CENTER FOR INTEGRATIVE MEDICINE AND RESEARCH AIIMS, NEW DELHI

शरीरमाद्यं खलु धर्मसाधनम्

# YOGA FOR COVID 19

## Instruction Booklet



Center for Integrative Medicine and Research (CIMR)
Room No: 7004, 7th Floor, Convergence Block
All India Institute of Medical Sciences (AIIMS), New Delhi – 1 10029

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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.

# YOGA MODULE
# 30 MINUTES

| Techniques | Duration |
|---|---|
| **Breath awareness** | **Few cycles** |
| **Breathing practices**<br>1. Hands in and out breathing<br>2. Hand stretch breathing<br>3. Ankle - stretch breathing | **3 rounds each for 5 min** |
| **Preparatory practices**<br>1. Neck rotation<br>2. Shoulder rotation<br>3. Lumbar stretch | **3 rounds each for 5 min** |
| **Yogasana**<br>1. Tadasana (Mountain Pose)<br>2. Trikonasana<br>3. Vakrasana<br>4. Setubandhasana<br>5. Bhujangasana (Cobra Pose) | **1 round each for 7 min** |
| **Pranayama**<br>1. Nadishodhana Pranayama<br>2. Kapalbhati (Kriya)<br>3. Bhramari Pranayama | **5 min** |
| **Relaxation**<br>Deep relaxation technique (modified yoga nidra) | **8 min** |

# BREATHING PRACTICES

**(3 rounds each for 5 min)**

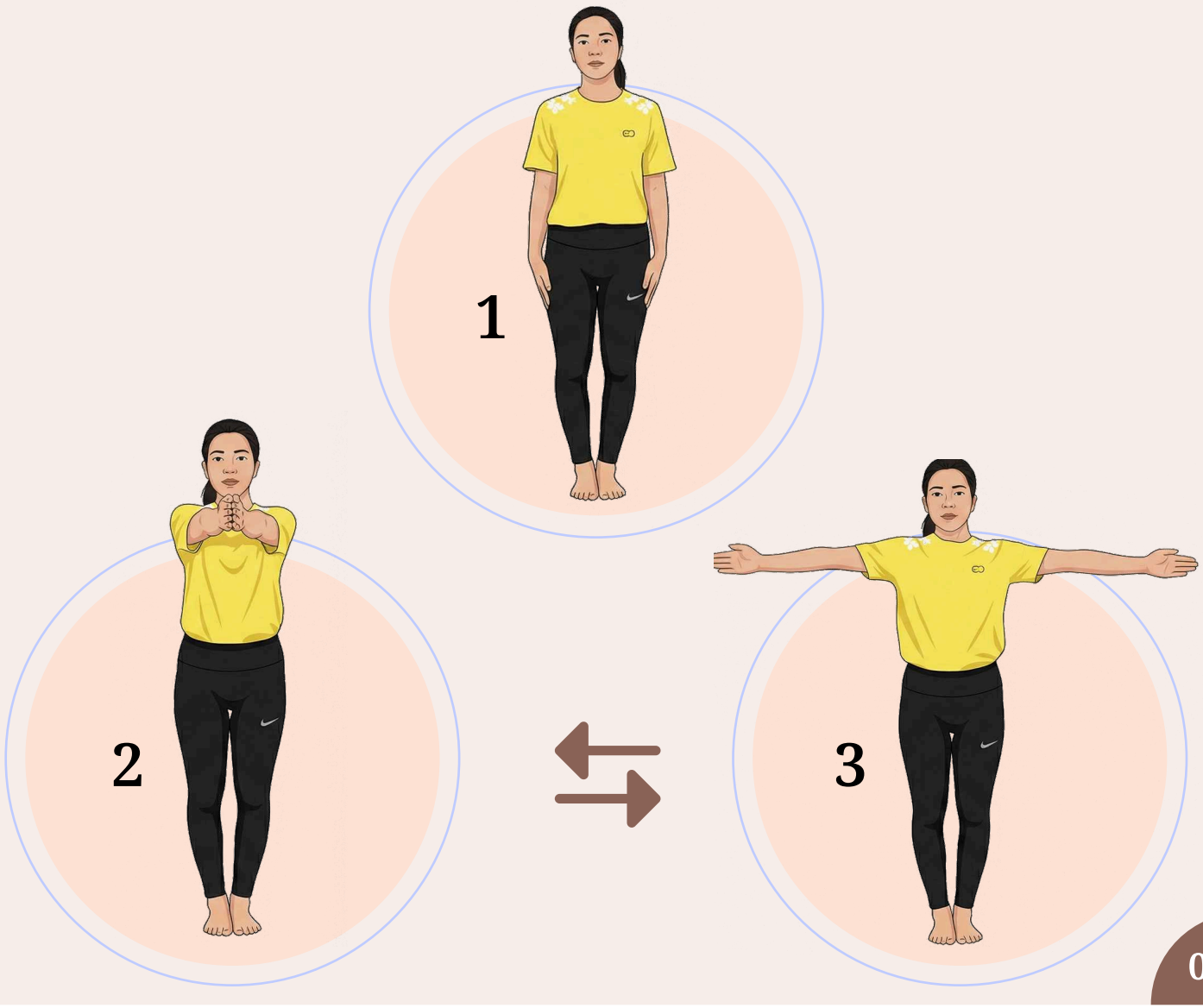
**Hands In and Out Breathing**

**Hand Stretch Breathing**

**Ankle - Stretch Breathing**

# HANDS IN AND OUT BREATHING

- Join your feet, keep your arms beside the body and stand straight.
- Slowly raise your arms in front of your chest and join your palms.
- Slowly, breathing-in, open your arms sideways, fill your lungs with air completely.
- Slowly, breathing-out, bring your arms back to the front and join your palms. Expel out all the air.
- Breathing should be slow and deep.
- Your arms should move in synchrony with your breathing.
- Practice 5 rounds with complete awareness.



# HAND STRETCH BREATHING

- Stand straight and join your legs.
- Gently bring your hands in front of the chest, interlock the fingers and place the palms on your chest.
- Collapse your shoulders and relax your elbows.
- Close your eyes.



## Stage I: horizontal

- While inhaling, turn your palms outward and stretch the arms straight out in front of the body so that the arms are at shoulder level.
- Fully stretch the arms, but do not strain.
- While exhaling reverse the process and bring the palms back on to your chest.
- Collapse the shoulders again.
- This is one round. Repeat 5 times.







## Stage II: In front of forehead

- Repeat the same movements now stretching the arms above the forehead at an angle of 135.
- Repeat for 5 times.



## Stage III: vertical

- Again, repeat the same movements, this time stretching the arms vertically straight above the head.
- Repeat 5 times.



## Note

- If required, it can be practiced sitting on a chair.
- Synchronize the breathing with hands movements.

# ANKLE - STRETCH BREATHING

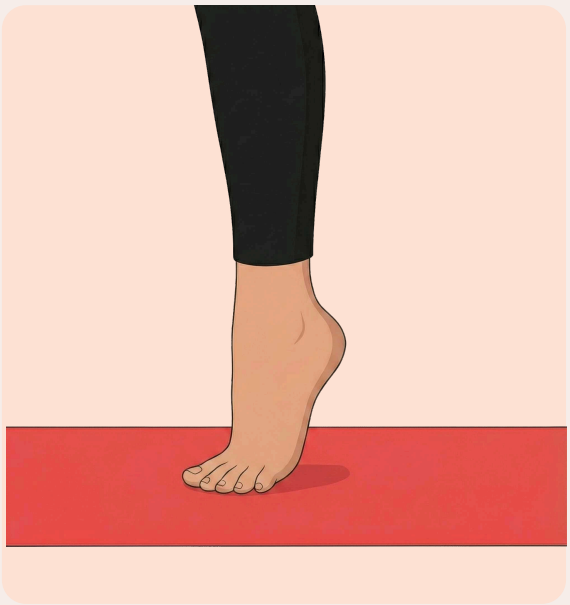
## Start

- 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.

# Preparatory Practices

**3 rounds each for 5 min**

| |
|---|
| **Neck Rotation** |
| **Shoulder Rotation** |
| **Lumbar Stretch** |

# NECK ROTATION

- Remain in sitting position.
- Slowly rotate the head in clockwise and anticlockwise direction in a rhythmic movement.
- Inhale as the head goes backward and exhale as the head moves forward.
- Practice 5 times clockwise and then 5 times anti-clockwise, and then relax.



# SHOULDER ROTATION

## Start

- Sit comfortably in the previous position.

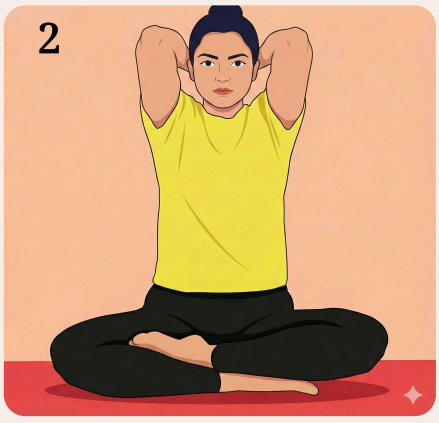
## Steps

- Bend your elbows and place your fingers on the respective shoulders.
- Rotate the elbows in a large circle.
- Keep the back and neck straight.
- Breathing-in take the elbows backward and breathe out forward.
- Practice 5 times clockwise and 5 times anti-clockwise.

## End

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

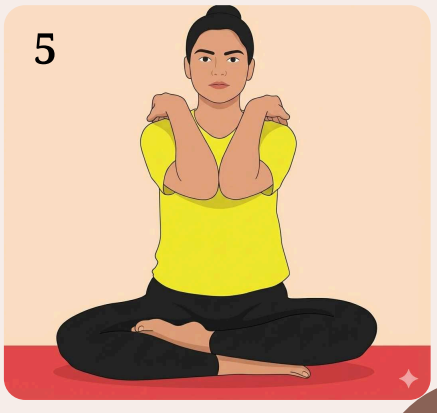








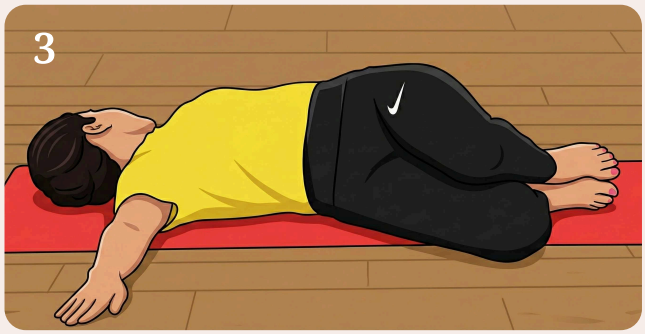
# LUMBER STRETCH

- Lie down straight in supine position. Join your legs and keep your arms beside the body.
- Bend your knees one by one and place your heels closer to your buttocks. Spread your arms on the floor sideways at the shoulder level.
- Slowly, breathe-in, and while breathing out turn your lower body, place your knees to the right side on the floor. Simultaneously turn your head on the left side.
- Breathing-in, slowly bring your knees and head back to center, and while breathing out place your knees on the left side and turn your head on the right side. This is one round. Practice 5 rounds with complete awareness.












# ASANA

**(1 round each for 7 min)**

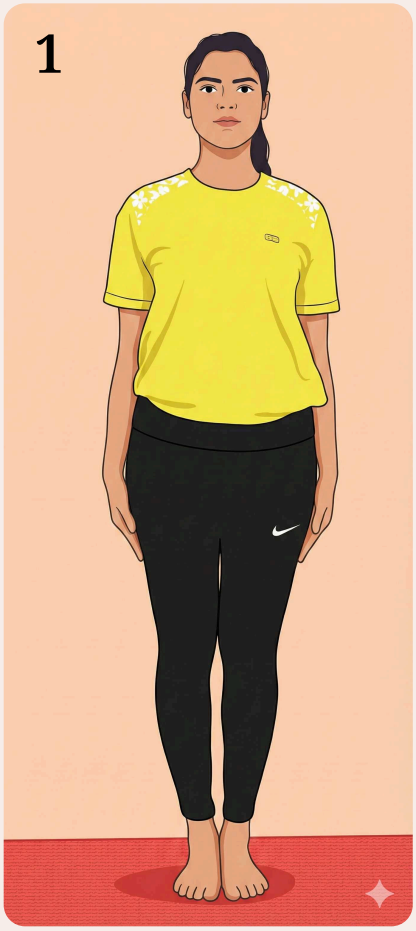
| |
|---|
| **Tadasana (Mountain Pose)** |
| **Trikonasana** |
| **Vakrasana** |
| **Setubandhasana** |
| **Bhujangasana (Cobra Pose)** |

# TADASANA (MOUNTAIN POSE)

- Stand straight with feet together and arms by the sides.
- Look forward and fix a point of gaze. Interlock the fingers and turn the palms outward.
- With inhalation raise your arms and heels straight up simultaneously.
- Breathe normally and maintain this posture for some time.
- Stretch the whole body from top to bottom without losing balance or moving the feet.
- Exhaling lower the heels, release the hands and slowly bring down the arms to the sides.
- Keep your legs slightly apart, loosen up your arms, close your eyes and relax.

## Note

- If you are loosening balance, initially it can be practiced with wall support.
- People with knee or ankle pain should practice it without raising the heels.


1


2

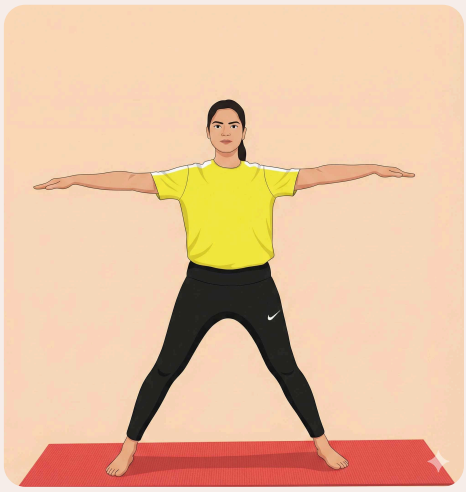

3





# 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.





## End

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

# VAKRASANA

## Start



- 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.

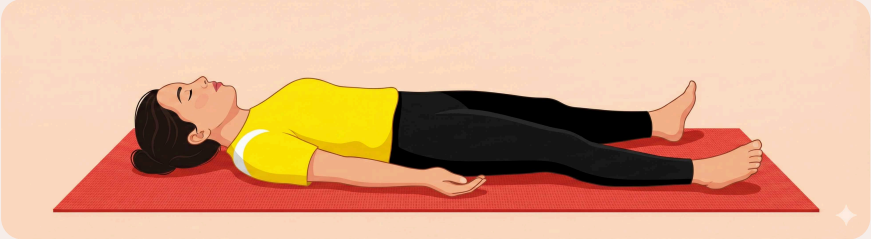




# SETUBANDHASANA
# BRIDGE POSTURE

## Start

- Lie down in Shavasana.



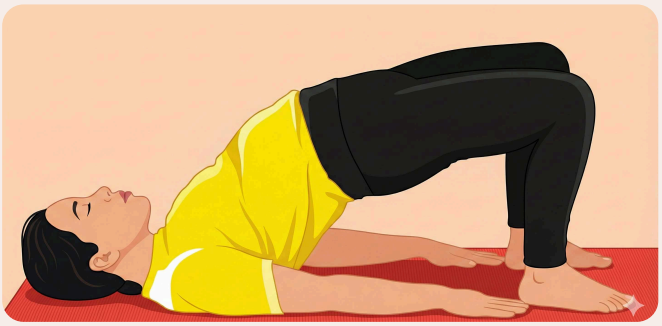
## Steps

- Fold your knees, place your heels closer to your buttocks on the mat, and place your palms near your heels. Keep shoulder width distance between the feet.
- Breathing-in slowly lift your back and buttocks up as much as you can without lifting the heels.
- Breathe normally and maintain this position for some time.

## End

- Relax in Shavasana. Keep your legs apart and hands slightly away from the body with palms facing up. Close your eyes and relax.





# BHUJANGASANA (COBRA POSE)

- Lie down on your abdomen.
- Join your feet and place your hands besides your chest.
- Keep your chin on the floor and elbow straight up.
- While inhaling slowly raise your head and chest up.
- Raise till navel region only. Keep the body below the navel in touch with the ground.
- Breathe normally and maintain this position for some time.
- While exhaling, slowly come back down and relax in **Makarasana**. Keep your legs apart, turn the heels inward. Bend your elbows, place one hand on the other. Rest your forehead on your hands.






# Pranayama

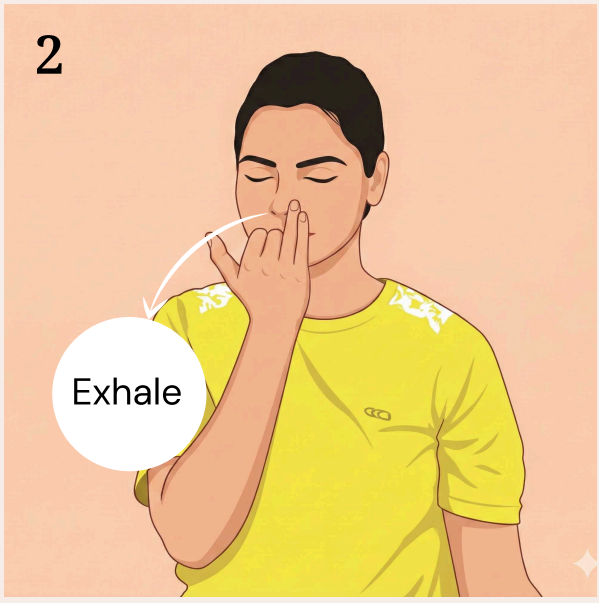
**(7 min)**

| |
|---|
| **Nadishodhana Pranayama** |
| **Kapalbhati (Kriya)** |
| **Bhramari Pranayama** |

# NADISHODHANA PRANAYAMA

- Adopt Nasika mudra by folding your index and middle finger of your right hand. Place your left hand in Chin mudra on your knee.
- Gently close your right nostril with your right thumb, and inhale slowly through your left nostril.
- At the end of inhalation, gently close your left nostril with your right ring finger, release your right thumb to open your right nostril and slowly exhale through your right nostril.
- After exhalation through the right nostril, inhale through the right nostril, and exhale through your left nostril.
- This makes one round.
- Practice 9 rounds.



# KAPALBHATI (KRIYA)

- Sit in any meditative posture.
- Gently close your eyes and collapse the shoulders.
- Practice rapid breathing with active and forceful exhalation followed by passive inhalation.
- During each exhalation, blast out the air by vigorous flapping movements of the abdomen in quick succession.
- Inhale passively by relaxing the abdominal muscle at the end of each exhalation.
- Repeat the exhalation at the rate of 60 strokes per minute.
- At the end of one round, stop the practice.
- Keep your eyes closed and observe an automatic suspension of your breath.
- Simultaneously, the mind may experience a deep state of silence. Enjoy this state of deep rest and freshness.



## Note

- Throughout the entire practice the spine must be kept erect without any movement of trunk, neck, or the face.
- In the beginning it may not be possible to practice continuously at the rate of 60 strokes per minute. Therefore, one can start at the rate of 10 to 20 strokes per minute.

# BHRAMARI PRANAYAMA

- Remain in the sitting position.
- Close the eyes and relax your whole body.
- The lips should remain gently closed with the teeth slightly separated throughout the practice. This allows the sound vibrations to be heard and felt more distinctly.
- Concentrate at the center of the head and keep the body still.
- Gently inhale through the nose.
- While exhaling, slowly produce a humming sound like that of a black bee.
- The humming sound should be smooth, even, and continuous for the duration of the exhalation.
- Practice 9 rounds with complete awareness on the humming sound.
- After completing the practice, observe the vibrations in your head and enjoy the silence.



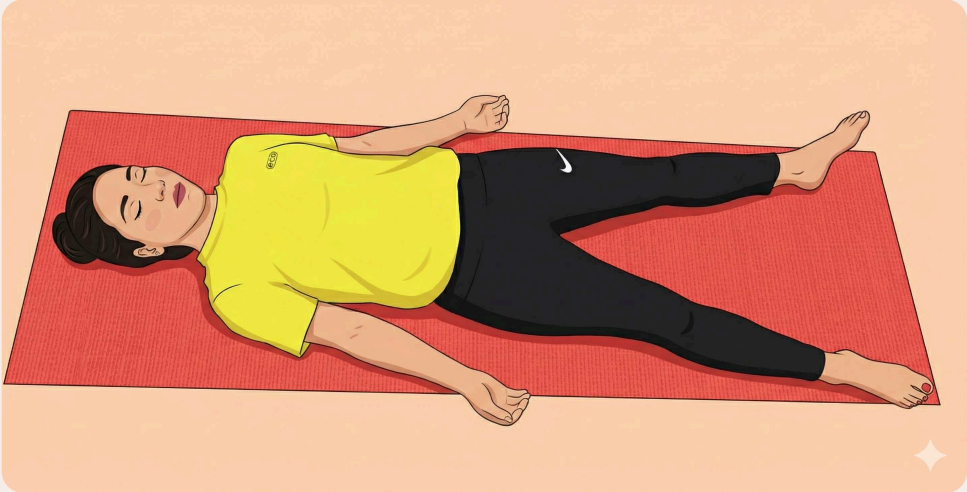
# RELAXATION

**(8 min)**

**Deep Relaxation Technique**

**( Modified Yoga Nidra )**

# 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.

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|| लोकः समस्ताः सुखिनो भवन्तु||

"Let the entire world be happy."

