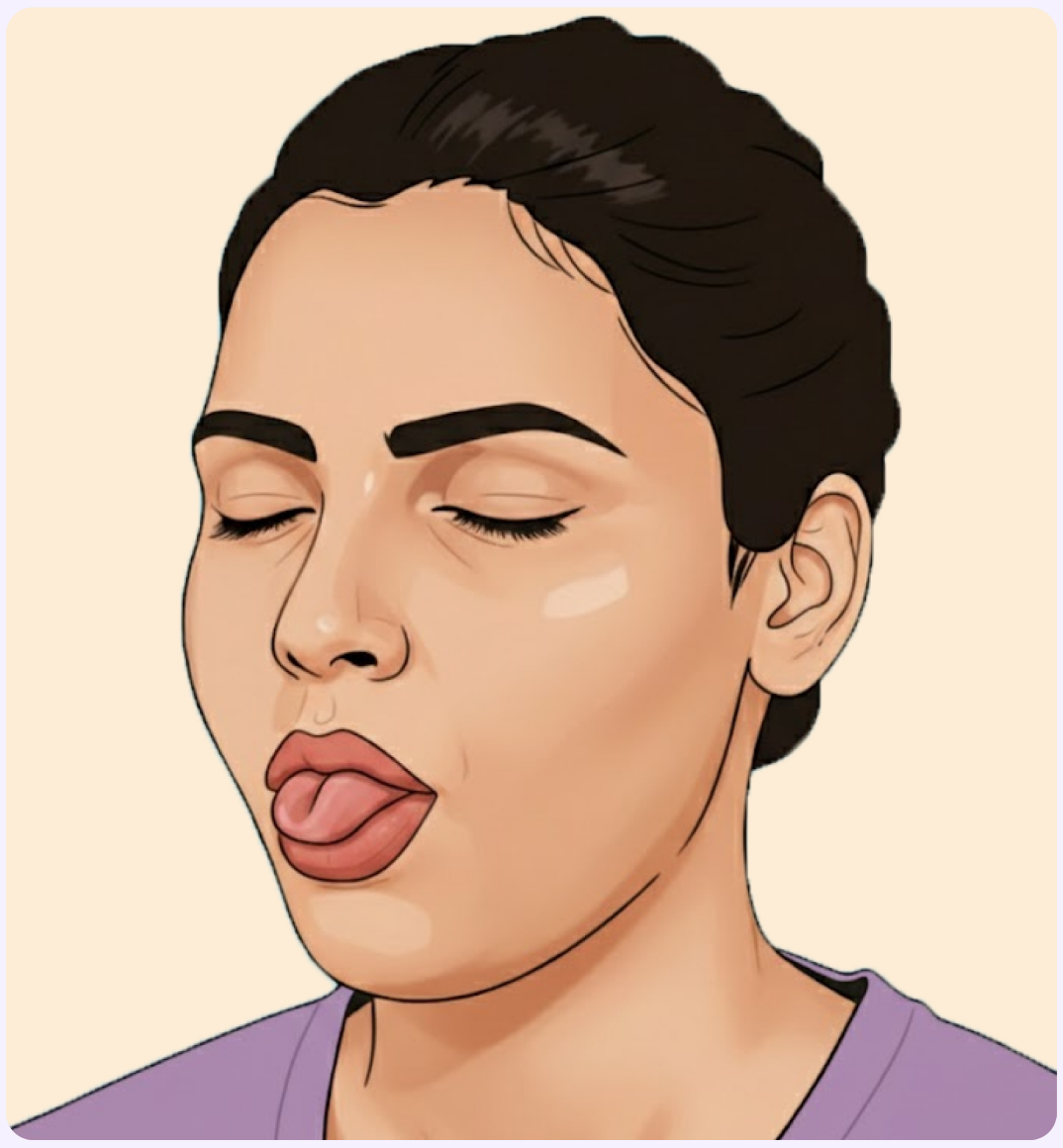
Practice





- Sit in a comfortable meditative posture with back straight and eyes closed.
- Adapt Dhyana mudra in the left hand (index and thumb joined) and Nasagra mudra in the right hand
- Close the right nostril with thumb, slowly breathe in through the left nostril.
- Then close the left nostril with ring finger, breathe out through the right nostril.
- Again, breathe in through the right nostril and breathe out through left nostril. This is one round.
- Repeat it for 12 rounds.

Sheetali



- This completes one round of Sheetali pranayama
- Repeat 9 rounds.
- Sit in any comfortable posture and rest your palms on your thighs.
- Stretch the tongue forward partly out of the mouth and fold it so as to resemble the beak of a crow.
- Slowly suck in the air through the rolled tongue and feel the jet of cool air passing down the throat into the lungs.
- Close your mouth and slowly exhale through the nostrils, feeling the movement of warm air all the way up from the lungs through the throat and the nostrils.

MEDITATION

Nadanusandhana

MEDITATION

The word “meditate” actually means to think deeply about something. Meditation will keep you healthy, help prevent multiple diseases, make you emotionally well, and improve your performance in basically any task, physical or mental. Whatever drives you to meditate, that is good. You will get the benefits you seek, in the proportion of your consistency and commitment to building this habit.

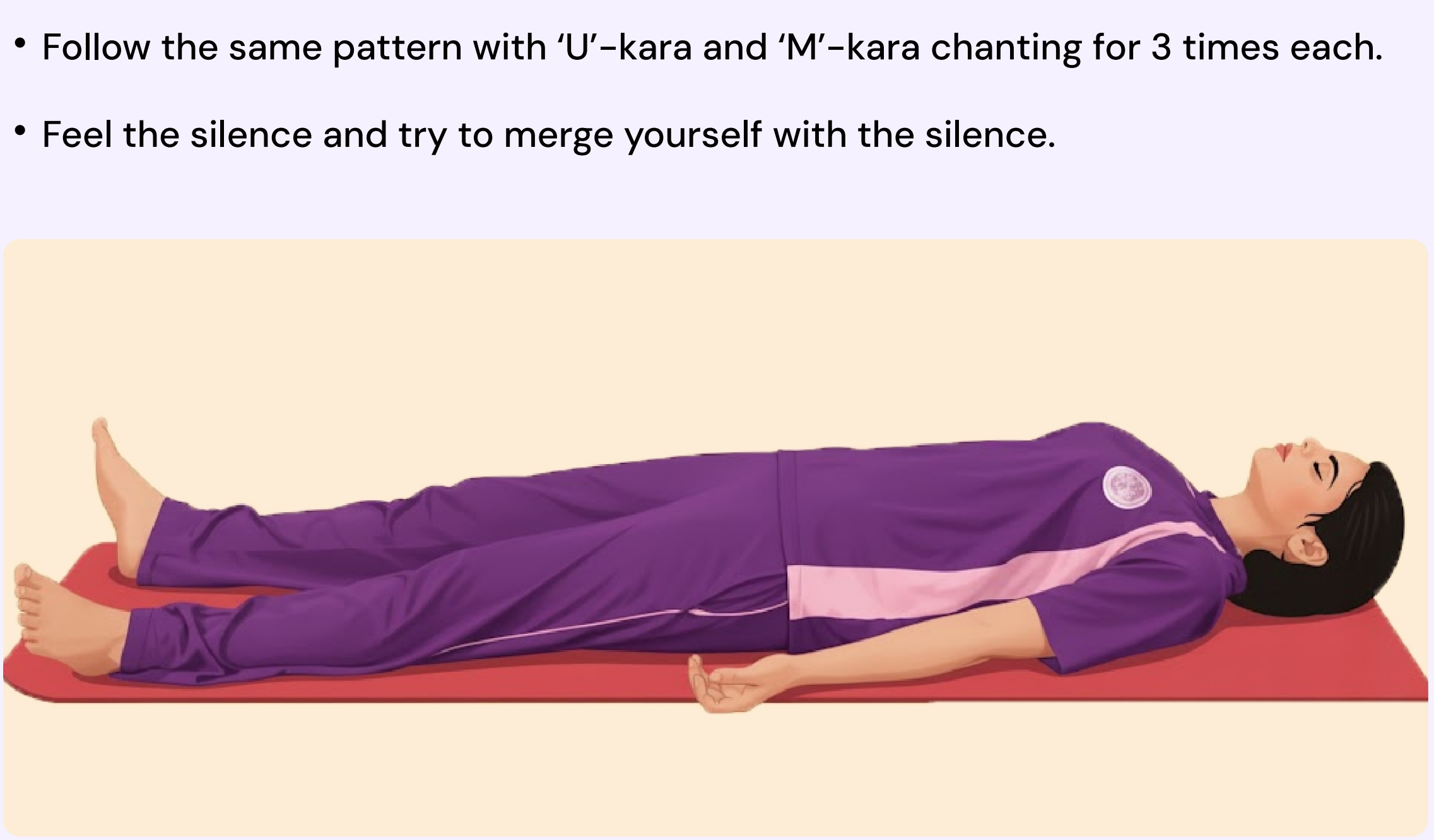
Nadanusandhana

Practice:

- Sit in any comfortable meditative posture or lie down on the back feeling completely relaxed. Start taking some deep breaths.
- AUM comprises of 3 syllables A, U, M.
- Slowly breathe in deeply and breathing out chant ‘A’-kara loudly followed by mental chanting. Repeat this for three times

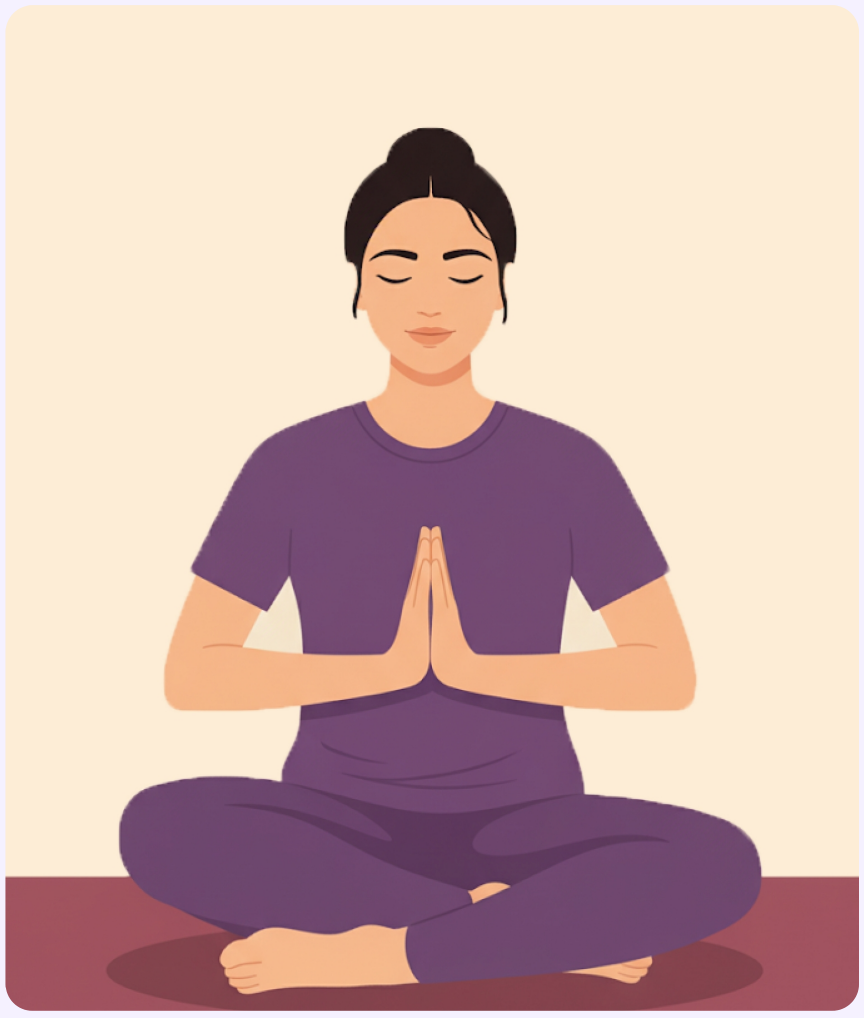


- Follow the same pattern with ‘U’-kara and ‘M’-kara chanting for 3 times each.
- Feel the silence and try to merge yourself with the silence.



CLOSING PRAYER

Sit in a comfortable meditative posture. Adapt Dhyana mudra or Namaskara mudra keeping your eyes gently closed. Observe all the changes in your body and mind after the session. Observe your breathing which is more rhythmic now. End the yoga session with chanting of “AUM” and three shanti.



- Om shantih, shantih, shantih

- Rub your palms to each other and generate heat within. Place your palms on your eyes. Give nice palming.
- Give gentle massage to your face
- Once again rub your palms. Generate the heat.
- Give massage to your neck, shoulders, chest, abdomen, back, thighs along to your toes
- Bring your palms in front of the chest, gently open our eyes, look at your palms and with a beautiful smile look around

THIRD TRIMESTER

Practice Yoga for at least 5 days per week.

Yoga Module

This Yoga Module has been specifically designed for this trial.

Techniques	Rounda	Duration
A. Prayer		1min
B. Sukshma Vyayama	5 rounds	5 min
Shoulder Movements	each	
- Shoulder stretch		
- Shoulder rotation		
Wrist Movements		
Finger Movements		
Knee Movements		
- Knee stretch		
Ankle Movements		
- Ankle stretch		
- Ankle rotation		
Toe Movements		
C. Breathing Practices	10 rounds	8 min
- Hands In & Out breathing		
- Hand stretch breathing		
- Sectional Breathing		
D. Asana	1 round	15 min
- Utthita Parshvakonasana	each	
- Malasana		
- Baddhakonasana		
- Parivrtta Janusukhasana		
- Parivrtta Sukhasana		

Practice Yoga for at least 5 days per week

Yoga Module

This Yoga Module has been specifically designed for this trial.

Techniques	Rounda	Duration
E. Pranayama	10 rounds	5 min
Nadi Shodhana – Bhramari	each	
F. Meditation		5 min
Nadanusandhana		
F. Ending prayer		1 min

STARTING PRAYER



- Please sit in any comfortable posture.
- Keep your palms on knees, adopt chin mudra (join the tips of your thumb and index figure).
- Keep your spine erect and gently close your eyes.
- Bring your awareness at the tip of the nostrils, be aware of the in going and out coming breathing.
- Observe natural flow of the breath, just recognize in going breath as in going and outgoing breath as outgoing
- Prepare yourself physically and mentally for the practice.
- Now let’s chant 3 rounds of “Om–Kara”. Inhale deeply...

  Om..... Om..... om.....
- Feel the resonance and vibration of the Om-Kara throughout the body.
- Gently open your eyes while keep a gentle smile on your face.

SUKSHMA VYAYAMA

Shoulder Movements

Wrist Movements

Finger Movements

Knee Movements

Ankle Movements

Toe Movements

Shoulder Movement

This group of practices is concerned with loosening up the joints of the body. It eliminates energy blockages in the joints and outer extremities of the physical body and works on the Pranic and the mental level as well. This can be done either in standing or sitting position.

Shoulder stretch





- Sit straight in a comfortable pose and close your eyes
- With inhalation lift your shoulders upwards and with exhalation bring them down gently
- Practice 5 times.

Shoulder Movement

Shoulder rotation

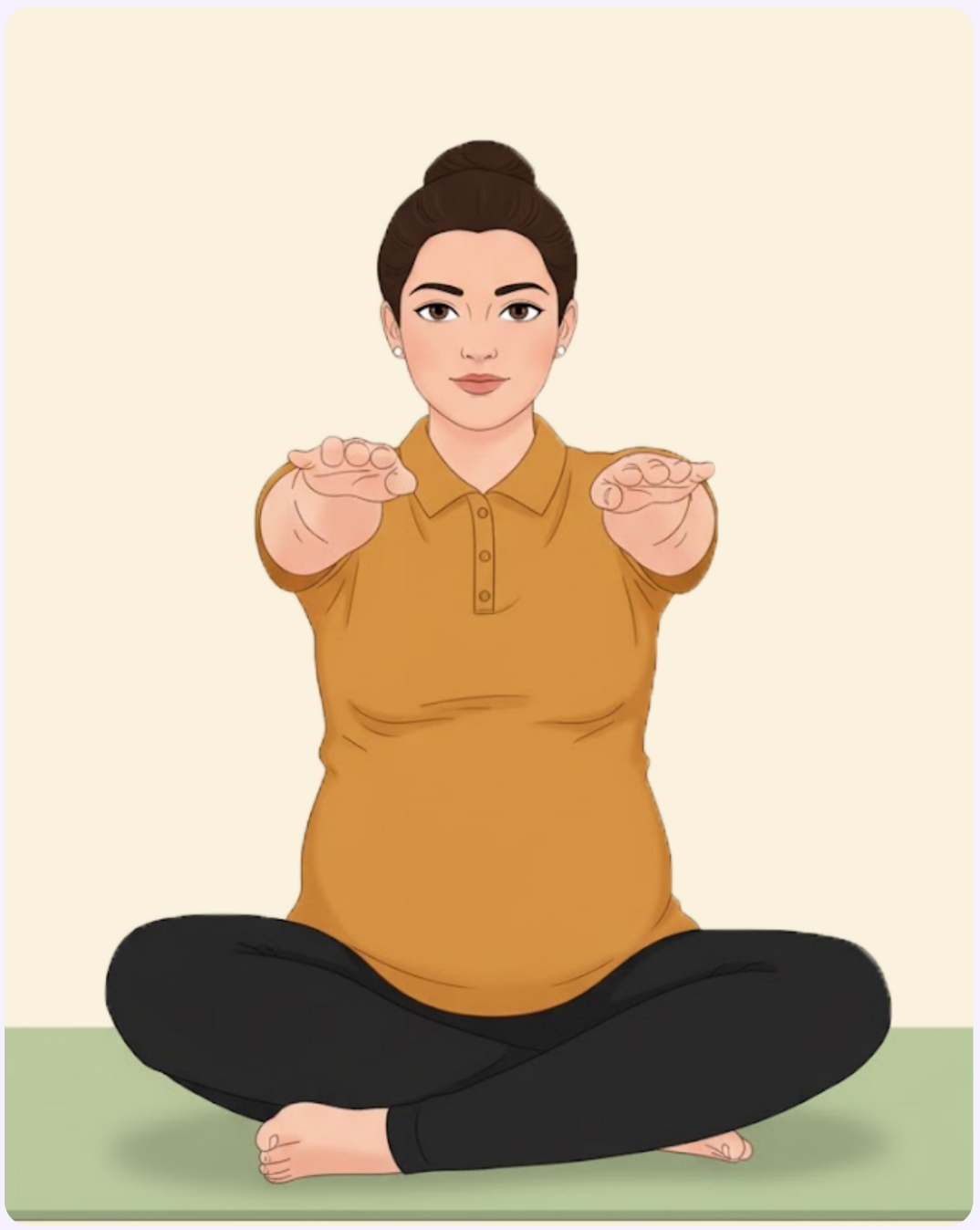




- Remain in the same position
- Bend your elbows and place the fingers of your hands on the respective shoulders.
- Rotate the elbows in a large circle
- Keep the head, trunk and spine straight.
- While inhaling take the elbows backward and while exhaling forward.
- Practice 5 times clockwise and 5 times anti-clockwise.

Finger movement

Mushtika Bandha





- Remain in sitting position.
- Stretch the arms in front of the body at shoulder level.
- With inhalation stretch the fingers as wide apart as possible.
- With Exhalation lose the fingers to make a tight fist with the thumbs inside, fingers should be slowly wrapped around the thumbs.
- Repeat 5 times.

Wrist Movement

Mani bandha Naaman



- Remain in sitting position
- Stretch the arms in front of the body at shoulder level
- Make loose fists with the thumbs inside.
- With inhalation bend the wrists backward.
- With exhalation bend the wrists forward.
- Keep the elbows straight throughout the practice.
- Repeat 5 times.

Wrist Movement

Mani bandha Chakra



- Remain in sitting position.
- Extend both arms forward at shoulder level.
- Make loose fists with the thumbs inside.
- Slowly rotate both the wrists, ensuring that the fists face downward throughout the rotation.
- The arms and elbows should remain perfectly straight and still.
- Practice 5 times clockwise and 5 times anti-clockwise.

Knee Movements

Knee-stretch

- Sit straight with legs forward and hands besides the hips.
- Bend the right knee bringing the thigh near the chest, interlock the hands under the right thigh.







- With inhalation straighten the right leg, pulling up the knee cap.
- With exhalation bend the right knee and relax the leg.
- Repeat the same practice 5 times with each leg.

Ankle Movements

Ankle-stretch

- Remain in the same sitting position.
- With inhalation slowly bend the ankle joints and move the feet backwards.
- With exhalation slowly move the feet forwards. Repeat 5 times.







Ankle rotation

- Remain in the same position.
- Keep the heels on the ground throughout the practice.
- With normal breathing, slowly rotate your feet from the ankles 5 times clockwise and 5 times anti-clockwise.
- With normal breathing, slowly rotate your feet from the ankles 5 times clockwise and 5 times anti-clockwise.



Toes Movements





- Remain in the same position.
- With inhalation move your toes backward, keeping the feet upright and the ankles relaxed and motionless.
- With exhalation move your toes forward.
- Repeat 5 times

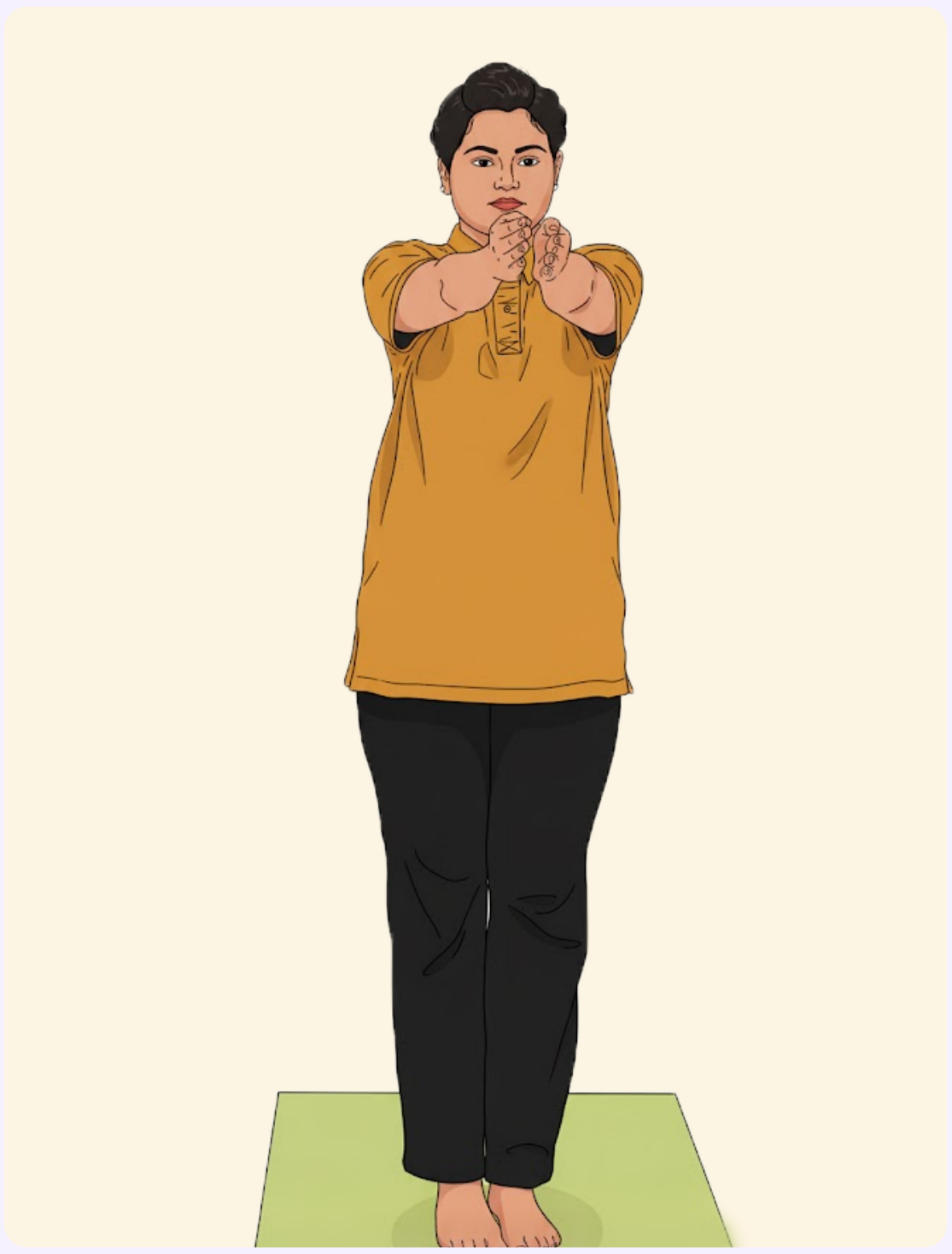
BREATHING PRACTICES

Hands In & Out breathing

Hand stretch breathing

Sectional Breathing

Hands in & Out Breathing



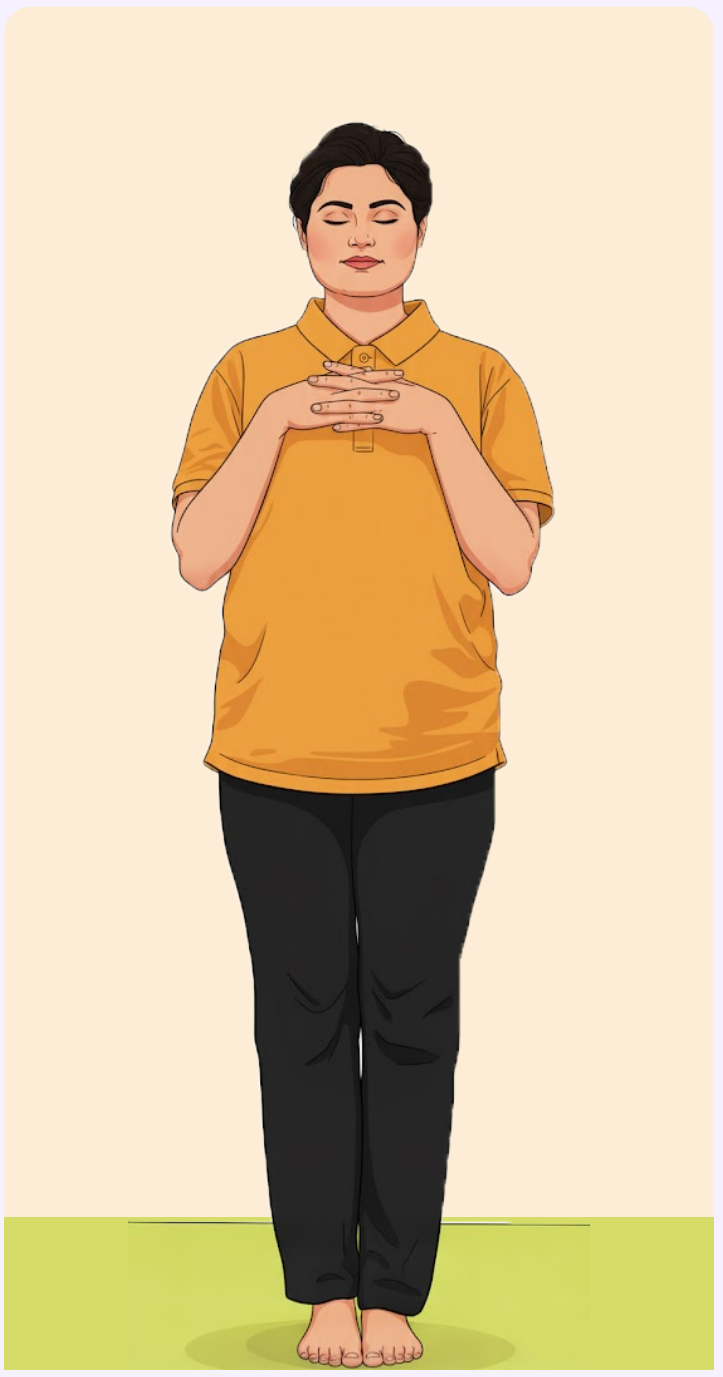


- Stand straight, join your feet and keep your hands besides the body.
- Stretch your arms in front at the shoulder level and join the palms together.
- While inhaling slowly spread the arms sideways so that they form a straight line at shoulder level.
- While exhaling slowly bring your palms in front of the chest and join the palms back together.
- Synchronize the arm movements with breathing.
- Repeat the practice 10 times.
- After 10 rounds, relax in standing posture keeping your legs apart and hands hanging freely.

Note: This practice can be also done sitting on a chair.

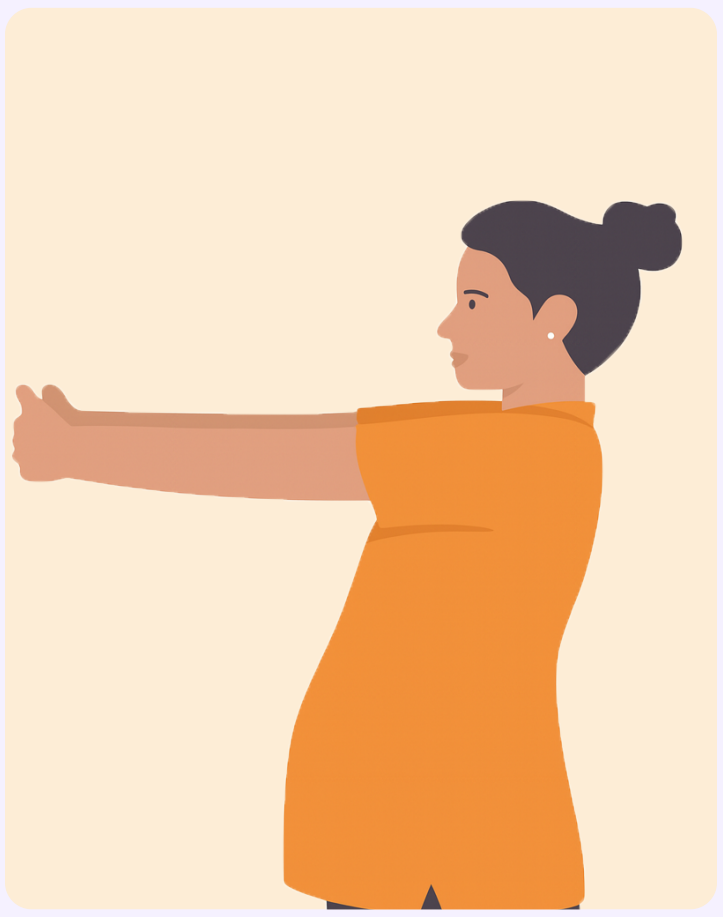
Hands Stretch Breathing

- Stand straight with joined feet and hands by the sides of body.
- Interlock your fingers, place your hands on your chest, keep your elbows and shoulders relaxed.

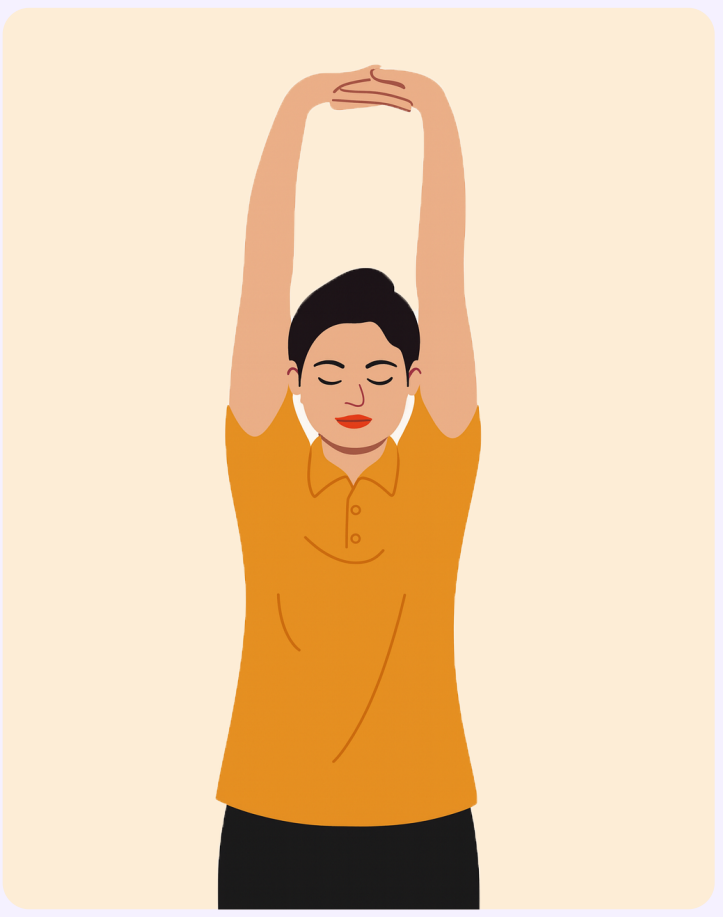


Stage I: At Shoulder Level

- While inhaling, turn your palms outward and stretch the arms straight out in front of the shoulders.
- Fully stretch the arms but do not strain.
- While exhaling reverse the process and bring the palms back on to the chest.
- Collapse the shoulders, this is one round, repeat 3 rounds.







Stage II: At Forehead Level

- Repeat the same movements now stretching the arms at the forehead level at the angle of 135 degrees. Repeat 3rounds.

Stage III: Vertical level

- Repeat the same movements, this time stretching the arms straight above the head.
- While moving up and down, the palms move close to the tip of the nose. Repeat 3 rounds.

Vibhagiya Shvasa-Prashvasa (Sectional-Breathing)

- Sit in any comfortable asana.
- Keep your back erect, hands in chin mudra (index and thumbs joined) on your knees and eyes closed.

(i) Udar-shvasan (Abdominal breathing)

- While breathing in, slowly expand your abdomen up to your maximum capacity.
- Make sure only your abdomen is moving and not your chest or shoulders.
- While breathing out, slowly relax and contract your abdomen. Expel out all the air.
- Repeat for 5 times.

(ii) Vakshika-svasan (Thoracic breathing)

- While breathing in, slowly expand your chest up to your maximum capacity.
- Make sure only your chest is moving and not your abdomen or shoulders
- While breathing out, slowly relax your chest. Expel out all the air. Repeat for 5 times.

(iii) Skandha-svasan (Clavicular breathing)

- While breathing in, fill the upper part of your chest so that the shoulders get uplifted.
- Make sure your abdomen is not moving.
- While breathing out, slowly relax and expel out all the air.
- Repeat for 5 times.

Yogic Breathing

- Remain in the same sitting position.
- Using your full potential, slowly breathing in first expand your abdomen then your chest and finally lift your shoulders up.
- Your lungs will be completely filled with air due to maximum inhalation.
- Slowly breathing out, first relax your shoulders then your chest and finally relax your abdomen. Expel out all the air as much as possible from your lungs.
- Do not put too much strain on breathing.
- Repeat for 5 times.



ASANA

Utthita Parshvakonasana

Malasana

Baddhakonasana

Parivrtta Janusukhasana

Parivrtta Sukhasana

Utthita Parsvakonasana

Variation: 1

- Stand straight with legs together and hands by the sides of body.
- Separated your legs with a distance of 2-3 feet.
- Turn your left foot slightly in 10–20-degree angle, and turn your right foot towards right to 90-degree angle. Align your right heel with your left heel.
- With inhalation, slowly raise your hands sideways up to shoulder level.



- With exhalation, bend your right knee at 90-degree, bend to your right side, place your right elbow on your right thigh and extend your left arm above your head.
- Look forward or close your eyes and maintain this posture with normal breathing.
- Slowly return back to standing position with legs apart repeat the next Steps on left side.

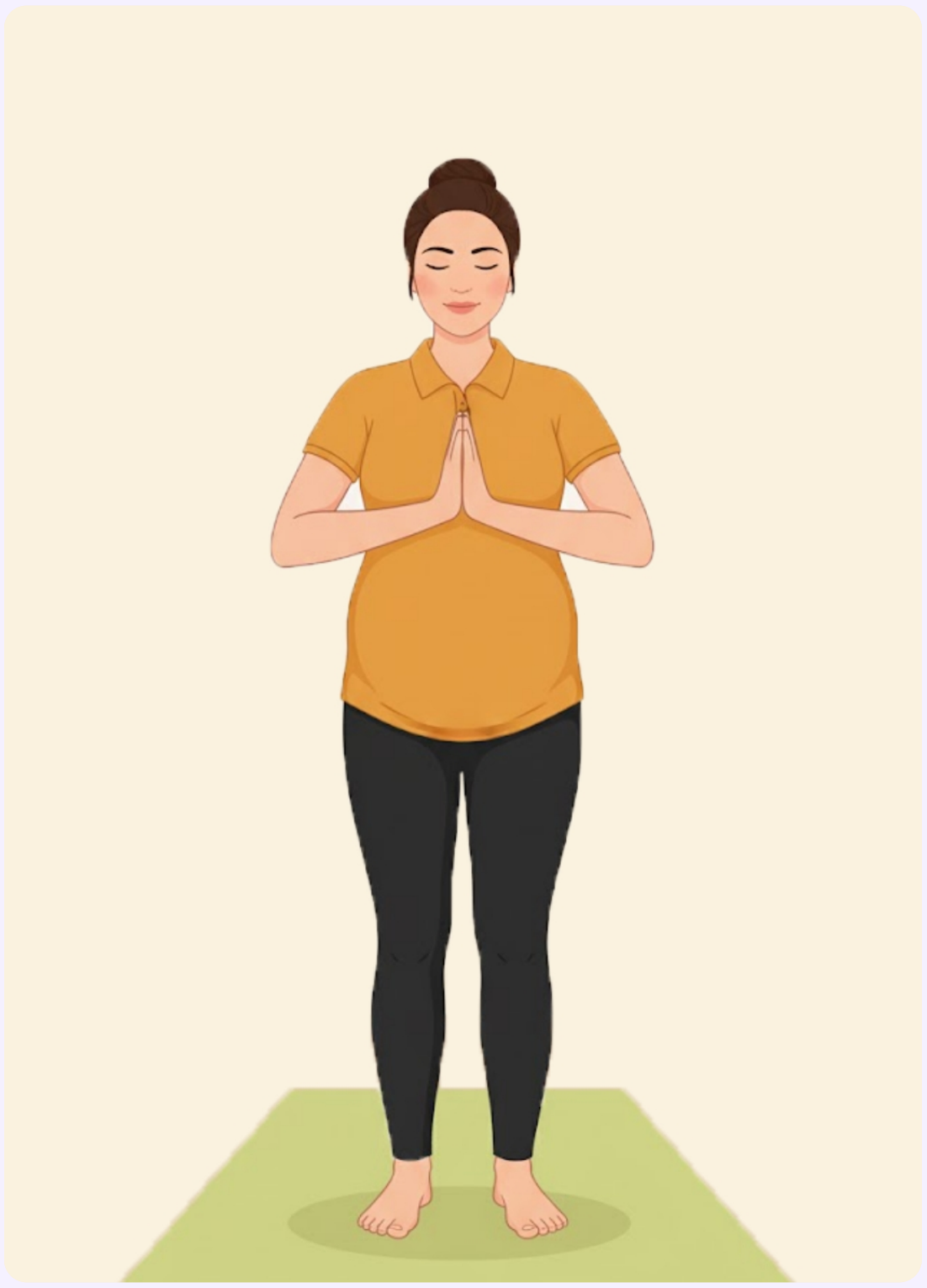
Utthita Parsvakonasana

Variation: 2



- Keeping the legs apart 2-3 feet and arms at shoulder level.
- With exhalation bend your right knee at 90-degree, place your right hand in front of right foot and extend your left arm above your head.
- Maintain this posture with normal breathing.
- Repeat the same on left side.

Malasana





- Stand straight with legs joined and hands hanging by the sides.
- Separate your feet with shoulder width distance in between. Point your toes outward.
- Bring the palms in Namaskara mudra near your chest.
- Take a deep inhalation and as you exhale bend your knees and sit on your feet and soles.
- Once you are in this position with knees bent, the body will be leaning forward and hence lower back will be stretched backwards to initially give you balance
- Maintain this posture with normal breathing for 10-15 seconds.
- Return to standing position with the support of your hands and relax.

Baddhakonasana



- Sit straight with legs forwards and hands besides the hips.
- Bend your knees and join the soles. Bring your heels closer to your pubic region.
- Interlock your fingers, hold your feet and keep your back as straight as possible.
- Try to bring your knees closer to the floor.
- Maintain this posture for 10-15 seconds with normal breathing.
- In case the legs are too stiff to hold in this position, you can repeatedly press the knees down and gently release for 15-20 times with normal breathing.

Parivrtta Janusirsasana

- Remain in sitting position and separate your legs as much you are comfortable.
- Bend your left knee and being your foot near your groin region.
- Maintain this posture with normal breathing.
- Slowly inhale and with exhalation bend sideways to the right side, stretch your left arm above the head and hold the right toes, and place your right arm on the right leg.





- Do not lift the left knee off the floor and keep your torso facing forward.
- Maintain this posture with normal breathing for 10-15 seconds.
- Slowly return to back to center with inhalation.
- Repeat the same procedure on opposite side

Parivrtta Sukhasana





- Sit in Sukhasana
- Slowly inhale and with slow exhalation twist your upper body to the right side by placing your left hand on the right knee and right hand behind the back on the floor.
- Keep your spine straight and maintain this posture with normal breathing for 10-15 seconds.
- With inhalation return back to front and with exhalation repeat the same on left side.
- Return to center and relax.

PRANAYAMA

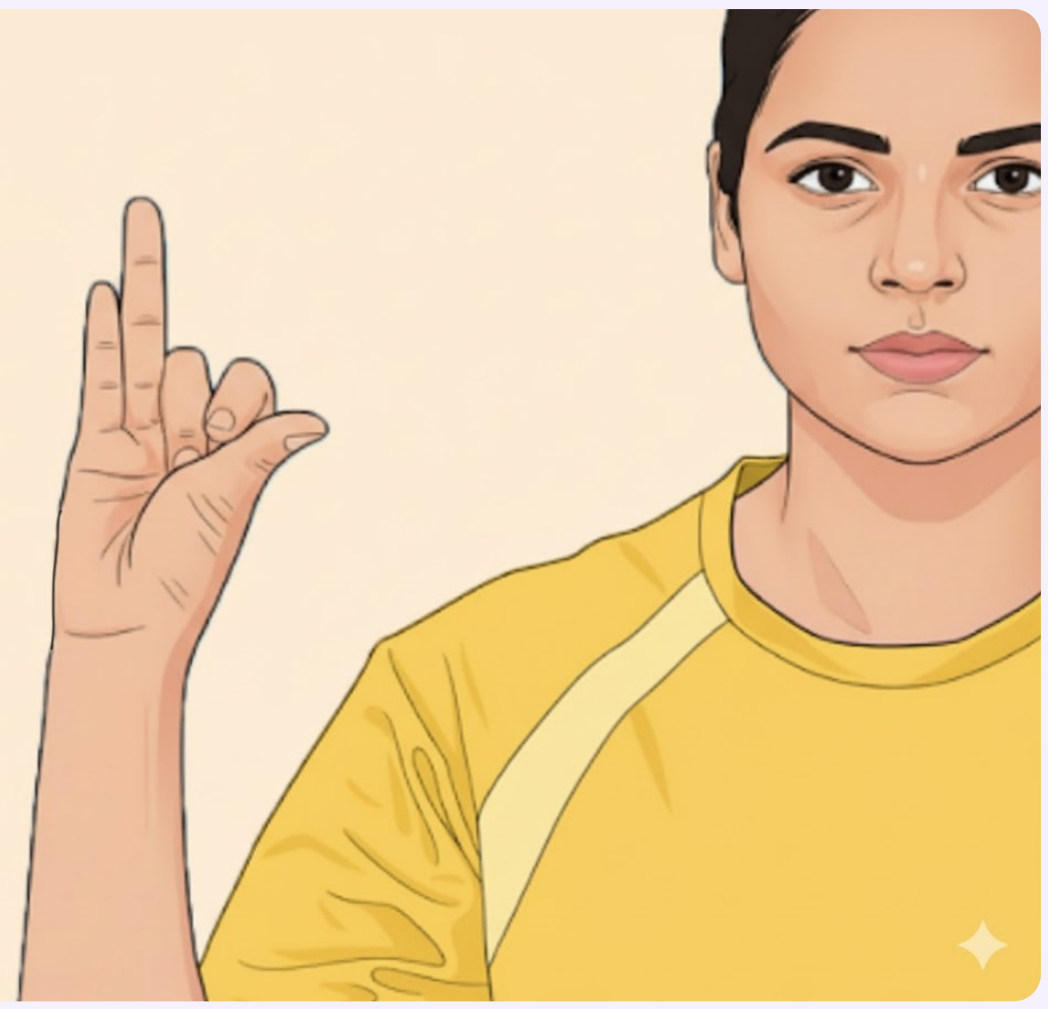
Nadi Shodhana

Bhramar

Nadi Shodhana Pranayama (Alternate Nostril Breathing)

It is a practice of breath control in yoga, which is usually practiced after asanas. Pranayama techniques are beneficial in controlling blood pressure and treating a range of stress related disorders.

Hand position: Nasagra Mudra



- Take the right hand and bend the index and middle fingers.
- Place the thumb above the right nostril and the ring finger above the left.
- These two digits will control the flow of breath in the nostrils by alternately pressing on one nostril, blocking the flow of breath, and then the other.

Nadi Shodhana Pranayama (Alternate Nostril Breathing)

Practice





- Sit in a comfortable meditative posture with back straight and eyes closed.
- Adapt Dhyana mudra in the left hand (index and thumb joined) and Nasagra mudra in the right hand
- Close the right nostril with thumb, slowly breathe in through the left nostril.
- Then close the left nostril with ring finger, breathe out through the right nostril.
- Again, breathe in through the right nostril and breathe out through left nostril. This is one round.
- Repeat it for 12 rounds.

Bhramari Pranayama



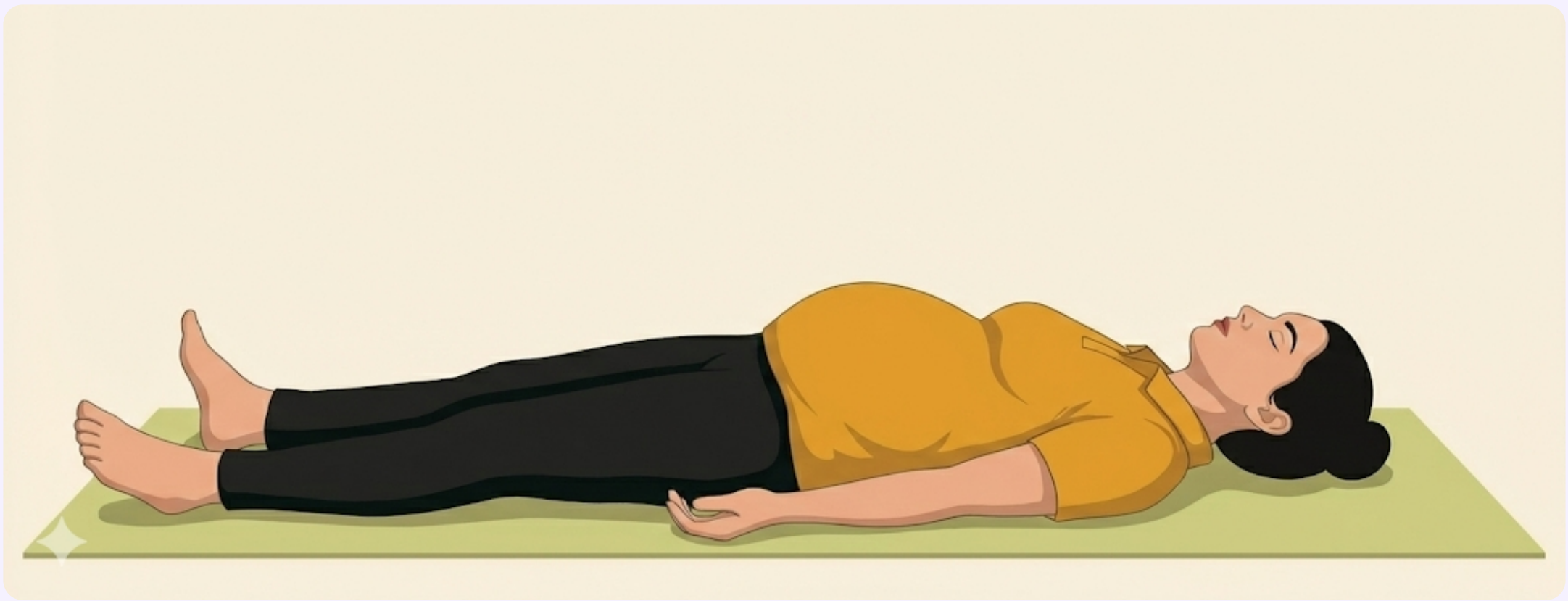
- Sit in a comfortable posture. Your hands on the knees in chin mudra.
- Close the eyes and relax the whole body
- Inhale through nose and exhale slowly in a controlled manner while making a deep, steady and smooth humming sound. The sound should be soft and mellow.
- This is one round. Practice 5–10 rounds.

MEDITATION

Nadanusandhana

Nadanusandhana

The word “meditate” actually means to think deeply about something. Meditation helps in preventing multiple diseases, it makes you emotionally well, and improves your performance in overall tasks. Whatever drives you to meditate, that is good. You will get the benefits you seek, in the proportion of your consistency and commitment to building this habit.



- Lie down on your back comfortably and take few deep breaths.
- AUM comprises of 3 syllables ‘A’, ‘U’, ‘M’
- Start chanting of ‘A’-Kara (AAAAA.....) as you exhale for 3 times loudly followed by mental chanting of the same.
- Repeat the same with ‘U’-kara (UUUUUU.....) and ‘M’-kara (MMMM.....) for 3 times each loudly and mentally.
- Feel the silence and try to merge yourself with the silence

CLOSING PRAYER



Sit in any comfortable meditative posture and adapt Dhyana mudra keeping your eyes closed. Observe all the changes in your body and mind after the session. Observe your breathing which is more rhythmic now.

- End the yoga session with chanting of “AUM” and three shanti.
- Om..... shantih..... shantih.... Shantih.....
- Rub your palms to each other and generate heat within them. Place the palms on your eyes. Give nice palming.
- Give gentle massage to your face.
- Once again rub your palms. Generate the heat.
- Give massage to your neck, shoulders, chest, abdomen, back, thighs along to your toes
- Bring your palms in front of chest open our eyes look at your palms.
- With beautiful smile look around

CENTER FOR INTEGRATIVE MEDICINE AND RESEARCH AIIMS, NEW DELHI

शरीरमाद्यं खलु धर्मसाधनम्

| | लोकः समस्ताः सुखिनो भवन्तु| |

"Let the entire world be happy."