CENTER FOR INTEGRATIVE MEDICINE AND RESEARCH AIIMS, NEW DELHI

शरीरमाद्यं खलु धर्मसाधनम्

YOGA FOR MIGRAINE



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TABLE OF CONTENTS

Guidelines 01
30 Minutes Yoga Module 02
Hands In and Out Breathing 03
Hand Stretch Breathing 04
Ankle Stretch Breathing 06
Tiger Breathing 07
Shashankasana Breathing 09
Straight leg raise Breathing 10
Instant relaxation technique (IRT) 11
Manibandha Chakra (Wrist Joint Rotation) 13
Kehuni Naman (Elbow Bending) 14
Skandha Chakra (Shoulder Rotation) 15
Greeva Sanchalana (Neck Movements) 16
Surya Namaskara (Salutation to Sun) 19
Quick Relaxation Technique (QRT) 24
Padahastasana (Hand to foot pose) 26
Ardha Chakrasana (Half Wheel Posture) 27
Paschimottanasana (Forward bending in Sitting) 28
Ustrasana (Camel Pose) 29
Vakrasana 30
Adhomukha Svanasana 31
Bhujangasana 32
Setubandhasana 33
Kapalbhati (cleansing breathing) 34
Pranayama 35
Nadishudhi Pranayama (Alternate Nostril Breathing) 36
Sheetali Pranayama (Cooling Breath) 37
Sitkari Pranayama 38
Bhramari Pranayama (Humming bee Breathing) 39
Deep Relaxation Technique (DRT) 40
Closing Prayer 42

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

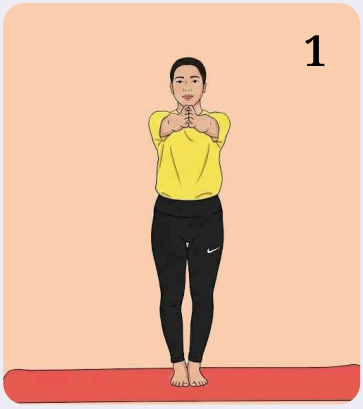
- Take bath before/after 20-30 minutes of practice.
- Eat only after 30 minutes of practice.

YOGA MODULE

List of Practices	Rounds	Duration
Hands In And Out Breathing	5	1 min
Hand Stretch Breathing	5	1 min
Ankle Stretch Breathing	5	1 min
Tiger Breathing	5	1 min
Shashankasana Breathing	5	1 min
Straight Leg Raise Breathing	5	1 min
Instant Relaxation Technique (IRT)	1	1 min
Manibandha Chakra (Wrist Joint Rotation)	5	2 min
Kehuni Naman (Elbow Bending)	5	1 min
Skandha Chakra (Shoulder Rotation)	5	1 min
Greeva Sanchalana (Neck Movements)	5	1 min
Surya Namaskara (Salutation To Sun)	5	1 min
Quick Relaxation Technique (QRT)	1	5 min
Padahastasana (Hand To Foot Pose)	1	3 min
Ardha Chakrasana (Half Wheel Posture)	1	1 min
Pashchimottanasana	1	1 min
Ustrasana	1	1 min
Vakrasana	1	1 min
Adhomukha Svanasana	1	1 min
Bhujangasana	1	1 min
Setubandhasana	1	1 min
Kapalbhati (Cleansing Breathing)	50	2 min
Nadishuddhi Pranayama (Alternate Nostril Breathing)	10	2 min
Sheetali Pranayama (Cooling Breath)	5	2 min
Sitakari Pranayama	5	2 min
Bhramari Pranayama (Humming Bee Breath)	10	2 min
Deep Relaxation Technique (DRT)	1	10 min

HANDS IN AND OUT BREATHING

Start



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

Steps



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

End

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



HANDS STRETCH BREATHING

Starting Position

- Stand straight, join your feet, and keep the arms beside the body.
- Interlock your fingers and place your palms on the chest.
- Relax your shoulders and elbows.

Part-I

- Breathing-in turn your palms out and stretch the arms straight in
- front of the chest at shoulder level, elbows straight.
- Stretch the arms completely without any strain.
- Breathing-out chant "Aaa...-karah" and bring the palms back to your chest.
- Relax the shoulders again.
- Synchronize your breath with “Aaa....-karah” chanting.
- This is one round. Practice 5 times.







HANDS STRETCH BREATHING

Part-II

- Repeat the same movements now stretching the arms in front of the forehead at an angle of 135 degree.
- Breathing-out chant 'Uuu...-karah' and bring the palms to your chest.
- Relax the shoulders again.
- Synchronize your breath with 'Uuu....-karah' chanting.
- Repeat 5 times.

Part-III

- Repeat the same movements now this time stretching the arms vertically straight above the head.
- Breathing-out chant 'Mmm...karah' bringing the palms back to the chest.
- Relax the shoulders.
- Synchronize your breath with 'Mmm...karah' chanting.
- Repeat 5 times.

End

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

Note

- Relax the shoulders at the beginning and the end of each round.
- If required, it can be practiced while sitting on a chair.
- Synchronize breathing with the hand movements.

ANKLE-STRETCH BREATHING

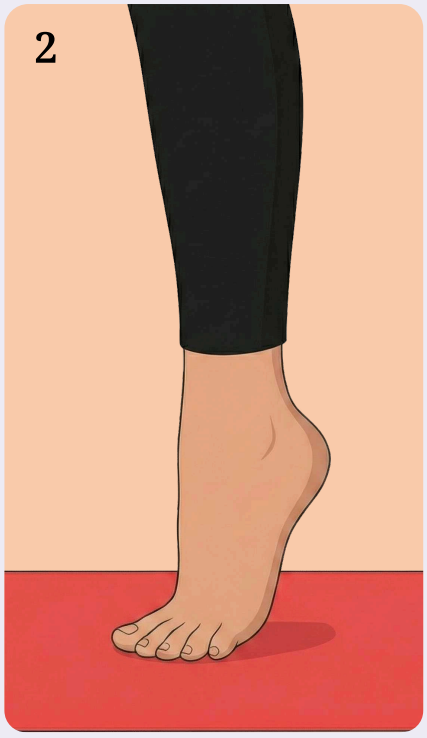
Start

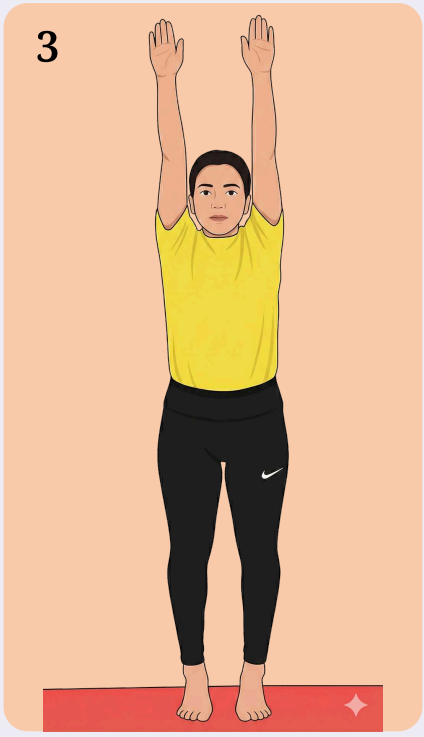
- Stand straight, keep your legs one foot apart.
- Place your palms in front of your thighs.

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.





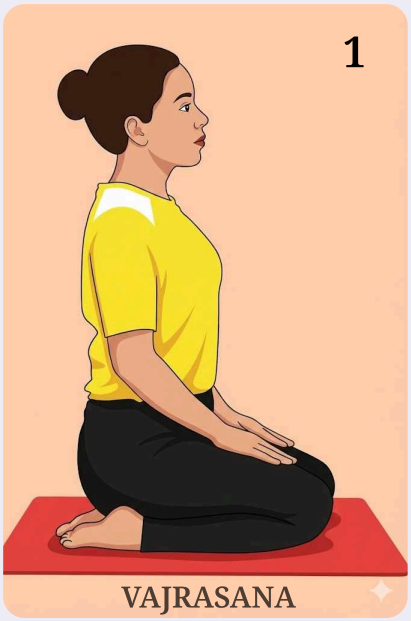


End

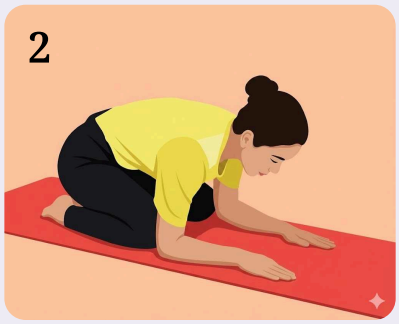
- Bring your legs apart, loosen up your arms, close your eyes and relax.

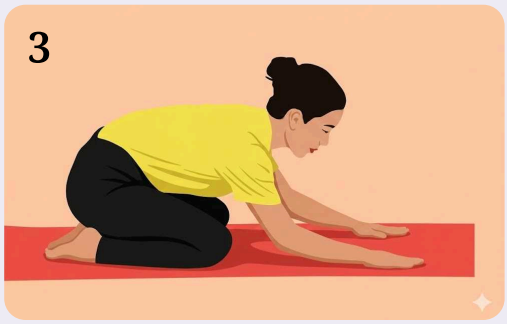
TIGER BREATHING

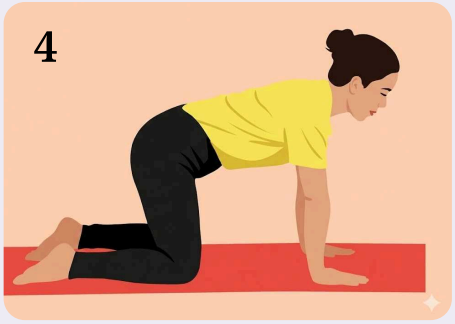
Starting Position

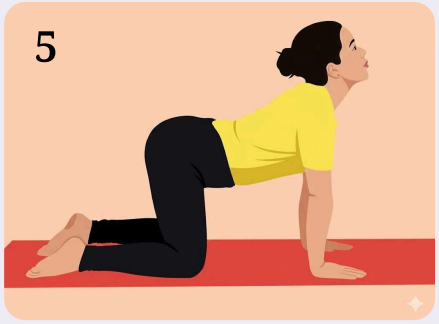


- Sit straight with legs stretched to the front, and keep your hands on the mat beside the buttocks.
- Bend your legs one by one and sit comfortably in Vajrasana.
- Give one forearm distance gap between your knees.
- Lean forward and place the palms on the mat at one forearm plus one palm distance from the respective knees
- with fingers facing front, bring the shoulders up above the palms.
- Give gap between the feet in such a way that palms, knees, and feet are parallel to each other with toes pointing backward.
- In this position, your spine will be parallel to the floor.







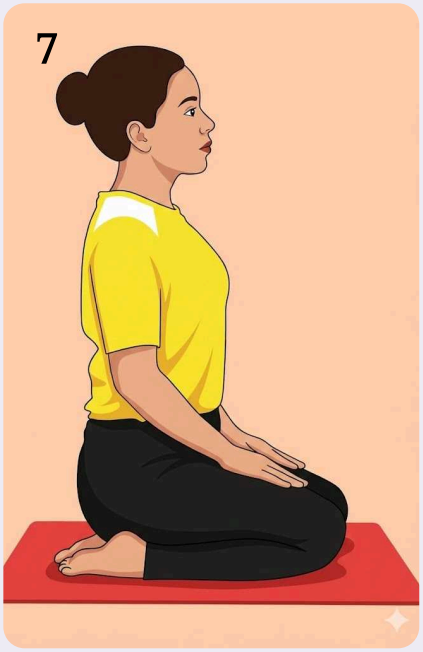


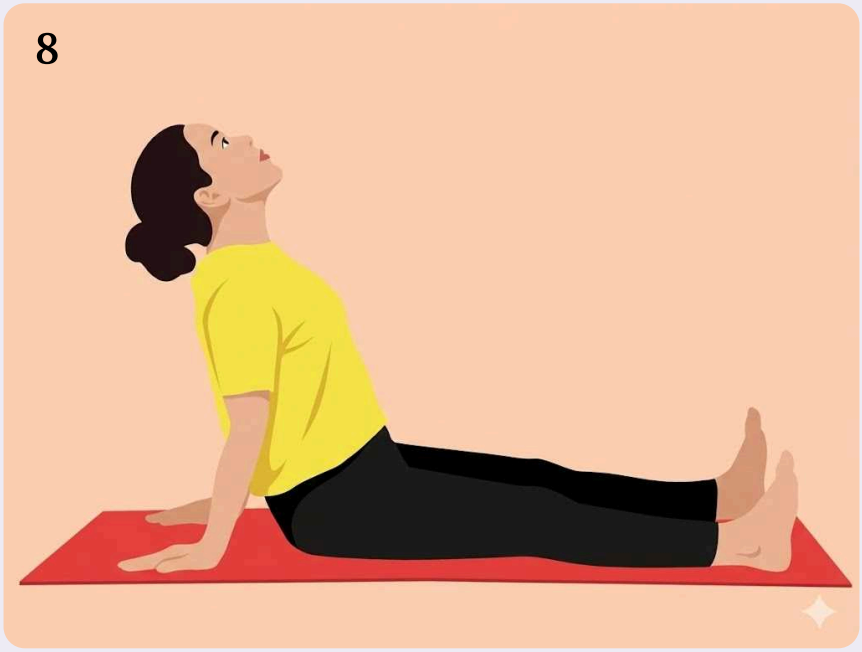


TIGER BREATHING

Steps

- Breathing-In, slowly arch your spine down and raise your head simultaneously. Expand the abdomen and chest.
- Breathing-out, slowly raise your spine upward and bring the head down, Place the chin close to the chest.
- This is one round. Practice 5 rounds with complete awareness of synchronized breathing and movements.
- Slowly get back to Vajrasana. Bring your legs forward, place your hands behind your back on the floor, lean your head back, close your eyes and relax.





SHASHANKASANA BREATHING

Starting Position

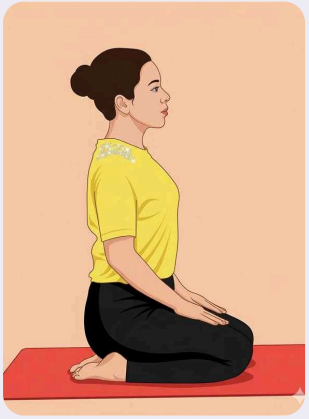
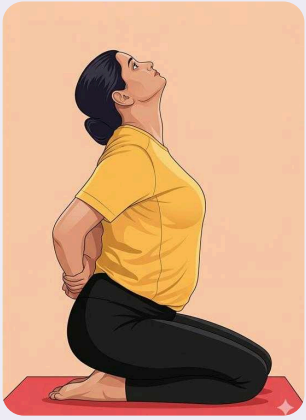
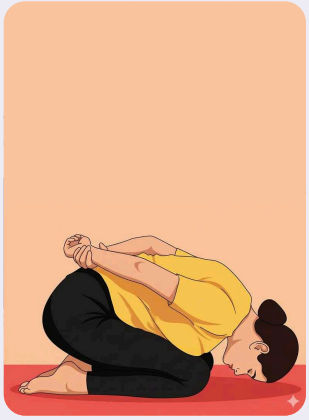
- Sit straight with stretched legs to the front, and keep your hands beside the buttocks.
- Bend your legs one by one and sit comfortably in Vajrasana.

Steps

- Bring your knees apart as much as possible.
- Make a fist of your left hand and catch hold your left wrist from right hand behind the lower back.
- Breathing in, Look up and elbows pointing backward, expand your chest.
- Breathing out, slowly bend forward try to touch the forehead on the floor.
- Breathing in, slowly come up looking up, expand your chest.
- Synchronize breathing with the movement of back, chest and shoulders.
- This is one round. Repeat 5 rounds.

End

- Slowly get back to Vajrasana. Bring your legs forward, place your hands behind your back on the floor, lean your head back, close your eyes and relax.

STRAIGHT LEG RAISE BREATHING

Starting Position

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

Steps

- Breathing-In, slowly raise the right leg up, perpendicular to the ground, without bending your knee.
- Keep the left leg firmly straight on the mat.
- Breathing-out, slowly bring the right leg down to the mat.
- Synchronize the breath with leg movements.
- keep your back relaxed and touched on the mat while lifting the leg up.
- Repeat the practice with the left leg.
- Practice 5 to 10 rounds.





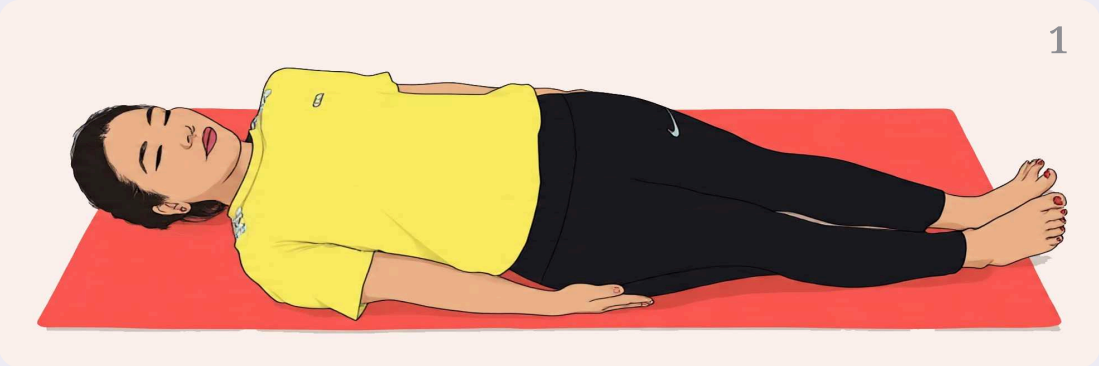


INSTANT RELAXATION TECHNIQUE

(IRT)

Starting Position

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

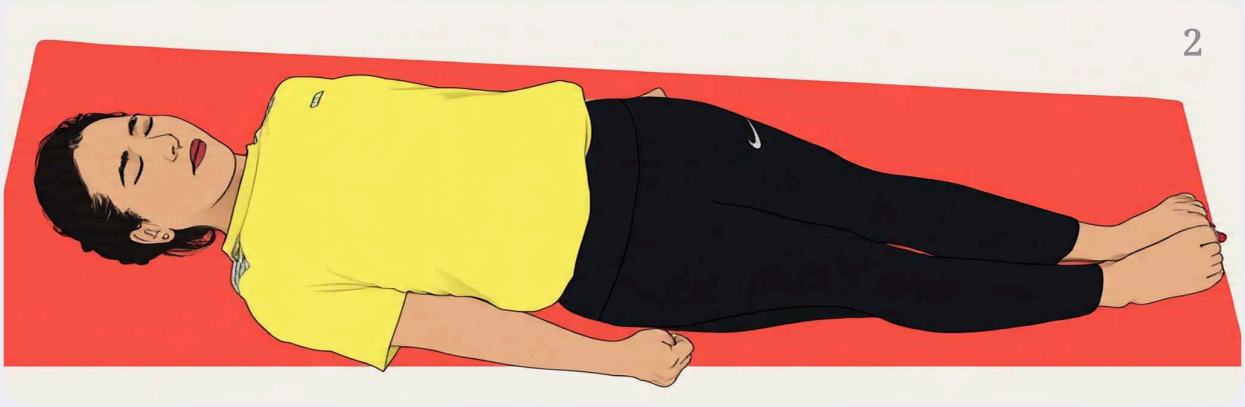


Steps

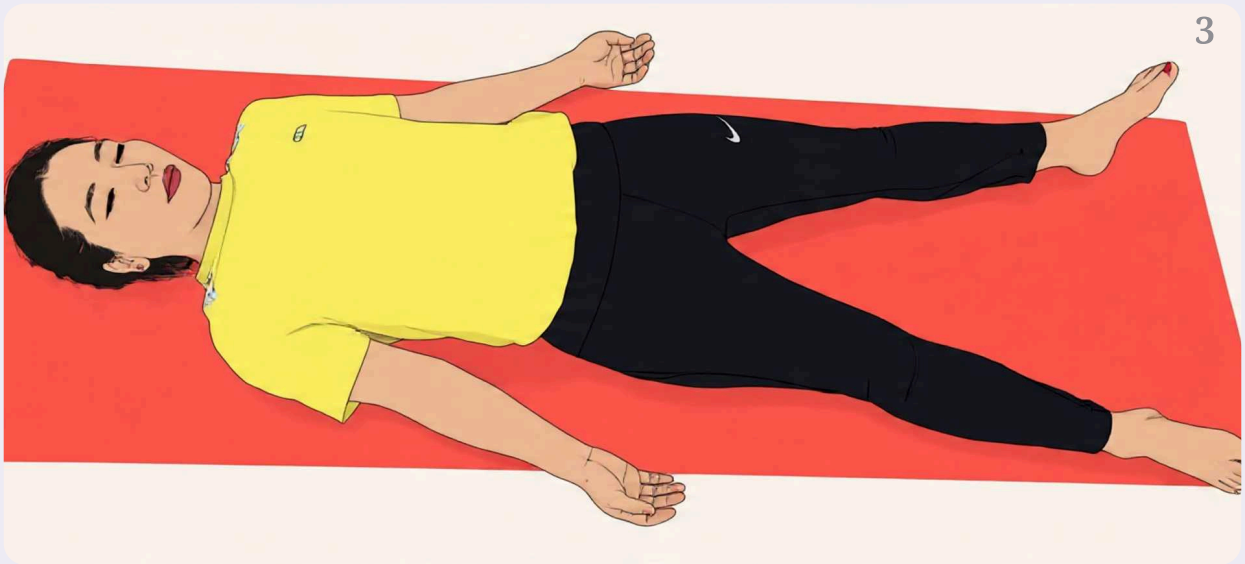
- Keep your face relaxed. we will going to scan and contract the body starting from toes to head.
- Bring your awareness to the toes and Tighten the toes.
- Tighten the ankle joints, stretch and tighten the calf muscles.
- Tighten the knees.
- Tighten the thigh muscles.
- Contract the buttocks and pull them inward.
- Exhale, squeeze the abdomen inward.
- Make fist of your palms and tighten them.
- Stretch the arms and tighten them.
- Breathing-In, expand the chest and tighten.
- Tighten the shoulders, neck muscles, Jaw and face.
- Tighten the whole body from the toes to the head.
- Tighten...tighten...tighten...
- Release and relax the whole body – let go.

INSTANT RELAXATION TECHNIQUE

(IRT)



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



MANIBANDHA CHAKRA

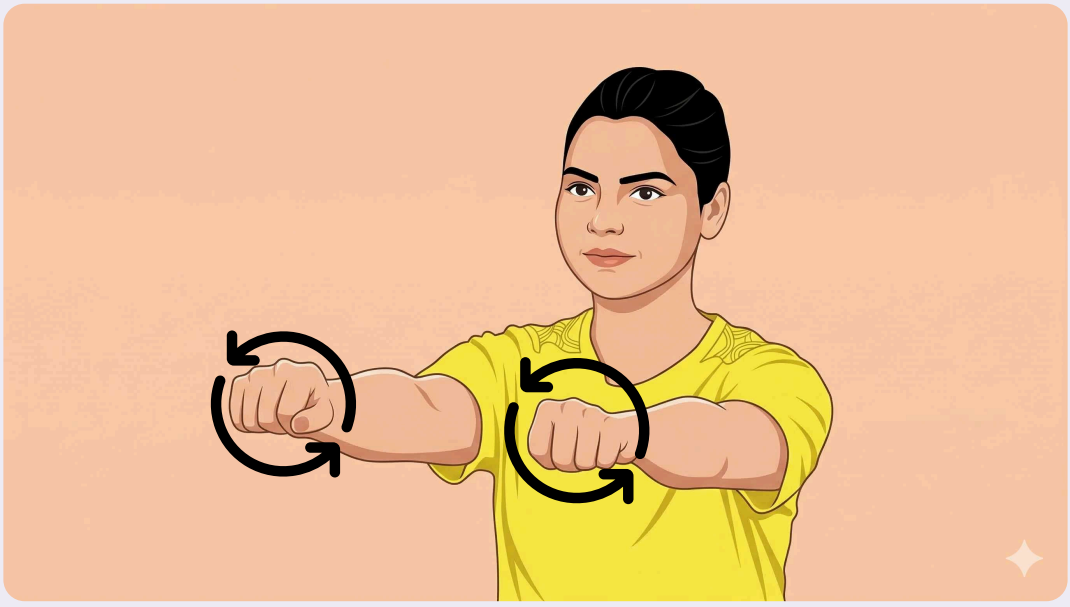
(Wrist Joint Rotation)

Starting Position

- Stand straight, legs apart, and hands kept besides the body.

Steps

- Extend both arms forward at shoulder level.
- Make a loose fist with the thumb inside.
- Slowly rotate the fist about the wrist, ensuring that the fist faces downward throughout the rotation.
- The arms and elbows should remain perfectly straight and still.
- Practice 5 times clockwise and 5 times anti-clockwise.



KEHUNI NAMAN

(Elbow Bending)

Starting Position

- Stand straight, legs apart, and hands kept besides the body.

Steps

- Stretch your arms in front of the body at shoulder level.
- The hands should be open with the palms facing upward.
- Breathing-In bend the arms at the elbows and touch the fingers to shoulders. Keep the upper arm parallel to the floor.
- Breathing-Out stretch your arms back to shoulder level.
- Repeat 5 times.





SKANDHA CHAKRA

(Shoulder Rotation)

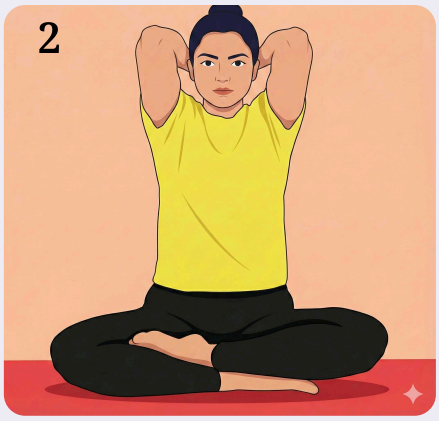
Start

- Stand in straight, legs apart, and hands kept besides the body.

Steps

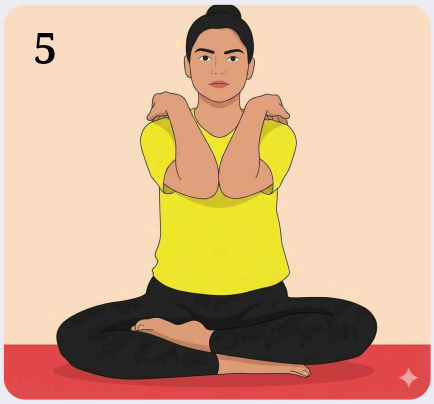
- Place the fingers of both hands on the respected shoulders.
- Rotate the elbows in a large circle.
- Make sure that the head, trunk and spine remain straight and still.
- Breathing-In take the upward stroke and Breathing-Out downward strokes.
- Practice 5 times clockwise and 5 times anti-clockwise.











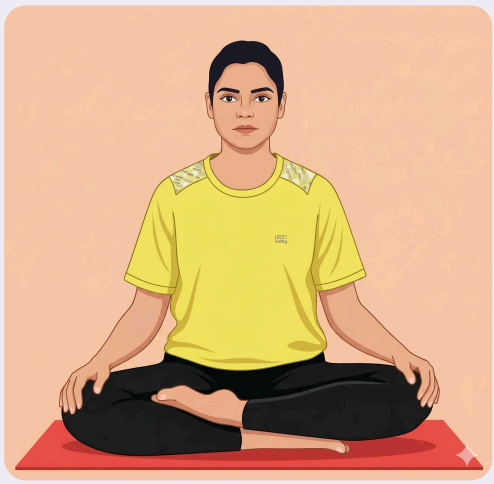
GREEVASANCHALANA

(Neck Movements)

Stage-1 (Forward and Backward Bending)

Start

- Sit in Sukhasana with back straight and hands resting on knees.



Steps

- Breathing-In slowly move the head backward and breathing-Out slowly move the head forward, try to touch the chin to the chest.
- Practice 5 times.

GREEVASANCHALANA

(Neck Movements)

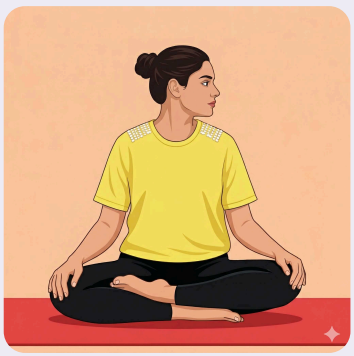




Stage-2 (Sideways Bending)

- Remain in the same position.
- Breathing-Out tilt the head to right, Breathing-In move your head back to center.
- Repeat the same on left side.
- This is one round. Repeat 5 times.





Stage-3 (Sideways Twisting)

- Remain in the same position.
- Breathing-Out gently turn the head to the right so that the chin is in line with the right shoulder.
- Breathing-In turn the head back to center.
- Breathing-Out do the same in opposite side.
- Breathing-In slowly turn the head back to the center.
- This is one round. Repeat 5 times.

GREEVASANCHALANA

(Neck Movements)

Stage-4 (Neck Rotation)

- Remain in same position.
- Slowly rotate the head in clockwise and anticlockwise direction in a rhythmic movement.
- Breathing-In as the head goes backward and Breathing-Out as the head moves forward.
- Practice 5 times clockwise and anticlockwise, and then relax.



SURYANAMASKAR

(Sun Salutation)



Starting position

- Stand straight on front side of your mat with joined legs. Brings the palms besides the thighs. look front.



Step 1: Namaskara Mudra

- Join the palms together to Namaskara Mudra. gently close your eyes and contemplate on Sun.



Step 2: Hastottanasana

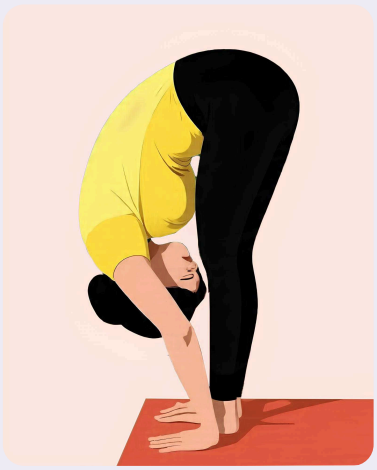
- Open your eyes, Breathing-In bring both hands up above the head and bend backwards.

SURYANAMASKAR

(Sun Salutation)

Step 3: Padhastasana

- Breathing-Out bend forward. Touch the forehead to the knees and place your hands on the mat besides your feet.





Step 4: Ashvasnchalanasana

- Breathing-In bring the right leg back.
- Push the buttock downward so that the left leg is perpendicular to the mat.
- Look up.

Step 5: Parvatasana

- Breathing-Out raise the buttocks, and push the head down until the heel touch the ground without shifting the position of hands and feet.

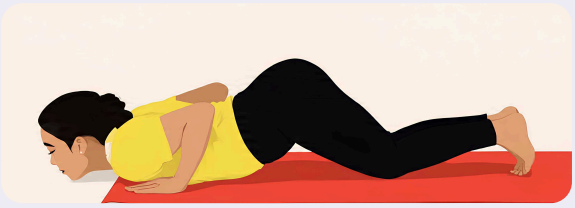


SURYANAMASKAR

(Sun Salutation)

Step 6: Astanga Namaskara

- Breathing-In without shifting the positions of hands and toes, glide the body forward and rest the forehead/ chin, chest, hands, knees, and toes on the ground. Raise the buttocks off the ground and breathe normally.



Note:

- The eight points of the body are in contact with the ground, hence the name Astanga Namaskara (salutation with eight parts).



Step 7: Bhujangasana

- Breathing-In raise the head and chest up, making the spine concave upwards without lifting the positions of the hands and feet.
- Keep the knees off the ground and toes pointing inward.

Step 8: Parvatasana

- Breathing-out, raise the buttocks, and push the head down until the heel touch the ground without shifting the position of hands and feet.



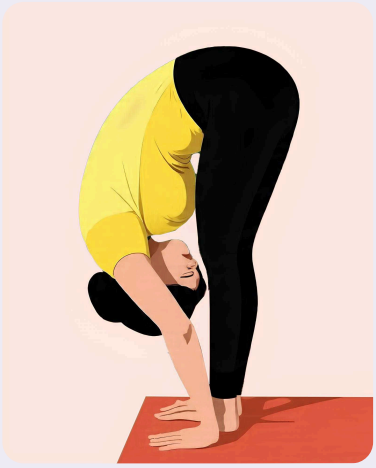
SURYANAMASKAR

(Sun Salutation)

Step 9: Ashvasnchalanasana



- Breathing-In bring the right leg forward. Place the right feet between the two hands.
- Push the buttock downward so that the right leg is perpendicular to the mat. as shown in the step 4.



Step 10: Padahastasana

- Breathing-Out bring left foot forward next to the right foot and reach down with your upper body to touch the forehead to the knees as shown in the step 3.



Step 11: Hastottanasana

- Breathing-In take the hands up above the head and bend backwards as shown in step 2.

SURYANAMASKAR

(Sun Salutation)



Step 12: Namaskara Mudra

- Breathing-Out come back to the Namaskara mudra. This is one round.
- Practice 4 more rounds and then come back to the starting position.

QUICK RELAXATION TECHNIQUE

(QRT)

Duration:

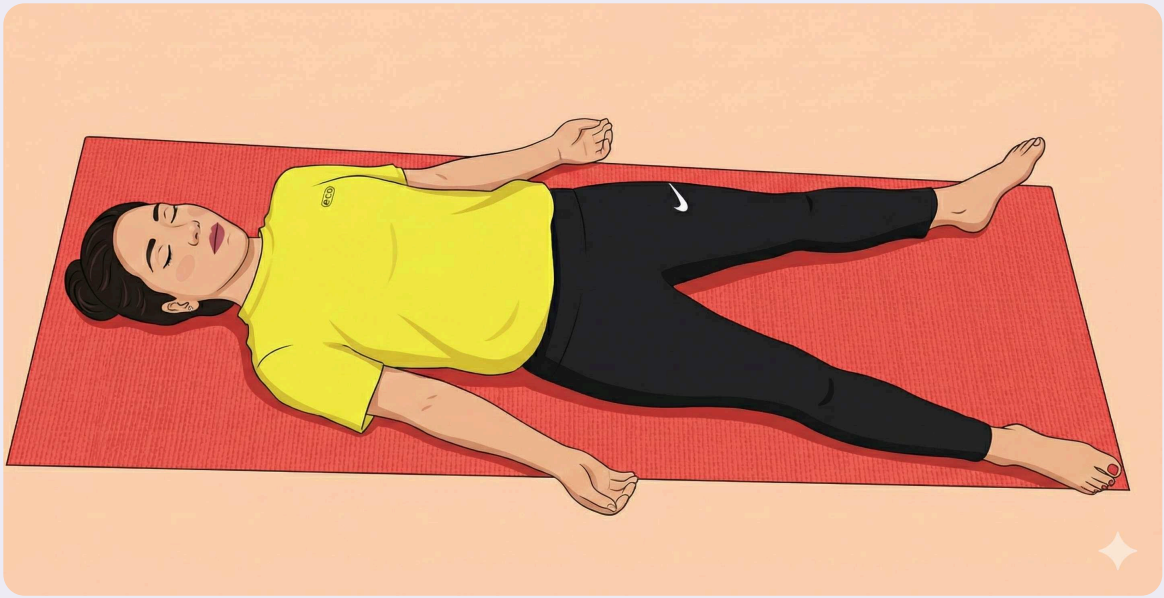
Total time taken – 3 minutes
Practice in three phases – Time taken for each phase is 1 minute
Starting Position - Shavasana

Phase I – Observation of abdominal muscle movement

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

Phase II – Synchronization with abdominal breathing

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



QUICK RELAXATION TECHNIQUE

(QRT)

Phase III – Breathing with awareness.

- As you inhale deeply and slowly, feel the body energize and the lightness. As you exhale completely loosen up all the muscles, releasing all the stress and tensions and enjoy the relaxation. Inhale... deeply and exhale... completely.
- Feel the effects of inhalation and exhalation. When you inhale fully, the abdominal muscles expands, feel the whole body becoming light giving the sensation of floating. Feel the body getting relaxed as if it is sinking down in to the ground each time when you exhale, the abdominal muscles going down with release of tension and enjoy relaxation. Observe 5 rounds.
- Inhale and chant 'AAaa..' in a low pitch. Feel the vibrations in the lower parts of the body.
- Slowly come up from either the right or the left side of the body and sit down in Sukhasana.

PADAHASTASANA

(Hand to foot pose)

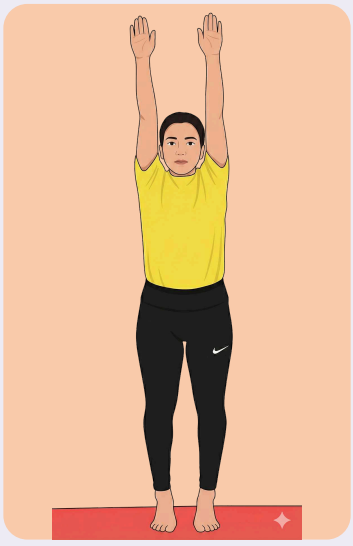
Starting Position

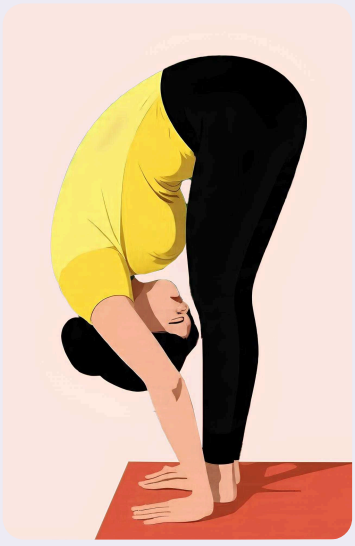
- Stand straight with feet together and arms by the sides.

Steps

- Breathing-in raise your hands up, palms facing front and stretch the body upward.
- Breathing-out bend forward with hands stretching forward, place your hands besides the feet.
- Stretch the body downward without losing balance, try to touch the forehead/chin to the shin bone/ knees. Keeping your knees straight.
- Maintain this posture for some time. Breathe normally. This is the final posture.
- Breathing-in raise your hands up, stretch your body up.
- Breathing-out bring your hands down, relax your shoulders and give gap between the legs. come back to starting position slowly.







ARDHA-CHAKRASANA

(Half Wheel posture)

Starting Position

- Join your feet, keep your arms beside the body and stand straight.

Steps

- Separate your legs with a shoulder-width gap in between.
- Place your palms on the lower back. Keep your elbows closer to each other.
- Breathe in, slowly bend back from the waist taking support of your hands.
- Do not bend your knees.
- Breathe normally and maintain this position for 10-15 seconds.
- Breathing in return to the vertical position.
- Breathing out bring your hands down by the side of your waist.
- Close your eyes and relax.







PASCHIMOTTANASANA

(Seated Forward Bend)

Starting Position

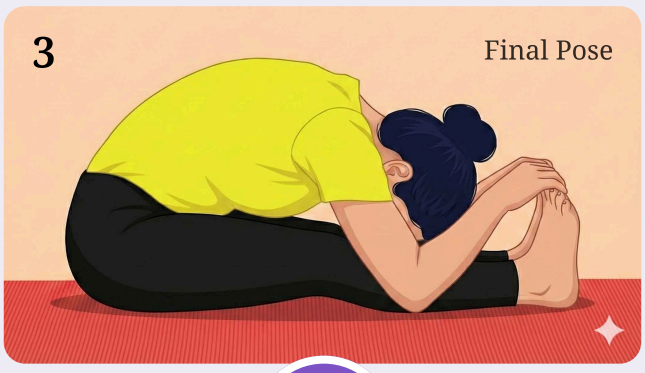
- Sit on the ground, stretching both the legs outward.

Steps

- Now, Inhale, raise your arms, and bend the body forward exhaling as far as possible.
- While bending forward, do exhaling.
- In the final stage, interlocked fingers should be beyond the toes and the nose should touch the knees.
- Initially, do it for 5 seconds and gradually try to maintain the pose as long as you feel comfortable.
- Inhale and come to the original position.
- This is one round. Initially, do two rounds.
- As per your practice, you may increase the number of rounds as well as the duration of maintaining the pose.







USHTRASANA

(Camel Pose)

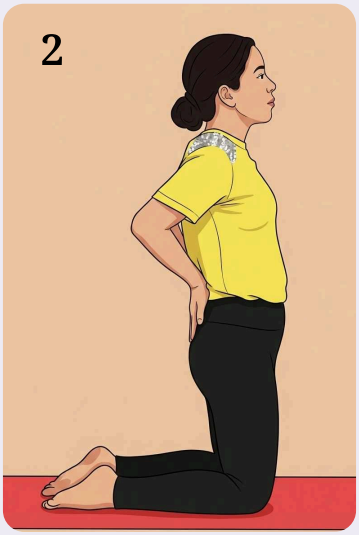
Starting Position

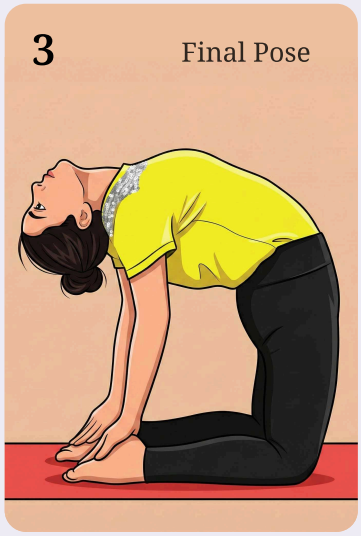
- Sit in Vajrasana. Keep your thighs and feet together.
- Toes should be pointing back and resting on the floor.

Steps

- 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.







VAKRASANA

Starting position



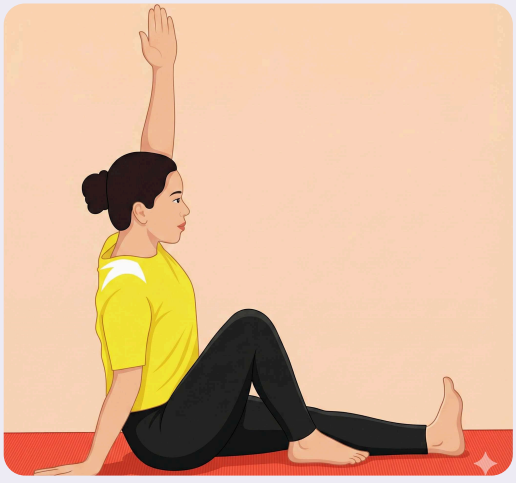
- Sit straight with legs forward, join your feet and place your hands beside the buttocks.

Steps

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

Note

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





ADHOMUKHA SVANASANA

(Downward Dog Position)

Starting position

- Sit in Vajrasana. Keep your thighs and feet together.
- Toes should be pointing in and sit on your heels.

Steps

- Place your hands on the mat, keeping elbows straight and lean forward in tiger pose.
- Breathing-out raise your back/pelvis up, straighten up your knees and bring your head down. look at your naval. try to touch the forehead and heels to the mat.
- This is final posture. Maintain the final posture as long as possible.
- Breathing-in slowly come back. and sit in Vajrasana. Relax your hands on your thighs.



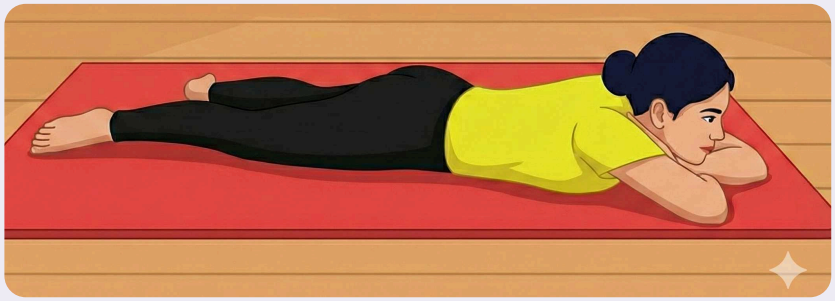


BHUJANGASANA

(Serpent Posture)

Start

- 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 palms by the sides of your chest.
- Breathing in, lift your head and chest upward.
- Lift to your navel region and look up.
- Maintain this position with normal breathing for some time.
- Breathing out, slowly bring your body down and relax in Makarasana.



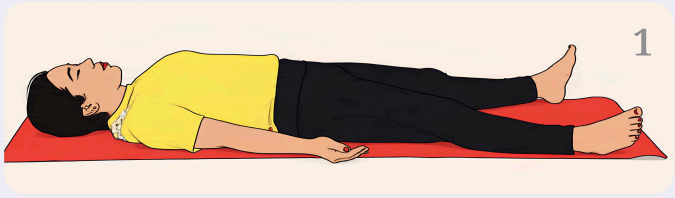


SETUBANDHASANA

(Bridge pose)

Start

- Lie down in Shavasana, on your back, separate your legs, place your hands slightly away from the waist.



Steps

- Join your legs and bend your knees.
- Bring your heels closer to the hips.
- Bring your palms closer to your heels.
- Separate your feet up to the shoulder-width distance.
- Inhale and slowly lift your back and hips up so that your thighs will be parallel to the floor and knees perpendicular to the floor.
- Maintain this posture for 10-15 seconds with normal breathing.
- While exhaling, slowly rest your hips on the floor and straighten your legs. Relax in Shavasana.





KAPALBHATI

(Cleansing Breathing)



Starting Position

- Sit in any meditative posture.
- Gently close your eyes and relax the shoulders.

Steps

- 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.

Nasika Mudra

(Nose tip position)

Steps

- Gently bend first two fingers of your right hand.
- Hold the hand in front of your face.
- Place the thumb above the right nostril and the ring
- finger above the left.
- These two digits control the flow of breath in the
- nostrils by alternately pressing on one nostril, blocking
- the flow of breath, and then the other.



Chin Mudra



Steps

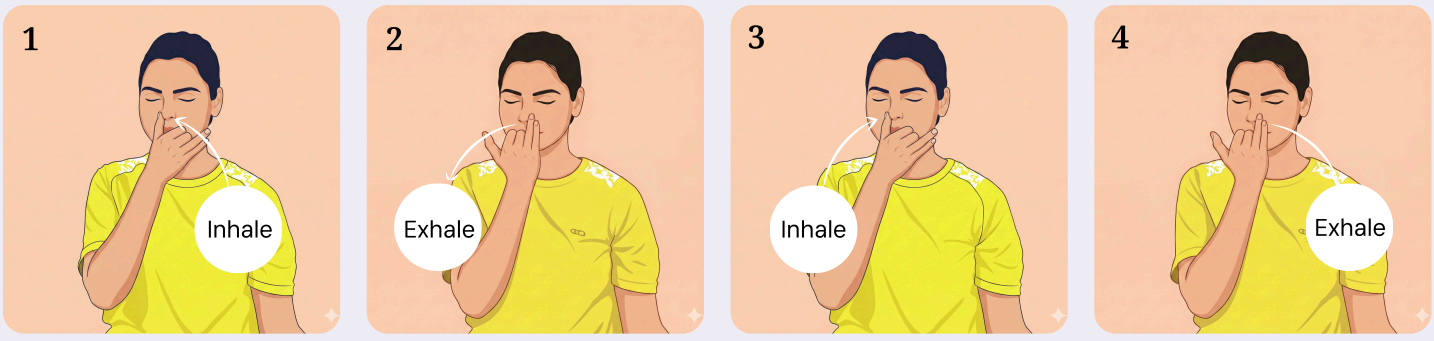
- Join the tips of your thumb and index figure.
- Keep remaining three figures straight.
- Keep your palms on knees.

NADISHODHANA PRANAYAMA

(Alternate Nostril Breathing)

Steps

- Sit in any comfortable posture like Sukhasana, Ardha-padmasana, Vajrasana or Padmasana.
- Keep the head and spine upright. Relax the whole body and close the eyes.
- Practice yogic breathing for some time.
- Adopt Nasika Mudra with the right hand and place the left hand on the left knee in Chin Mudra.
- Close the right nostril with the right thumb.
- Slowly inhale through left nostril then using your ring finger close the left nostril.
- Gently open your right nostril and slowly exhale keeping your left nostril closed.
- Slowly inhale through right nostril, and then close the right nostril with thumb.
- Gently open your left nostril and slowly exhale keeping your right nostril closed.
- This is one round. Practice 5-10 rounds.



SHEETALI PRANAYAMA

(Cooling Breathing)

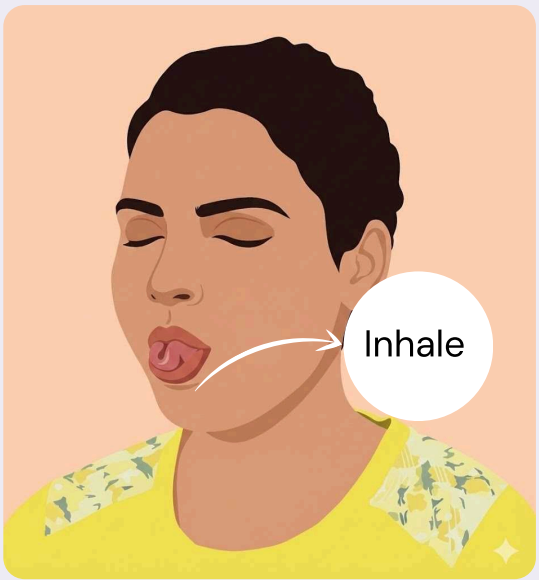


Starting Position

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

Steps

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





SHEETKARI PRANAYAMA

(Cooling Breathing)



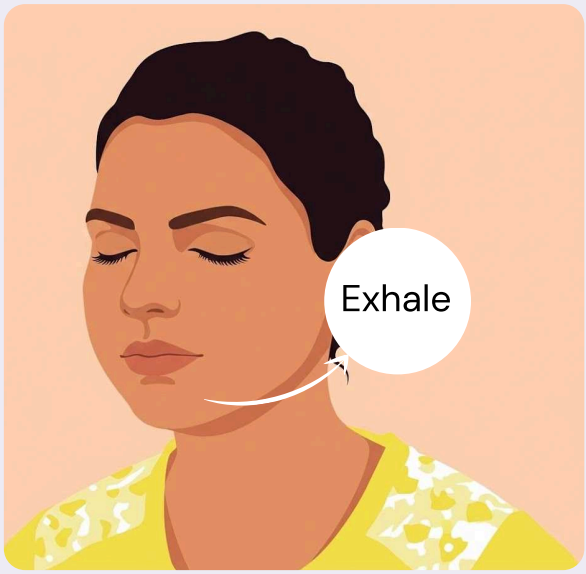
Starting Position

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

Steps

- Join your upper and lower frontal teeth, place your tongue behind the teeth. Raise your lips upward making the teeth visible. Slowly inhale from in between your teeth.
- Close your lips, mouth and slowly exhale from the nose. This is one round. Practice this with complete awareness for 2 minutes.
- If your are unable to form tubular shape with your tongue, then you can practice Sheetkari Pranayama.





BHRAMARI PRANAYAMA

(Humming Breathing)



Starting Position

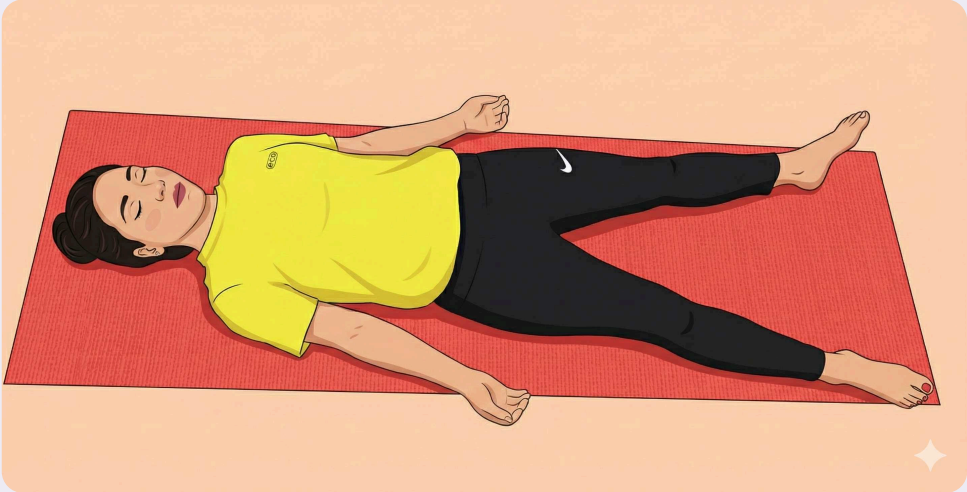
- Sit straight in Sukhasana, keep your hands in chin mudra on the knees and close your eyes.

Steps

- Relax the whole body.
- The lips should remain gently closed with the teeth slightly separated throughout the practice. This allows the sound vibration to be heard and felt more distinctly.
- Raise the arms sideways and bend the elbows, bringing the hands to the ears.
- Use the index to plug the ears or press the flaps of the ears without inserting the fingers.
- Bring the awareness to the center of the head, and keep the body still.
- Breathe in through the nose. Breathe out slowly making a humming sound like that of a black bee.
- The humming sound should be smooth, even, and continuous for the duration of the exhalation. The sound should be soft and mellow, making the front of the skull reverberate.
- At the end of exhalation, the hands can be kept steady or returned to the knees and then raised again for the next round. The inhalation and exhalation should be smooth and controlled. This is one round.
- Practice 5 rounds with complete awareness.

DEEP RELAXATION TECHNIQUE

(DRT)



Phase I

Bring your awareness to the tip of the toes, gently move your toes and relax. Sensitize the soles of your feet; loosen the ankle joint; relax the calf muscles; gently pull up the knee caps, release and relax; relax your thigh muscles, buttock muscles; loosen the hip joints, relax the pelvic region and the waist region. Totally relax your lower parts of the body. Chant 3 rounds of A-Kara.

Phase II

Gently bring your awareness to the abdominal region and observe the abdominal movement for a while, relax your abdominal muscles and relax the chest muscles. 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 back bones. Relax your middle back, shoulder blades and upper back muscles, totally relax. 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 hind arms-triceps, biceps and relax your shoulders. Shift your awareness to your neck, slowly turn your head to the right and left, again bring 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... Chant 3 U-Kara and feel the vibrations in the middle part of the body.

DEEP RELAXATION TECHNIQUE

(DRT)

Phase III

Gently bring your awareness to your head region. Relax your chin, lower jaw and upper jaw, lower and upper gums, lower and upper teeth and relax your tongue. Relax your palates- hard and soft, relax your throat and vocal chords. Gently 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, feel the heaviness of the cheeks and have a beautiful smile on your cheeks. Relax your eye balls' muscles, feel the heaviness of eyes balls, relax your eyes lids, eye brows and in between the eyebrows. Relax your forehead, temple muscles, ears, the sides of the head, back of the head and crown of the head. Relax your head region, totally relax. R..E..L..A..X... and chant 3 rounds of M-Kara feel the vibration in your head region.

Phase IV

Chant 'Om-Kara' for nine rounds and feel the vibration of the chanting throughout the body. Feel complete relaxation throughout the body and calmness and peacefulness at mind.

Resolve

From the depth of the silence raise the positive statement "I am completely healthy" repeat it for 9 rounds mentally.
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 when you are ready.

CLOSING PRAYER

- Joint your palms in front of the chest, adopt “Namaskar” mudra.
- Let’s conclude the session with one “Om-Kara” and three shanti.
  Om shantih, shantih, shantih

