CENTER FOR INTEGRATIVE MEDICINE AND RESEARCH AIIMS, NEW DELHI

शरीरमाद्यं खलु धर्मसाधनम्

YOGA FOR NURSING STAFF

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.

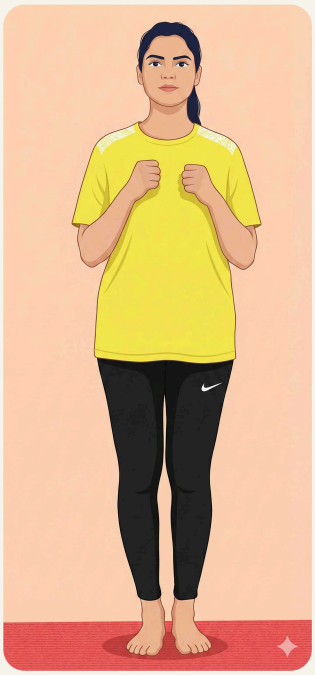
After the Practice

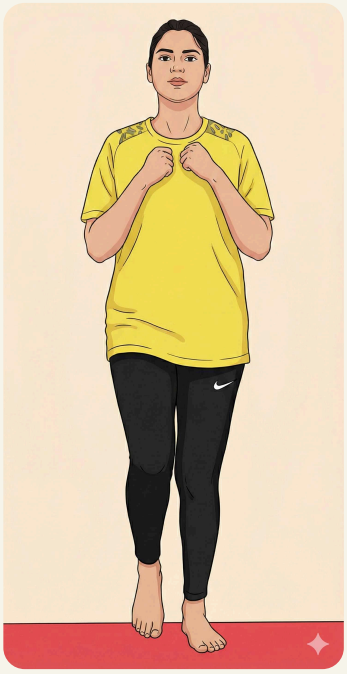
- Take bath before/after 20-30 minutes of practice.
- Eat only after 30 minutes of practice.

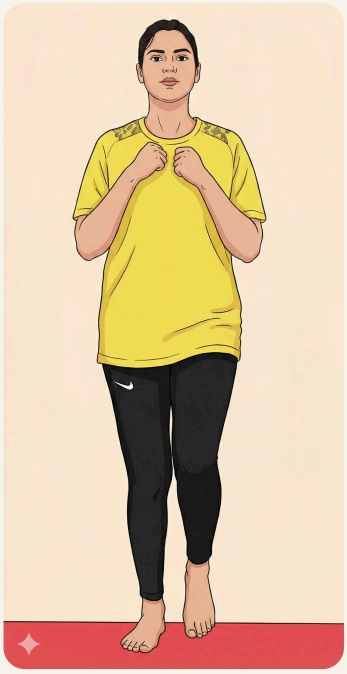
JOGGING

Starting position

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







Part I: Slow Jogging

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

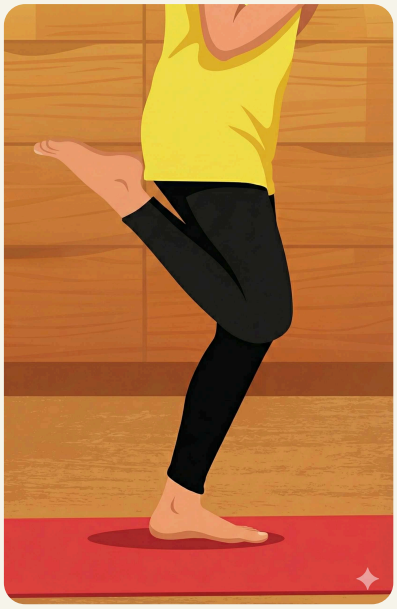


Part II: Forward Jogging

- 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.

JOGGING

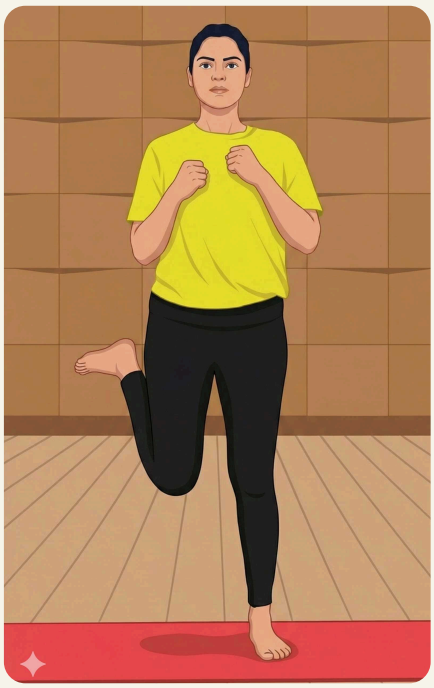
Part III: Backward Jogging

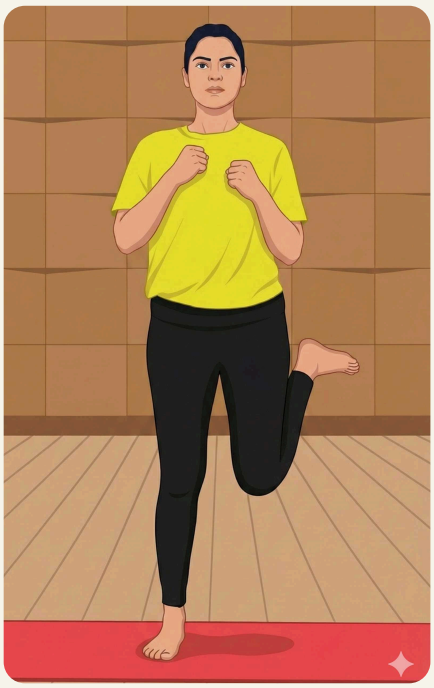


- Lean a little forward and increase the speed of jogging gradually.
- Start hitting the buttocks with the heels.
- Repeat this 20 times at your maximum speed.
- Then gradually slow down the speed.
- Do not stop.
- Continue and move on to slow jogging for at least 10 times

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.



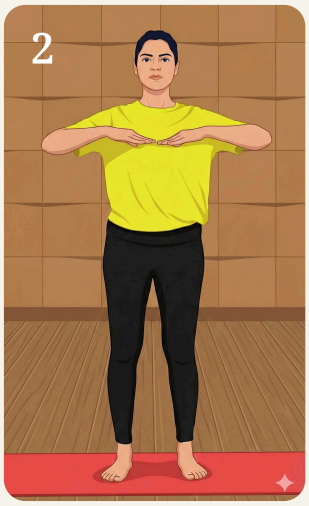


TWISTING



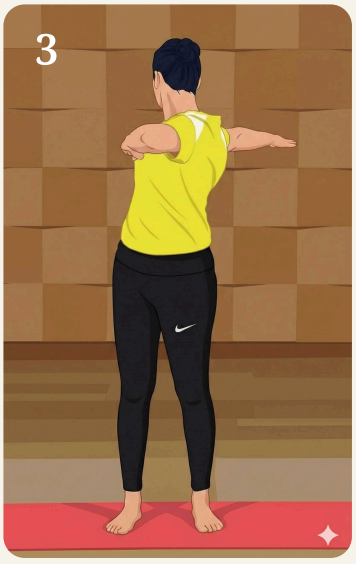
Sthiti: Tadasana

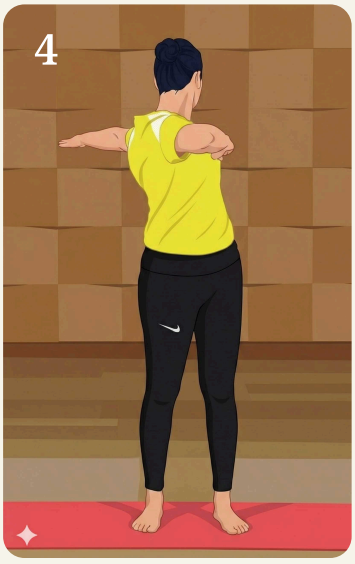
- Spread the legs about shoulder width feet apart.
- While inhaling raise yours arms in front of the chest and bend your elbows.
- While exhaling twist the upper body to the right, keeping the right arm straight. Simultaneously twist the neck and look at the right hand.
- Bend the left hand at the elbow to the bring the hand closer to the chest.
- While inhaling come back to the front.
- Repeat the same on the left side.
- Gradually increase the speed.
- Practice 10 to 20 rounds.
- Slow down the speed and stop the practice.
- Keep your legs slightly apart, loosen up your arms, close your eyes and relax.



Note

- All twisting should be above the waist level. Keep the body below the waist straight and firm.
- Do not bend the knees or lift your feet



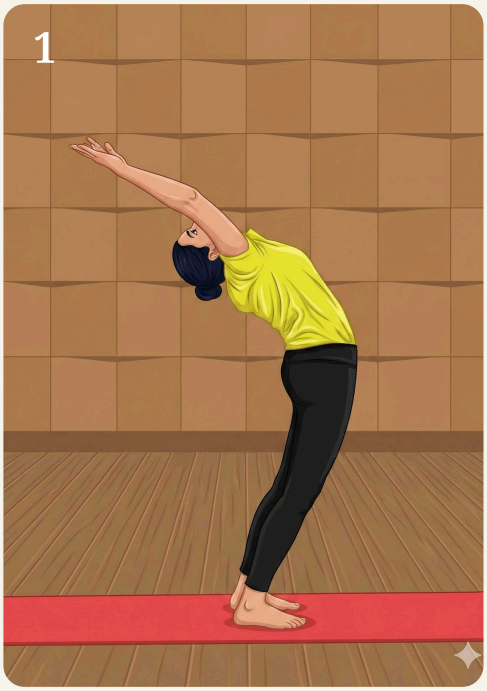


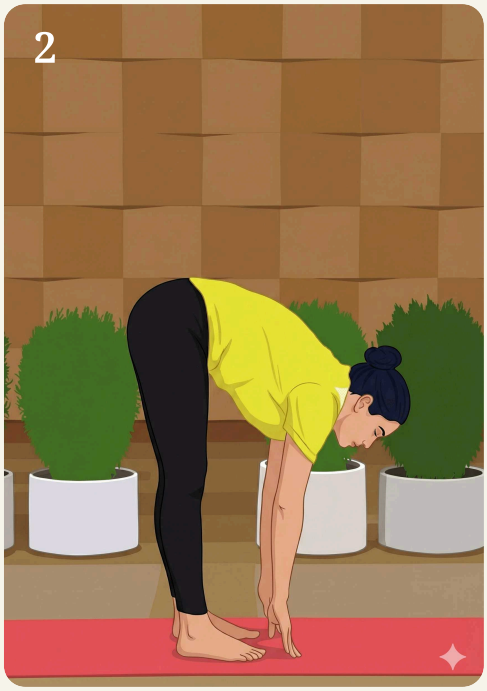
FORWARD AND BACKWARD BENDING

- 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.





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.



HANDS STRETCH BREATHING

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.

2



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.

3



- After completing the practice, relax in a standing position, with yourlegs apart and hands loose by the side of the thighs. Observe your breath and relax for a few seconds.

ANKLE-STRETCH BREATHING

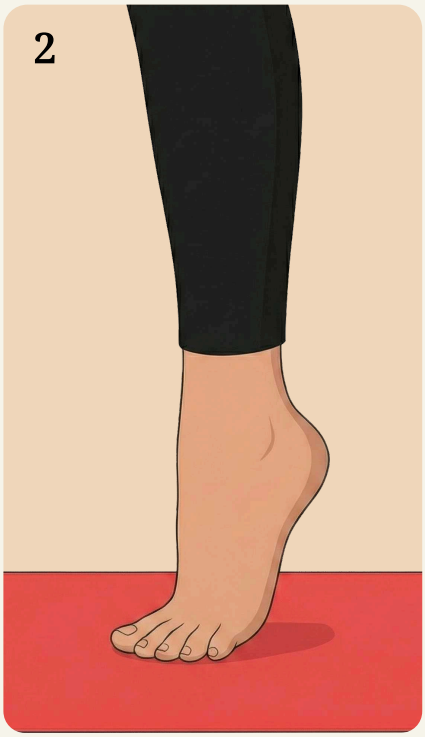
Start

- 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.







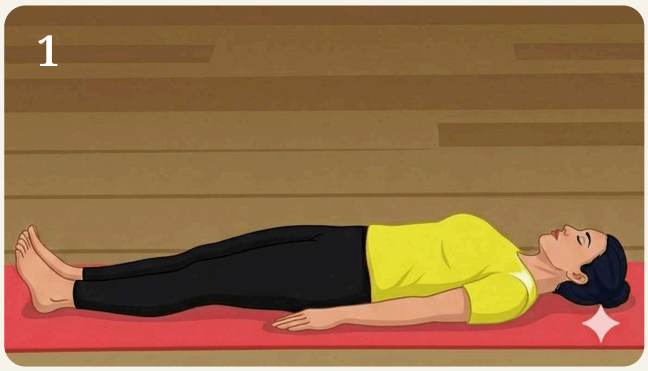
End

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

STRAIGHT LEG RAISE BREATHING

Steps

- 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.







Note

- Do not bend the knee.

PAWANMUKTASANA BREATHING

Steps

- Lie down on your back with legs together and arms beside the body.
- Inhale - Bend the right knee and bring it towards the chest.
- Interlock your fingers just below the knee.
- Exhale - Press the thigh towards the abdomen and lift your head to touch the knee.
- Inhale - Slowly bring the head and leg back to the mat.
- Relax and take a normal breath.
- Repeat the same with the left leg - 10 times.
- Then practice with both legs together - 10 times.
- After completing, lie relaxed with arms and legs slightly apart. Close your eyes and breathe normally.



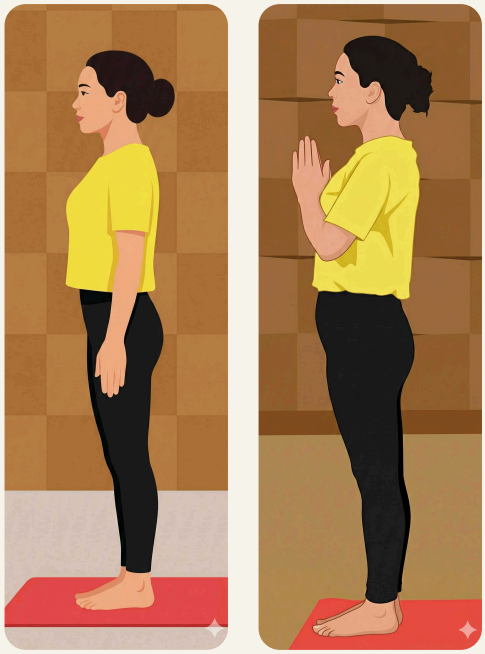




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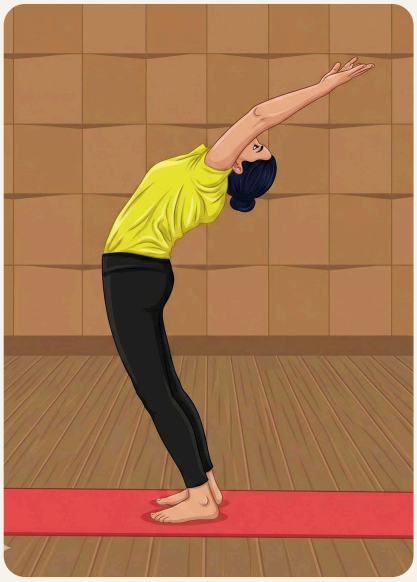
- Keep movements smooth and coordinated with the breath.
- Do not strain your neck or lower back.
- Perform slowly at first, then increase speed slightly if comfortable.

SURYANAMASKAR



Starting position

- Pranamasana - Stand straight, join your feet and join your palms in front of your chest in Namaskara Mudra.



Step 1

Hasta Uttanasana

- Breathing in, raise the arms straight above the head and bend the trunk backward.



Step 2

Padahastasana

- Breathing out, bend the body forward and touch the forehead to the knees.
- Keep the palms on the floor on either side of the feet.

SURYANAMASKAR

Step 3

Ashwa-sanchalanasana



- Breathing in take the right leg back. Place your right knee down.
- Push the buttock forward and downward so that the left leg is perpendicular to the ground.
- Look up.



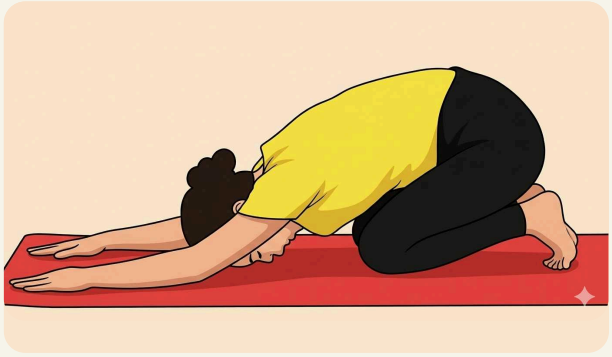
Step 4

Chaturanga-dandasana

- Breathing out, take the left leg also back. Only your palms and toes will be on the ground. Keep the body in a straight line from head to toes inclined to the ground at about 30 degrees.

Step 5

Shashankasana

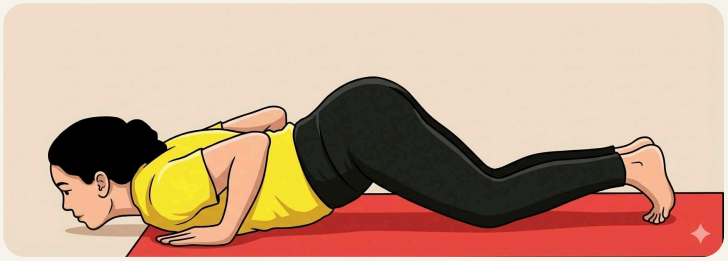


- Breathing in, bend the knees and place them on the floor. Rest your buttocks on the feet with the heel touching the sides of hips. Do not alter the position of the palms and toes.
- Breathing out, rest the forehead on the floor. Then relax in normal breathing.

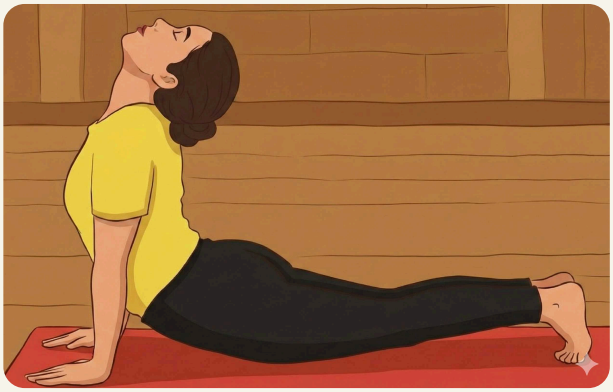
SURYANAMASKAR

Step 6

Ashtanga-namaskara



- Breathing in, glide the body forward without shifting the position of hands and toes.
- Hold your breath, rest the forehead, chest, and knees on the ground. Lift your buttocks off the ground.
- Note that eight points of the body are in contact with the groundforehead, two hands, chest, two knees, and two feet.



Step 7

Bhujangasana

- Breathing in, raise the head and trunk up, making the spine concave without lifting the hands or feet.
- Keep the knees off the ground

Step 8

Parvatasana

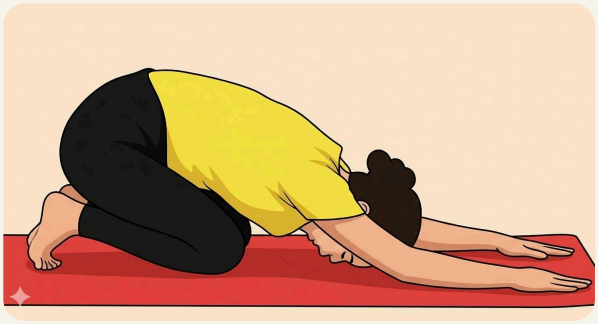
- Breathing out, raise the buttocks up, and push the head down. Touch the heels on the ground.



SURYANAMASKAR

Step 9

Shashankasana



- Breathing in, bend the knees and place them on the floor. Rest your buttocks on the feet with heel touching the sides of hips. Do not alter the position of the palms and toes.
- Breathing out, rest the forehead on the floor. Then relax in normal breathing.



Step 10

Ashwa-sanchalanasana

- Breathing in, bring the right leg forward in between the hands. Arch the back concave upwards as in step 3 until the right leg is perpendicular to the ground

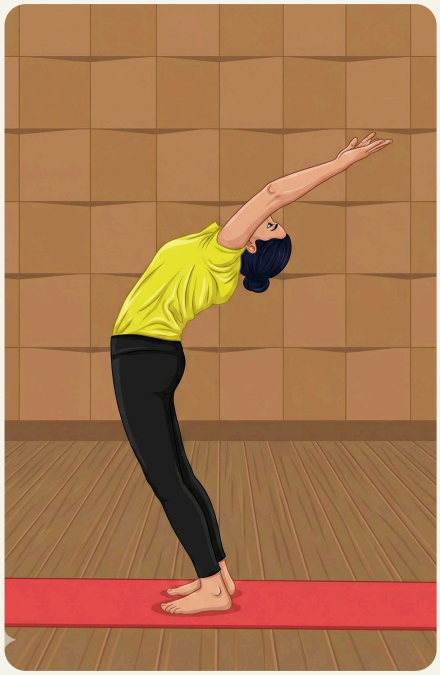
Step 11

Padahastasana

- Breathing out, bring the left foot forward beside the right foot. Keep your knees straight and reach down with your upper body to touch the forehead to the knees as in step 2.



SURYANAMASKAR



Step 12

Hastottanasana

- Breathing in, stretch the arms and raise your trunk straight up and bend backward as in step 1.



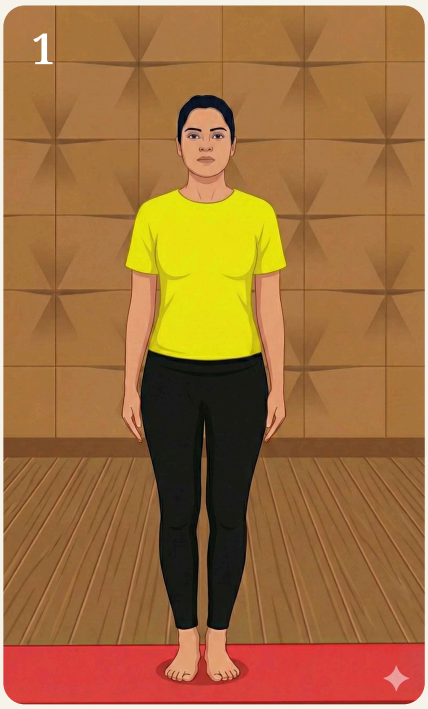


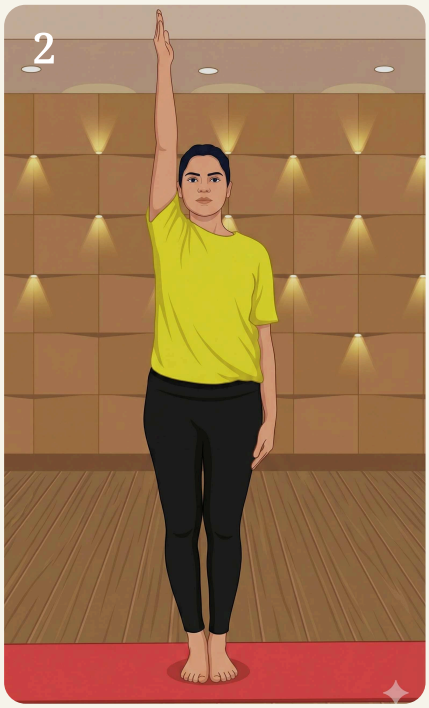
- Breathing out, come back to the Pranamasana.
- Bring your hands down. Keep your legs apart, loosen up your arms, close your eyes and relax.
- This is one round. Practice 5 rounds.

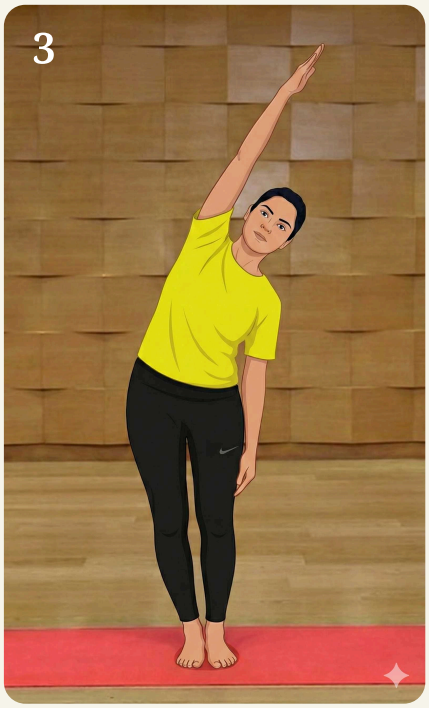
ARDHAKATI CHAKRASANA

Steps

- 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 s lightly apart, loosen up your arms, close your eyes and relax.







Note

- Keep movements smooth and coordinated with the breath.
- Do not strain your neck or waist.

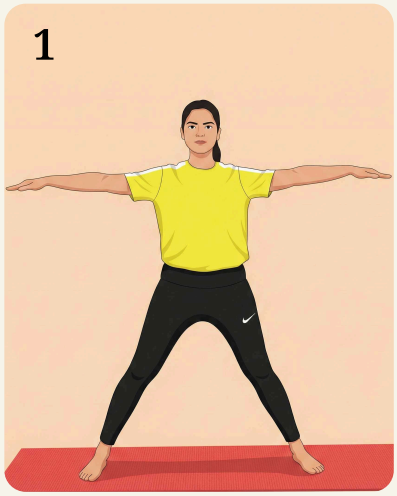
TRIKONASANA

Start

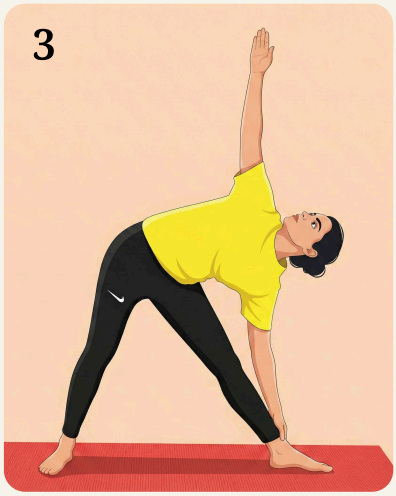
- Stand straight, and separate your legs with a three-feet distance in between.

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.

VEERABHADRASANA

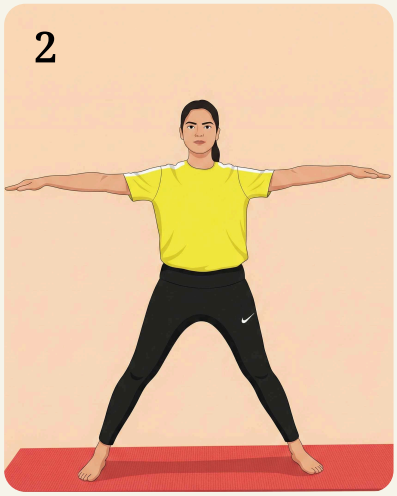
Start

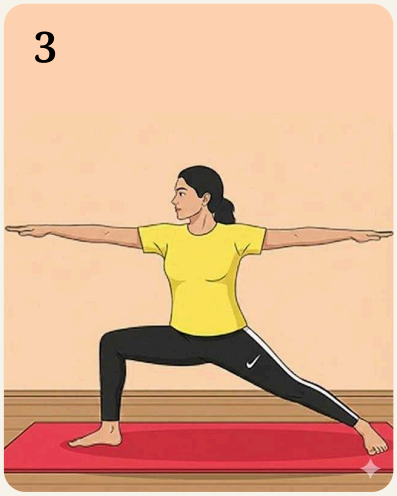
- Stand straight, and separate your legs with a threefeet distance in between.

Steps

- Breathing in, raise both arms sideways at shoulder level, palms facing down.
- Turn your right foot to the right side (about 90°) and slightly turn your left foot inward.
- Breathing out, bend your right knee so that the right thigh becomes parallel to the floor and the right knee is directly above the ankle.
- Stretch both arms in opposite directions and gaze over the right fingertips.
- Breathe normally and maintain this position for a few seconds.
- Breathing in, straighten the right leg and bring your arms back to shoulder level.
- Turn your right foot forward and exhale.
- Repeat the same steps on the left side.







End

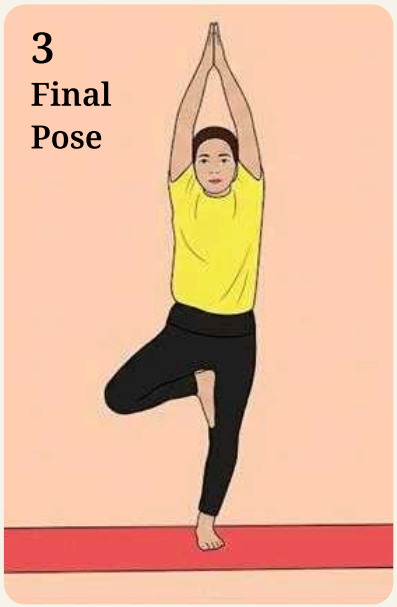
- After completing the practice, stand straight in Tadasana. Keep your legs slightly apart, arms relaxed by your sides, and eyes gently closed. Breathe normally.

VRIKSHASANA

- Stand straight with feet together and arms by the sides.
- Look forward and fix a point of gaze. Balance firmly on your left leg and lift your right leg. Bend your right leg at the knee.
- Now place your right foot against the inside of your left thigh. Make sure the toes oof your right foot facing downward.
- Join your palms in prayer at your chest level. Now, lift your arms over your head till your hands are stretched upward.
- Hold the position while breathing deeply.
- Lower your arms and straighten your right leg and stand erect again.
- Repeat the posture with your right leg.







Note

- If you are loosening balance, initially it can be practiced with wall support.
- People with knee or ankle pain should avoid this practice.

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.







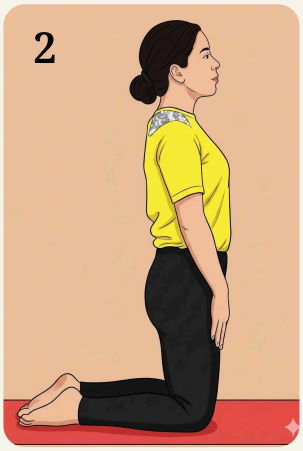
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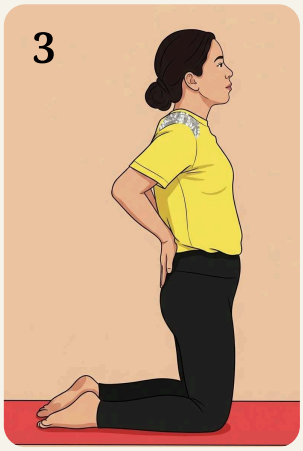
- People who have recently undergone abdominal surgery may avoid this asana.

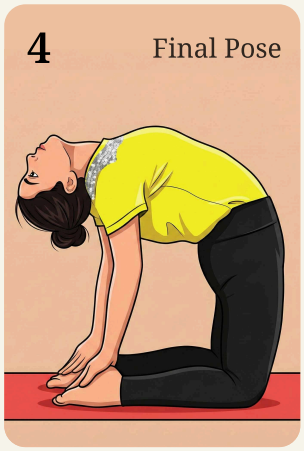
USHTRASANA

- Sit in Vajrasana.Keep your thighs and feet together.
- Toes should be pointing back and resting on the floor.
- Bring the knees and the feet about one foot apart and stand on the knees.
- Inhale, bend backward slowly.
- Exhale place the right palm on the right heel and left palm on the left heel.
- The thighs should be vertical to the floor and the head tilted backward.
- The weight of the body should be evenly supported by the arms and legs.
- Maintain the pose as long as you can.
- Exhale come to the starting position slowly.









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 toward the 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.



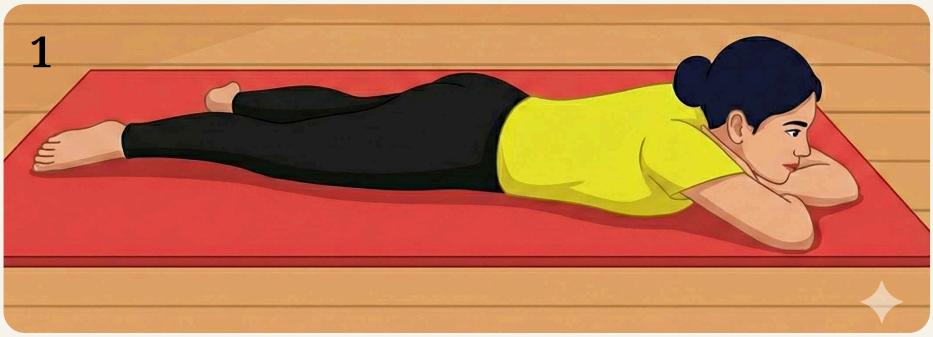




BHUJANGASANA

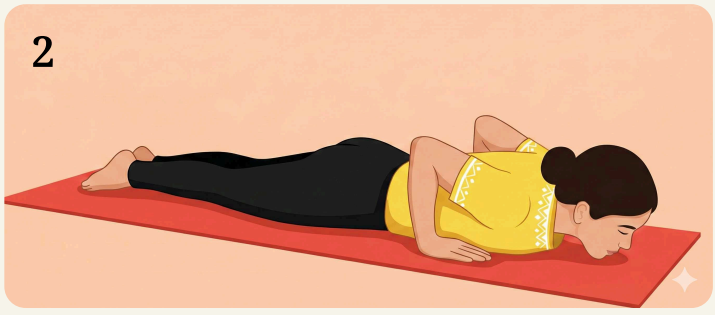
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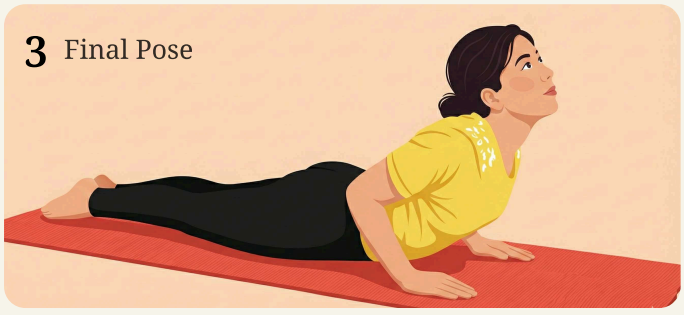
- Lie down in Makarasana, on your abdomen, place your hands below your head.
- Separate your legs with toes pointing sideways.



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.

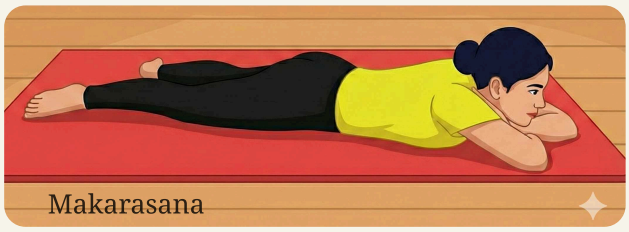




SHALABHASANA

Start

- Lie down on your stomach (prone position) with your legs straight and together. Keep your arms alongside the body, palms facing upward, and chin resting on the floor.



Steps

- Keep your legs straight and together, toes pointing backward.
- Breathing in, slowly raise your right leg as high as comfortable without bending the knee.
- Keep both knees straight and the pelvis pressing down on the floor.
- Hold the position and breathe normally for a few seconds.
- Breathing out, slowly bring the right leg down to the floor.
- Repeat the same movement with the left leg.
- Breathing in, now raise both legs together as high as possible without bending the knees.
- Keep your shoulders and chin on the floor.
- Breathe normally and hold the posture for a few seconds.
- Breathing out, slowly lower both legs to the floor and relax.





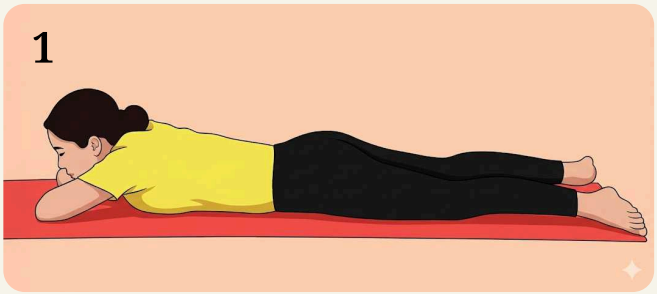
Note

- Keep both knees straight throughout the practice.

DHANURASANA

Steps

- Lie down on the ground on your belly.
- Bend the knees backward.
- Hold the feet with hands below the ankles. Take a deep breath and raise the chest as high as possible.
- Now stretch the feet, so that body takes the shape of a bow. Stay in this position for 10-20 seconds.
- While breathing out, relax the body and come in the initial position.



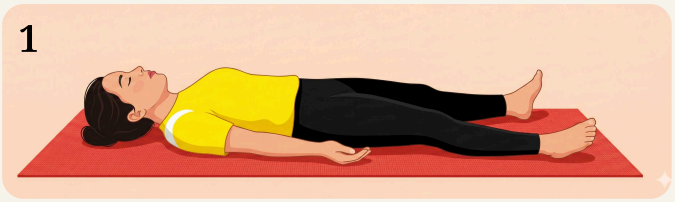




SETUBANDHASANA

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.





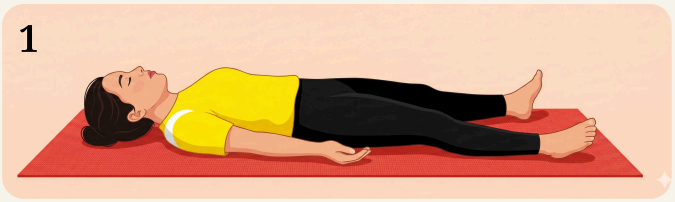
End

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

ARDHA HALASANA

Start

- Lie down in Shavasana.

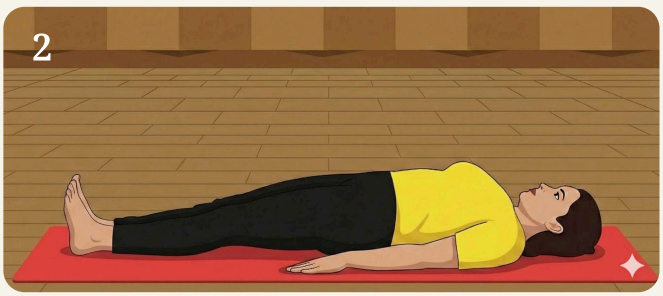


Steps

- Keep both legs straight and together.
- Breathing in, slowly raise your right leg up to a 90° angle without bending the knee.
- Keep the left leg straight and in contact with the floor.
- Breathe normally and hold the position for a few seconds.
- Breathing out, slowly lower the right leg back to the floor.
- Repeat the same with the left leg.
- Breathing in, now raise both legs together up to a 90° angle without bending the knees.
- Keep your hands pressed on the floor for support.
- Breathe normally and hold the posture for a few seconds.
- Breathing out, slowly bring both legs down to the floor and relax.

Note

- Avoid jerky movements while raising or lowering the legs.
- Keep the knees straight and lower back pressed to the floor.





End

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

NAUKASANA

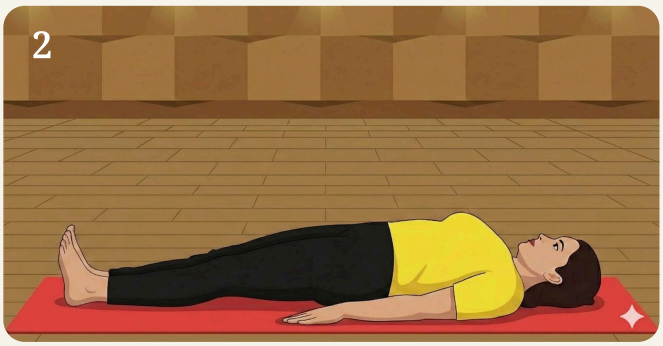
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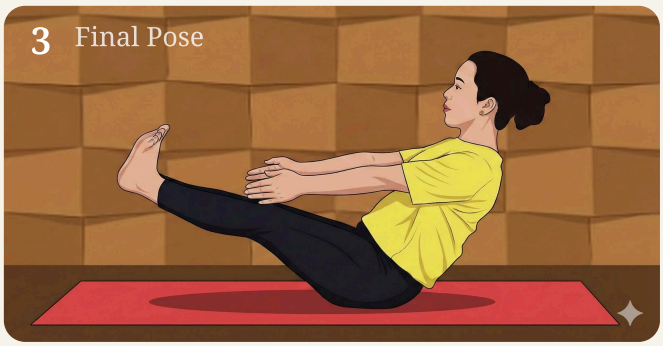
- Lie down in Shavasana.



Steps

- Keep your legs straight and together, toes pointing upward.
- Breathing in, slowly raise your head, shoulders, arms, and legs together from the floor.
- Stretch your arms toward the feet, keeping them parallel to the floor.
- Keep your eyes, toes, and fingers in one line, forming the shape of a boat.
- Breathe normally and hold the position for a few seconds.
- Breathing out, slowly bring your legs, shoulders, and head back to the floor.
- Relax the whole body and take a few normal breaths.





End

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

NADISHODHANA PRANAYAMA

Steps

- 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

- 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.



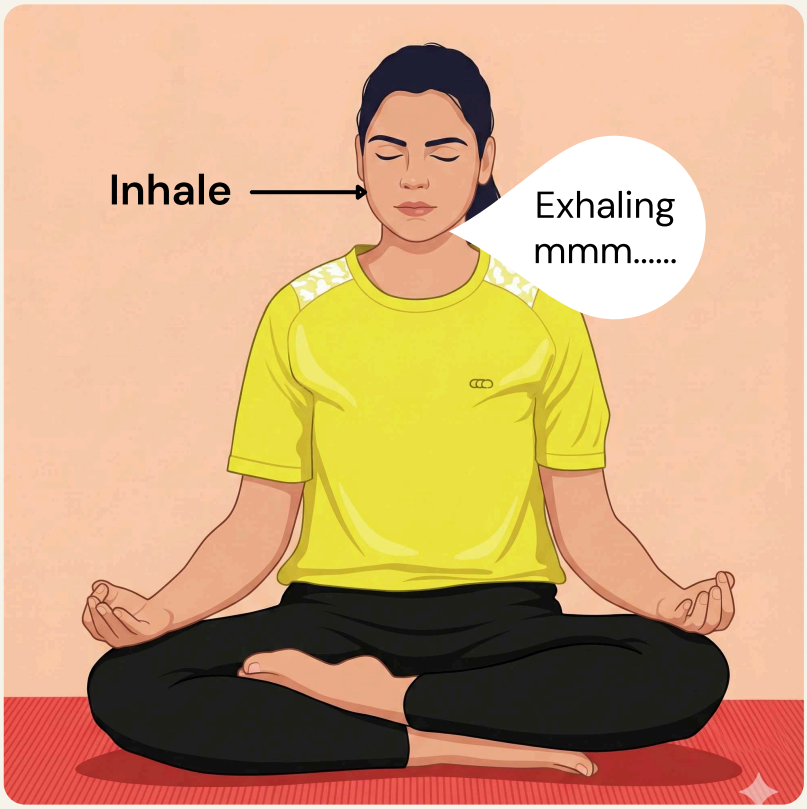
Note

- 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.

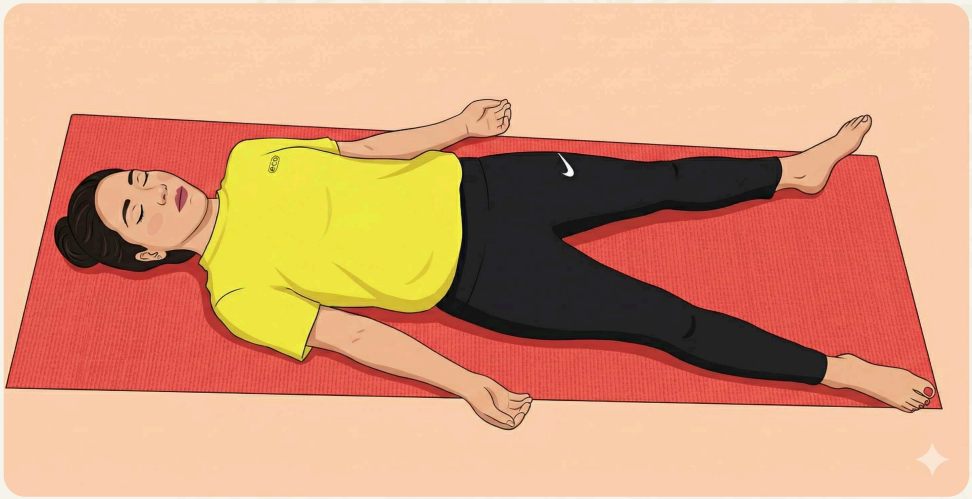
BHRAMARI PRANAYAMA

Steps

- 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.



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.

CENTER FOR INTEGRATIVE MEDICINE AND RESEARCH AIIMS, NEW DELHI

शरीरमाद्यं खलु धर्मसाधनम्

|| लोकः समस्ताः सुखिनो भवन्तु||

"Let the entire world be happy."

