

Life Style Management Course

Batch 2021-23

Booklet of Asanas for Practice



ITM Business School

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The Fundamentals of Yoga

Yoga works on the level of one's body, mind, emotion and energy. This has given rise to four broad classifications of Yoga: Karma Yoga where we use the body; Jnana Yoga where we utilize the mind; Bhakti Yoga where we utilize the emotion and Kriya Yoga where we utilize the energy. Each system of Yoga we practice falls within the gamut of one or more of these categories.

Asanas, capable of bringing about stability of body and mind, "*kuryat-tad-asanam-sthairyam*", involve adopting various psycho-physical body patterns and giving one an ability to maintain a body position (a stable awareness of one's structural existence) for a considerable length of time.

Pranayama consists of developing awareness of one's breathing followed by willful regulation of respiration as the functional or vital basis of one's existence. It helps in developing awareness of one's mind and helps to establish control over the mind. In the initial stages, this is done by developing awareness of the "flow of in-breath and out-breath" (*svasa-prasvasa*) through nostrils, mouth and other body openings, its internal and external pathways and destinations.

General Guidelines for Yoga Practice

POINTS TO REMEMBER

1. **SEAT:** Perform your practices on a carpet covered with a clean piece of cloth.
2. **CLOTHING:** Should be clean, minimum, loose and light.
3. **FOOD:** At least four and a half hours should elapse between a heavy meal and Yogic practices. In other words Yogic practices, must begin with a light stomach. A moderate quantity of food can be had half an hour after practices.
4. **TIME:** Morning or evening time is preferable for the practices. However, as an exception Yoga can be practised at any convenient time with a light stomach.
5. **BATH:** If the Yogic practices are performed in the morning, it is desirable that full bath should precede them.
6. Yogic practice should be performed in a calm and quiet atmosphere with a relaxed body and mind.
7. Do not indulge in Yogic practices indiscriminately. Follow only those practices which have been outlined for you.
8. Do the practices while you are in a calm and pleasant mood. If you are upset physically or mentally, try to come to normal state by sitting quietly or going into Shavasana before you start the practices.
9. Breathe normally through the nose while performing Asanas.
10. Minimise your efforts to attain the pose.
11. Parts of the body which are not involved in the pose should be relaxed, i.e. practise Differential Relaxation

12. Try to attain the patterns according to your capacity. Avoid competitive spirit. Strain of any kind should be avoided.
13. Perform all the practices slowly and smoothly. Any kind of violent action should be avoided during the practices.
14. While maintaining any Asana, take your mind away from it and engage it in Pranadharana, i.e. count the breath or feel the touch of the breath at the walls of the nose/or be aware of the inward and outward flow of the air.
15. Do not practise to the point of fatigue. If you feel tired, stop and practise Shavasana and be fresh again before you restart

DURING THE PRACTICE

1. Yogic practices shall be performed slowly, in a relaxed manner, with awareness of the body and breath.
2. Do not hold the breath unless it is specially mentioned to do so during the practice.
3. Breathing should be always through the nostrils unless instructed otherwise.
4. Do not hold body tightly, or jerk the body at any point of time.
5. Perform the practices according to your own capacity.
6. It takes some time to get good results, so persistent and regular practice is very essential.
7. There are contra-indications/ limitations for each Yoga practice and such contra-indications should always be kept in mind.
8. Yoga session should end with meditation/ deep silence.




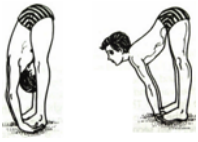
Benefits of Regular Yoga Practice


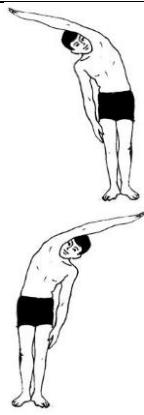


1. Yoga is beneficial for physical fitness, musculoskeletal functioning and cardio-vascular health.
2. It is beneficial in the management of diabetes, respiratory disorders, hypertension, hypotension and many lifestyle-related disorders.
3. Yoga helps to reduce depression, fatigue, anxiety disorders and stress.
4. Yoga regulates menopausal symptoms.
5. In essence, Yoga is a process of creating a body and mind that are stepping-stones, not hurdles, to an exuberant and fulfilling life.



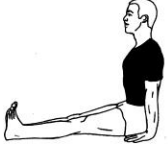
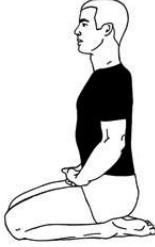
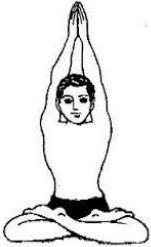
Yogic Practice should start with a prayer or Omkar Chanting or prayerful mood to enhance the benefits of practice.


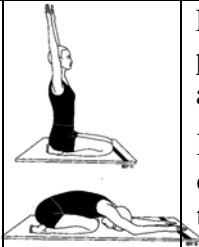


YOGASANAS


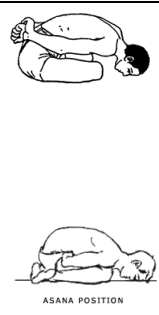


A. STANDING POSTURES



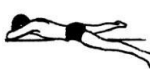



Sr. No	Asana Name	Posture	Contraindication	Benefits
1	TADASANA (Palm Tree Posture)		Avoid lifting the toes in case of acute cardiac problems varicose veins and vertigo.	(a) functioning of the veins of the legs (b) Due to stretch in the spinal column, health of the discs and blood circulation between the vertebrae improves.
2	VRKṢASANA (The Tree Posture)		Please avoid this practice in case of arthritis, vertigo and obesity.	(a) Improves neuro-muscular coordination, balance, endurance and alertness. (b) It tones up the leg muscles and rejuvenates the ligaments also.
3	NATRAJASANA		Those suffering from low BP should take care while doing the asana	(a) Strengthens legs hips, ankles and chest. (b) Helps to reduce weight. Stretches the thighs, groin, and abdominal organs. (c) Improves posture and your balance. (d) Improves digestive system. (e) Good for Improving concentration. (f) Releases stress and calms the mind.
4	HASTAPADASANA (The Hands to Feet Posture)		Those who are having stiff back should bend according to their capacity Please avoid this practice in case of cardiac or back problems, abdominal inflammation, hernia and ulcers, high myopia, vertigo, vertebral and disc disorders and during pregnancy.	Makes the spine flexible, improves digestions, and prevents constipation and menstrual problems.






5	ARDHA CAKRASANA (The Half Wheel Posture) STANDING USHRASANA		<p>Avoid this posture in case of vertigo or a tendency to giddiness.</p> <p>Hypertensive patients shall bend with care.</p>	<p>(a) Ardha Chakrasana makes the spine flexible and strengthens the spinal nerves.</p> <p>(b) Strengthens the neck muscles, and improves breathing capacity.</p> <p>(c) Helps in cervical spondylitis.</p>
6	PARIVARTITA CHAKRASANA (Adapted Wheel Pose)		<p>Neck-ache or pain in lower back</p>	<p>(a) Improves elasticity of spine and invigorates spinal nerves.</p> <p>(b) Improves strength of muscles of chest, waist, abdomen and prevents gartering of fat thereon.</p> <p>(c) The lungs are used to their full capacity, which corrects minor breathing troubles and prevents pulmonary T. B.</p>
7	TRIKONASANA (The Triangle Posture)		<p>Avoid this posture in case of slipped disc, sciatica, and after undergoing abdominal surgery.</p> <p>Do not do beyond limits and overdo the lateral stretch.</p> <p>If one cannot touch the feet, one can reach for the knees instead.</p>	<p>(a) Prevents flat foot.</p> <p>(b) Strengthens calf, thigh and waist muscles.</p> <p>(c) Makes the spine flexible, improves lungs capacity.</p>
8	VIRABHADRAS ANA(Warrior pose)		<p>In case of spinal problems or chronic illness avoid this Asana.</p> <p>Practice carefully if you are having heart problem or high BP</p>	<p>(a) Strengthens and tones the arms, legs and lower back.</p> <p>(b) Improves balance in the body, helps increase stamina.</p> <p>(c) Beneficial for those with sedentary or deskbound jobs.</p> <p>(d) Extremely beneficial in case of frozen shoulders.</p> <p>(e) Releases stress in the shoulders very effectively in a short span of time.</p> <p>(f) Brings auspiciousness, courage, grace and peace.</p>

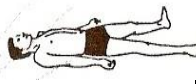
B. SITTING POSTURES				
1	PADMASANA			
2	BHADRASANA (The Firm/ Auspicious Posture) <i>DandAsana.</i>	 	Avoid this arthritis practice in case of severe and sciatica.	(a) Keeps the body firm and stabilize the mind. (b) Keeps the knees and hip joints healthy. (c) Helps to relieve knee pain. (d) Acts on the abdominal organs and releases any tension in the abdomen. (d) Benefits women by relieving abdominal pain often experienced during menstruation
3	VAJRASANA.		(a) Acute trouble or stiffness in ankle/knee joints.	(a) Removes minor defects in spinal column and keeps it in natural shape. (b) Improves blood circulation particularly in the lower abdomen and the genital area. (c) Makes knee and ankle joints flexible and prevents certain rheumatic diseases of joints. (d) Affords stability of body and mind.
4	PARVATSANA (Mountain Pose)		Hunch back, acute trouble in spinal column or shoulder pain	(a) It gives a full body stretch which improves the blood circulation around the body. (b) It reduces mental fatigue while improving the memory and concentration by improving the blood circulation in the brain. (c) It helps in reducing the respiratory problems like asthma. (d) It also helps in stimulating the synthesis of growth hormone and thus helps in gaining height naturally.



5	USHTRASANA (The Half Camel Posture)		In case of hernia and abdominal injuries, arthritis, vertigo and pregnancy, please avoid doing this <i>Asana</i> .	If you can reach the heels, you can place your hands on them and bend backwards. This is called <i>UstrAsana</i> . Relieves constipation and back pain. Increases blood circulation to the head and cardiac region.
6	ŚAŚANKASANA (The Hare Posture)		Please avoid this posture in case of acute backache. Patients with osteoarthritis of the knees should exercise with caution or avoid <i>VajrAsana</i> .	It helps to reduce stress, anger etc It tones up reproductive organs, relieves constipation, improves digestion and relieves back pain.
7	VAKRASANA (The Spinal Twist Posture)		Please avoid this posture in case of severe back pain, vertebral and disc disorders, after abdominal surgery and during menstruation.	Increases flexibility of the spine. Helps to overcome constipation, dyspepsia. Stimulates pancreas and helps in the management of diabetes.
8	JANUSHIRASANA (Knee-to Head Pose)		(a) Acute abdominal or back pain, spondylosis, lumbago, hernia or hydrocele.	(a) Improves elasticity of all posterior muscles and in particular the hamstring muscles and the muscles of the waist. (b) Removes minor blemishes of spine, improves blood circulation and energizes spinal nerves. (c) Reduces potbelly and treats constipation, dyspepsia, seminal weakness, m. c. troubles, back pain waist trouble. (d) Removes functional disorders of stomach, liver, intestine etc. and prevents diseases like lumbago, sciatica and pelvic disorders. (e) Long practice of it during 'height-growing age' can increase height.

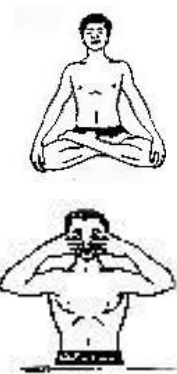
9	MARJARASANA A & B TRIPADA MARJARASANA		(a) Severe pain in spine.	(a) Spine becomes flexible and healthy (b) Improves the health of the organs in the torso (c) Relieves backache and neckache resulting from over-work.
10	PADMASANASTHA YOGA MUDRA VAJRASANASTHA YOGA MUDRA		(a) Stiff neck, trunk, knees or severe back ache. (b) Acute stomach ache/abdominal disorders hydrocele or hernia.	(a) Tone up and builds strong abdominal organs and nerves. (b) Prevents and improves constipation, seminal weakness/m.c. troubles, displaced abdominal organs. (c) Reduces excess fat on abdomen and improves health of lower abdomen. (d) Prevents enlargement of prostate glands & collapse of uterus.
11	POORVA SUPTA VAJRASANA		(a) Stiffness at knee and ankle joints.	(a) Abdominal wall becomes elastic and improves functions of abdominal organs. (b) Knee and ankle joints become flexible and disease of joints like arthritis are prevented. (c) Improves lung capacity and vital capacity of a person which is very helpful in conditions like asthma, chronic bronchitis etc.
C. PRONE POSTURES				
1	BHUJANGASANA (The Cobra Posture)		(a) Severe back-ach or neck-ache. Any form of acute abdominal problem causing pain like ulcers, appendicitis and hernia.	(a) Muscles of abdomen and chest become supple. (b) Respiratory, digestive and excretory system improves their functioning. (c) Throat troubles caused by blood congestion etc. are relieved and glands situated in throat become healthy. (d) Spinal nerves are stimulated and minor defects of spinal curvature are corrected. (e) Tone of intestine improves and facilitates release of intestinal gases. (f) Functional disorders of neck, back and waist are corrected. Very beneficial for people doing table work


2	ARDHA SHALABHASANA SHALABHASANA (The Locust Posture)		(a) Severe pain in abdomen or lower back, hernia, appendicitis, colitis or hydrocele etc	(a) Develops muscles of lower back, hips and waist and reduces backache. (b) Reduces backache or waist-ache among ladies during menstruation period. (c) Improves bowel movements and prevents constipation, indigestion fullness of abdomen after meals or gas trouble. (d) Conditions like lumbago, sciatica are prevented and also cured in certain cases.
3	NAUKASANA (Boat Pose)		(a) Severe pain in abdomen or lower back, hernia, appendicitis, colitis or hydrocele etc	(a) Develops muscles of lower back, hips and waist and reduces backache. (c) Improves bowel movements and prevents constipation, indigestion fullness of abdomen after meals or gas trouble. (d) Conditions like lumbago, sciatica are prevented and also cured in certain cases.
4	MAKARASANA (The Crocodile Posture)		Avoid this practice in case of low blood pressure, severe cardiac problems and pregnancy.	(a) Gives complete rest to the body and mind. (b) Keeps lower abdomen healthy and prevents intestinal disorders and checks feeling and tendency of diarrhea. (c) Relieves ladies from much trouble caused by blood conjunction.
5	DHANURASANA		(a) Acute abdomen pain or hernia.	(a) Spinal column becomes flexible and its nerves are simulated. (b) Certain pain and back in lumber region and rigidity of spine or round back is corrected. (c) Builds a strong abdomen and elastic rectum muscles, thereby improving functioning of digestive and excretory systems. (d) Improves breathing.
D. SUPINE POSTURES				
1	UTTHITA EKPADASANA (The One leg up Pose)		Abdominal pain or serious problem in the spine	(a) The spinal column becomes flexible. (b) Strengthens the muscles of the abdomen and thigh
2	UTTHITA DWIPADASANA (The both legs up pose)			

3	SETUBANDHASANA (The Bridge Posture)		People suffering from ulcers & hernia, & women in advanced stages of pregnancy should not practice this <i>asana</i> .	Relieves depression and anxiety. Strengthens lower back muscles. Stretches abdominal organs, improves digestion and helps to relieve constipation.
4	ARDHA PAVANAMUKTASANA PAVANAMUKTASANA (The Wind Free Posture)	 	(a) Severe abdominal disorder or pain.	(a) Improves functioning of digestive and excretory systems. (b) Prevents enlargement of spleen & liver, improves the culture of abdomen. (c) Reduces blood stagnation especially of lower abdomen. (d) Prevents accumulation of fatty tissues on the interior abdominal wall. (e) Long practice of pose gives relief from gas formation in the intestines and flatulence of abdomen. (f) Practice of 'Ashwini Mudra' in this pose helps to prevent/cure piles in certain cases. (g) Prevents heart problems, restores normal blood pressure and cures diabetes.
5	UTTANA VAKRASANA		Abdominal pain or serious problem in the spine	(a) The spinal column becomes flexible. (b) the undesirable blood accumulated around the liver and the spleen, around the stomach, the pancreas, the kidneys, the bladder, the small & large intestine is eliminated.
6	DRONASANA		Abdominal pain or serious problem in the spine	(a) Abdomen muscles, especially the recti are strengthened. (b) It stretches the spinal column. This improves blood circulation around the vertebral column.

7	ŚAVASANA (The Dead Body Posture)		<p>(a) Person having cervical defects or those who are accustomed to taking high pillows may feel their head heavy or giddy. They should, therefore, do Makarasana instead of Shavasana.</p>	<p>(a) Removes all types of mental and physical tensions and rejuvenates mind and body. (b) Treats insomnia, hypertension and expeditiously rehabilitates patients who had a heart attack. (c) Improves eyesight and relieves from physical and mental strain/stress. (d) Prevents heart problems, restores normal blood pressure and cures diabetes. (e) Enables better concentration in work.</p>
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	PRANAYAMA			
1	KAPALABHATI		(a) Any obstruction in nasal passage or severe abdominal pain.	<p>(a) Clears sinuses, nasal, cavities & relieves from common cold, sinus troubles & certain type of asthmatic trouble.</p> <p>(b) Massages abdominal viscera & removes excess fat.</p> <p>(c) Improves circulatory, digestive and nervous systems.</p> <p>(d) Diaphragm becomes elastic. Breathing capacity & stamina are increased.</p> <p>(e) Prevents heart problems, restores normal blood pressure and cures diabetes</p>
2	NADISODHANA or ANULOMA VILOMA PRANAYAMA (Alternate Nostril Breathing)			<p><i>Anulom Viloma</i> Pranayama cleans the pranic channels and makes the prana flow freely in the entire body. The nadis or the pranic energy channels are purified.</p> <p>It can reduce weight in some practitioners depending on their body constitution and is a good practice for obesity.</p> <p>Helps to cure mental problems like Depression, Anxiety, Tension etc.</p> <p>Most beneficial for breathing related problems like (Bronchitis, Asthama) etc.</p> <p>Improve the working of lungs.</p>

3	BHRAMARĪ PRANAYAMA (BHRAMARĪ RECAKA)		<p>Please avoid this practice in case of nose and ear infections</p>	<p>The practice of <i>BhrAmarī</i> relieves stress and helps in alleviating anxiety, anger and hyperactivity.</p> <p>The resonance effect of humming sound creates a soothing effect on the mind & nervous system.</p> <p>It is a great tranquiliser; found good in the management of stress related disorders.</p> <p>It is a useful preparatory <i>pranayama</i> for concentration & meditation.</p>
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4	DHYANA IN ŚAMBHAVĪ MUDRA			<p>Meditation is the most important component of Yoga practice.</p> <p>It helps the practitioner to eliminate negative emotions like fear, anger, depression, anxiety and to develop positive emotions</p> <p>Keeps the mind calm and quiet.</p> <p>Increases concentration, memory, clarity of thought and will power.</p> <p>Rejuvenates the whole body and mind giving them proper rest.</p> <p>Meditation leads to self-realisation.</p>
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