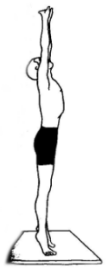

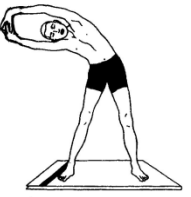
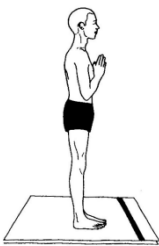

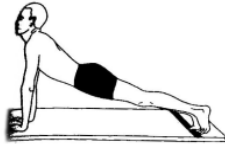
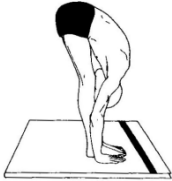
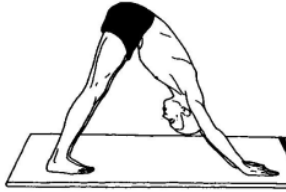
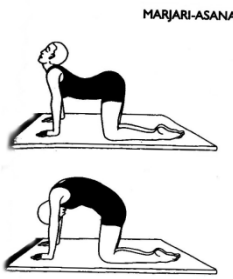
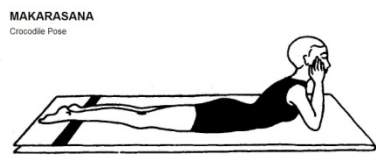
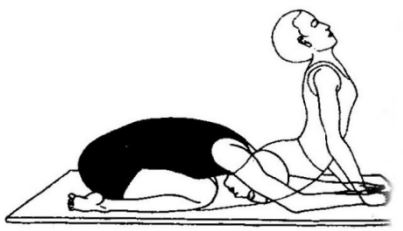




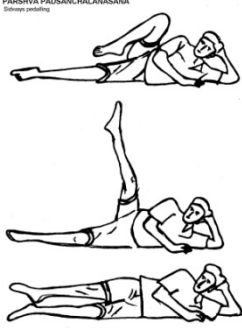
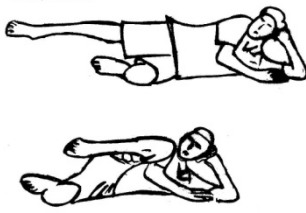
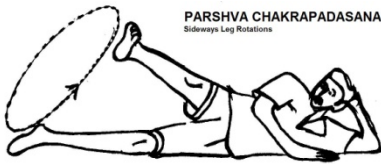
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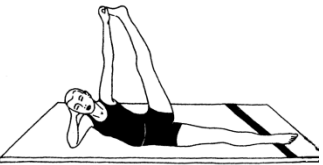
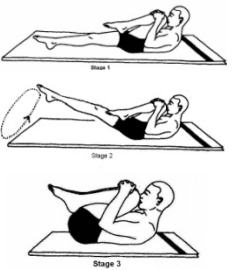
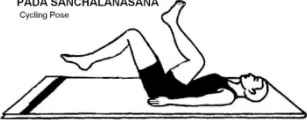
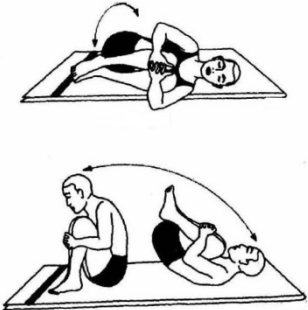
<p>Tadasana</p>  <p>Spiritual Awareness: Mooladhara or Ajna Chakra</p>	<p>Tadasana (Palm Tree Pose) Benefits: Develops physical & mental balance. The entire spine is stretched & loosened, helping clear congestion of spinal nerves at points where they emerge from the spinal column. Helps increase height by stretching muscles & ligaments, enabling growing bones to grow longer. Stretches rectus abdomini muscles & intestines, & is useful during first six months of pregnancy to keep abdominal muscles & nerves toned.</p>	<p>KATI CHAKRASANA</p>  <p>Spiritual Awareness: Vishuddhi, Anahata or Chakra</p>	<p>Kati Chakrasana (Waist Rotating Pose) Benefits: Asana tones the neck, shoulders, waist, back, & hips. Useful for correcting back stiffness & postural problems. The relaxation & twisting movement induces a feeling of lightness & may be used to relieve physical & mental tension at any time during the day.</p>
<p>TIRYAKA TADASANA</p>  <p>Spiritual Awareness: Mooladhara or Manipura Chakra</p>	<p>Tiryaka Tadasana (Swaying Palm Tree Pose) Benefits: As for Tadasana, but it especially massages, loosens & exercises the sides of the waist. Balances the right & left group of postural muscles.</p>	<p>PRANAMASANA</p>  <p>Spiritual Awareness: Anahata Chakra</p>	<p>Pranamasana (Prayer Pose) Benefit: Establishes a state of concentration & calmness in preparation for the practice to be performed.</p>


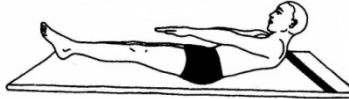
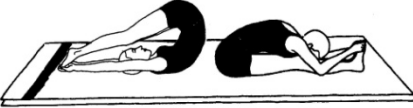
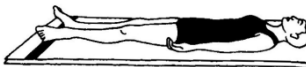
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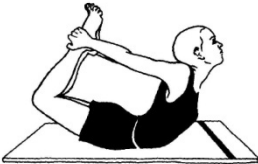
<p>HASTA UTTHANASANA</p>  <p>Spiritual Awareness: Vishuddhi Chakra</p>	<p>Hasta Utthanasana (Raised Arms Pose) Benefits: Tones & purifies thyroid & para thyroid glands. Removes digestive ailments.</p>	<p>SANTOLANASANA</p>  <p>Spiritual Awareness: Manipura Chakra</p>	<p>Santolanasana (Beam Balance Pose) Benefits: Improves nervous balance & develops a sense of inner equilibrium & harmony. Strengthens muscles of thighs, arms, shoulders & spine, stimulates balance of interaction between the dorsal & ventral muscles.</p>
<p>PADAHASTASANA</p>  <p>Spiritual Awareness: Swadhisthana Chakra</p>	<p>Padahasthasana (Hand to Foot Pose) Contra-indications: People with back conditions must not bend forward fully. Bend from the hips, keeping the spine straight, until the back forms a ninety degree angle with the legs, or bends only as far as is comfortable. Cautions for inverted postures apply. Benefits: Improves digestions, burns toxins, strengthens immune system.</p>	<p>PARVATASANA</p>  <p>Spiritual Awareness: Vishuddhi Chakra</p>	<p>Parvatasana (Mountain Pose) Contra-indications: To be avoided by people with excessively impure blood, inflammation in ear, weak eye capillaries, problems of pituitary or thyroid glands, arteriosclerosis, any thrombosis, weak spine or vertigo. Not to be performed during periods. Benefits: Strengthens nerves & muscles in the limbs & back. Helps increase height by stretching muscles & ligaments, enabling growing bones to grow longer. Circulation is stimulated, especially in the upper spine between the shoulder blades.</p>

 <p>Spiritual Awareness: Swadhisthana Chakra</p>	<p>Marjariasana (Cat Pose) Benefits: Improves flexibility of the neck, shoulders & spine. Gently tones the female reproductive system, giving relief from menstrual cramps & leucorrhea. May also be practiced safely during pregnancy; forceful contraction of the abdomen, however must be avoided. Practice note: first thing in the morning upon waking up releases tensions in spine helping in elimination as well as meditation.</p>	 <p>Spiritual Awareness: Manipura Chakra</p>	<p>Makarasana (Crocodile Pose) Benefits: Effective for slipped disc, sciatica, lower back pain or any other spinal disorder. Encourages vertebral column to resume its normal shape & releases compression of spinal nerves. People with asthma or any lung ailments must practice this regularly with breath awareness for extra air in lungs.</p>
<p>SHASHANK BHUJANGASANA</p>  <p>Spiritual Awareness: Swadhisthana Chakra</p>	<p>Shashank-bhujangasana (Striking-Cobra Pose) Contra-indications: Not to be performed by people with very high blood pressure, slipped disc or those who suffer from vertigo. People suffering from peptic ulcer, hernia, intestinal tuberculosis or hyperthyroidism must not practice this asana without proper guidance. Benefits: Gently tones reproductive organs, alleviates menstrual disorders, is an excellent post-natal asana, strengthening & tightening the abdominal & pelvic region. Tones & improves functioning of liver, kidneys & other visceral organs. Strengthens back muscles</p>	 <p>Spiritual Awareness: Manipur Chakra</p>	<p>Parshva Uttanpadasana (sideways raised leg pose) Benefits: Strengthens abdominal muscles and massages the organs. Strengthens the digestive system, lower back, pelvic and perineal muscles. Contra indications: Ensure abdominal tightening to help synchronise movement of energy. Those suffering from spondylitis or slipped disc must not practice the asanas performed on the side. Practice note: Do not strain the muscles of the legs the effort has to emanate from the abdomen. The upper leg must not touch the floor during the practice.</p>


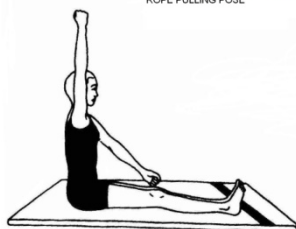

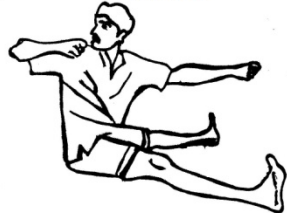
 <p>PARSHVA PADPRASARANASANA Sideways angular stretch</p> <p>Spiritual Awareness: Manipur Chakra</p>	<p>Parshva Padprasaranasana (Sideways angular stretch)</p> <p>Benefits: Strengthens abdominal muscles and massages the organs. Strengthens the digestive system, lower back, pelvic and perineal muscles. Good for knee joints.</p> <p>Contra indications: Ensure abdominal tightening to help synchronise movement of energy.</p> <p>Practice note: The upper knee must be positioned at 60 degrees from the floor. Do not strain the muscles of the legs.</p>	 <p>PARSHVA PADSANCHALANASANA Sideways pedaling</p> <p>Spiritual Awareness: Swadhisthaan Chakra</p>	<p>Parshva Eka Padasanchalanasana (Sideways pedaling)</p> <p>Benefits: Strengthens abdominal muscles and massages the organs. Strengthens the digestive system, lower back, pelvic and perineal muscles. Good for hip joints and knee joints, toning of abdominal and lower back muscles. It reduces weight on the hips and thighs.</p> <p>Practice note: Ensure abdominal tightening to help synchronise movement of energy. Do not strain the muscles of the legs.</p>
 <p>PARSHVA PADSTAMBHANASANA Sideways Foot Press</p> <p>Spiritual Awareness: Swadhisthaan Chakra</p>	<p>Parshva Eka Padastambhanasana (Sideways Foot Press)</p> <p>Benefits: Strengthens abdominal muscles and massages the organs. Strengthens the digestive system, lower back, pelvic and perineal muscles.</p> <p>Contra indications: Do not strain the muscles of the legs.</p> <p>Practice note: If cramping is experienced in the abdominal muscles inhale deeply, gently pushing out the abdomen and then relax the whole body with exhalation. Ensure abdominal tightening to help synchronise movement of energy. The upper leg must be positioned parallel to the floor during the practice.</p>	 <p>PARSHVA CHAKRAPADASANA Sideways Leg Rotations</p> <p>Spiritual Awareness: Manipura Chakra</p>	<p>Parshva Chakrapadasana (Sideways leg rotation)</p> <p>Benefits: Strengthens abdominal muscles and massages the organs. Strengthens the digestive system, lower back, pelvic and perineal muscles. Good for hip joints, obesity, toning of abdominal and spinal muscles.</p> <p>Practice note: Ensure abdominal tightening to help synchronise movement of energy. Do not strain the muscles of the legs.</p>

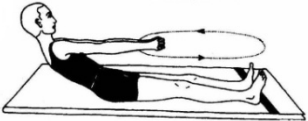
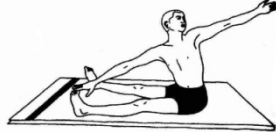
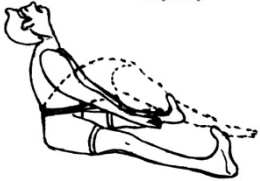
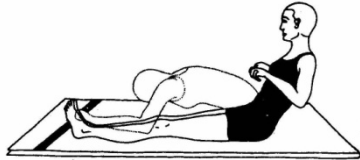
<p>MERU AKARSHANASANA Spinal bending pose</p>  <p>Spiritual Awareness: Swadhistaan Chakra</p>	<p>Meru Akarshanasana (spinal bending pose) Benefits: This asana relaxes the hamstring, inner thigh and abdominal muscles and stretches the muscles of the sides of the body rendering them stronger and more flexible. It reduces weight on the hips and thighs. Contra Indications: People suffering from slipped disc, sciatica or cervical spondylitis must not practice this asana.</p>	<p>SUPTA PAWANMUKTASANA Leg lock pose</p>  <p>Spiritual Awareness: Swadhistaan Chakra</p>	<p>Supta Pawanmuktasana (Leg lock pose) Benefits: Strengthens the lower back muscles and loosens the spinal vertebrae. It massages the abdomen and the digestive organs and is therefore very effective in removing wind and constipation. By massaging the pelvic muscles and reproductive organs it is useful in the treatment of impotence, sterility and menstrual problems. Contra-indications: Not to be performed by persons suffering from high blood pressure or serious back conditions, such as sciatica or slipped disc</p>
<p>PADA SANCHALANASANA Cycling Pose</p>  <p>Spiritual Awareness: Manipura Chakra</p>	<p>Pada Sanchalanasana (Cycling pose) Benefits: Good for hip and knee joints. Strengthens the abdominal and lower back muscles. Practice note: Do not allow the neck or the lower back muscles to get any strain ensure tightness of the abdominal muscles throughout the practice. If cramping is experienced in the abdominal muscles inhale deeply, gently pushing out the abdomen, and then relax the whole body with exhalation.</p>	<p>JHULANA LURHAKANASANA Rock and Roll</p>  <p>Spiritual Awareness: Swadhistaan Chakra</p>	<p>Jhulana Lurhakanasana (Rocking and Rolling) Benefits: Massages the back, buttocks and hips. It is most useful if done first thing in the morning after waking. Contra indications: Not to be performed by persons with serious back conditions. Practice note: Use a folded blanket for this practice so that there is no damage to the spine. While rocking back, the head must remain forward. Be careful not to hit the head on the floor.</p>

 <p>STAMBHANASANA Cessation Pose</p> <p>Spiritual Awareness: Manipura Chakra</p>	<p>Stambhanasana (cessation pose) Benefits: Strengthens the lower back muscles and loosens the spinal vertebrae. It massages the abdomen and the digestive organs and is therefore very effective in removing wind and constipation. Useful in the treatment of impotence and sterility. Alleviates prostate problems. It reduces weight on the hips and thighs. Contra-indications: Not to be performed by persons suffering from high blood pressure or serious back conditions, such as sciatica or slipped disc</p>	 <p>NAUKASANA Boat Pose</p> <p>Spiritual Awareness: Manipur Chakra</p>	<p>Naukasana (boat pose) Benefits: Stimulates muscular, digestive, circulatory, nervous and hormonal systems, tones all the organs and removes lethargy. Especially useful for eliminating nervous tension and bringing about deep relaxation. May be performed before shavasana to attain a deeper state of relaxation. Practiced upon waking restores freshness.</p>
 <p>HALA PASCHIMOTTANASANA Plough Backstretch Pose</p> <p>Spiritual Awareness: Swadhistan Chakra</p>	<p>Hala Paschimottanasana (Plough Backstretch pose) Benefits: Has benefits of both Plough and back stretch pose though at reduced level. Speeds up metabolic processes and renders whole body flexible, stimulating the physical and nerve energy. Practice note: Use a folded blanket for this practice so that there is no damage to the spine. While rolling back, the head must remain forward. Be careful not to hit the head on the floor. When bending forward push the abdomen towards the thighs and stretch as much forward as possible.</p>	 <p>SHAVASANA</p> <p>Spiritual Awareness: Ajna Chakra</p>	<p>Shavasana (Corpse Pose) Benefits: Relaxes the whole psycho-physiological system. Ideally to be practiced before sleep, before, during & after asana session, particularly after dynamic exercises such as surya namaskara; & when the practitioner feels physically & mentally tired. Develops body awareness. Relaxing body awareness increasing awareness of mind, developing pratyahara.</p>




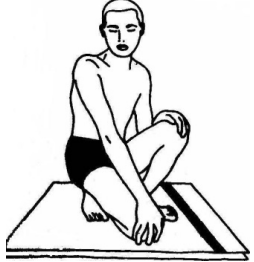
<p>ADVASANA Pose of absolute surrender</p>  <p>Spiritual Awareness: Ajna or Manipura Chakra</p>	<p>Advasana (Pose of absolute surrender) Benefits: Recommended for those suffering from slipped disc, stiff neck, and stooping figure. Practice note: Mantra may also be synchronized with the breath</p>	<p>POORNA MAKARASANA Full crocodile posture</p>  <p>Spiritual Awareness: Manipur Chakra</p>	<p>Poorna Makarasana (Full crocodile pose) Benefits: Effective for slipped disc, sciatica, lower back pain or any other spinal disorder. Encourages vertebral column to resume its normal shape & releases compression of spinal nerves. People with asthma or any lung ailments must practice this regularly with breath awareness for extra air in lungs. Contra indications: people with spondylitis may practice the easier version or skip the practice.</p>
<p>JYESTIKASANA Superior pose</p>  <p>Spiritual Awareness: Ajna or Manipur Chakra</p>	<p>Jyestikasana (superior pose) Benefits: Helpful for all spinal complaints especially cervical spondylitis and stiff neck or upper back.</p>	<p>DHANURASANA Bow Pose</p>  <p>Spiritual Awareness: Vishuddhi, Anahata or Manipur Chakra</p>	<p>Dhanurasana (bow pose) Benefits: Reconditions the entire alimentary canal. Liver, abdominal organs and muscles are massaged. Pancreas & adrenal glands are toned. Kidneys are massaged and excess weight around abdominal area is reduced. Improves functioning of the digestive, eliminative and reproductive organs, helps remove gastrointestinal disorders, dyspepsia, chronic constipation and sluggishness of liver. Contra indications: Those suffering from weak heart, high blood pressure, hernia, colitis, peptic or duodenal ulcers must not attempt this practice. Must not be performed before sleep at night.</p>


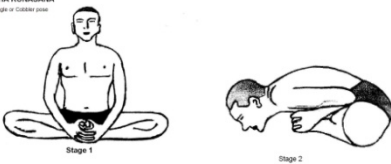
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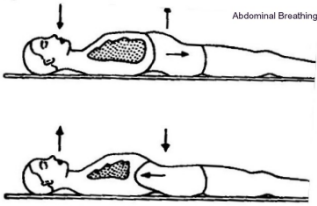


<p>PADADHIRASANA Breath Balancing Pose</p>  <p>Spiritual Awareness: Ajna Chakra</p>	<p>Padadhirasana (breath balancing pose) Benefits: Pressure under the armpits helps open the nostrils to facilitate the practice of the pranayama. Flow in both nostrils influences the activities of both nervous systems inducing a state of autonomic balance Practice note: Blocked nostril may require pressure maintained in opposite armpit for slightly longer time.</p>	<p>RAJJU KARSHANASANA ROPE PULLING POSE</p>  <p>Spiritual Awareness: Ajna Chakra, Anahat chakra</p>	<p>Rajju Karshanasana (Rope pulling pose) Asana loosens the shoulders joints and stretches the upper back muscles. Firms breasts and develops the muscles of the chest.</p>
<p>ANANDA MADIRASANA Intoxicating Bliss Pose</p>  <p>Spiritual Awareness: Ajna Chakra</p>	<p>Ananda Madirasana (Intoxicating bliss pose) Benefits: Used primarily to awaken the Ajna chakra also calms the mind, relaxes the nervous system and gives all the benefits of vajrasana.</p>	<p>MATHANI CHALAN ASANA Churning the Curd</p>  <p>Spiritual Awareness: Anahat Chakra</p>	<p>Mathani Chalanasana (churning the curd pose) Benefits: Exercises the shoulders & also uses short deep muscles of neck and shoulderblade releasing postural and subconscious tension responsible for stiffness and pain. Alternate tensing and relaxing smoothes out the energy flow and relaxes the muscles aiding treatment of cervical spondylitis, writers cramp and shoulder or arm stiffness.</p>

<p style="text-align: center;">CHAKKI CHALANASANA Churning The Mill</p>  <p>Spiritual Awareness: Manipur chakra</p>	<p>Chakki Chalansana (churning the mill) Benefits: Excellent for toning nerves & organs of pelvis & abdomen. Useful for regulating menstrual cycle. An excellent exercise for postnatal recovery.</p>	<p style="text-align: center;">GATYATMAK MERU VAKRASANA Dynamic Spinal Twist</p>  <p>Spiritual Awareness: Anahat or Manipur Chakra</p>	<p>Gatyatmak Meru Vakrasan (Dynamic Spinal Twist) Benefits: Loosens up the vertebrae & removes stiffness of the back. Contra indications: People with back conditions must avoid this asana.</p>
<p style="text-align: center;">BELAN SANCHALAN ASANA Rolling The Dough</p>  <p>Spiritual Awareness: Manipur chakra</p>	<p>Belan Sanchalanasana (Rolling the dough pose) Benefits: Excellent for toning nerves of organs of abdomen & eliminates energy blockages in this area. Especially useful for gynaecological disorders & postnatal recovery. Useful as a preparatory practice for advanced mudras & kriyas. An excellent exercise for managing stress and recovery towards strength from illnesses. Removes constipation. Contra indications: People with back conditions must not perform this asana.</p>	<p style="text-align: center;">NAUKA SANCHALANASANA Rowing the Boat</p>  <p>Spiritual Awareness: Swadhistan or Anahat Chakra</p>	<p>Nauka Sanchalanasana (Rowing the boat) Benefits: Has positive effect on pelvis & abdomen & eliminates energy blockages in these areas. Very strong positive effect on neck and shoulder pains. Opens the chest region and removes emotional strains. Especially useful for gynaecological disorders & postnatal recovery. Removes constipation. Also extremely helpful for shoulder and neck problems.</p>

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<p>KASHTHA TAKSHANASANA Chopping Wood Pose</p>  <p>Spiritual Awareness: Vishuddhi and Anahat Chakra</p>	<p>Kashtha Takshanasana (Chopping the wood pose) Benefits: Loosens pelvic girdle & tones the pelvic muscles. Useful for women preparing for childbearing & may be practiced during the first three months of pregnancy. Has special effect on usually inaccessible muscles between shoulder blades shoulder joints & upper back muscles. Practice note: Those with difficulty in sitting may do it in the standing position, the benefits however would be less.</p>	<p>VAYU NISHKASANA ASANA Wind resolving pose</p>  <p>Spiritual Awareness: Anahat and Swadhistaan Chakra</p>	<p>Vayu Nishkasan (wind resolving pose) Benefits: Has highly beneficial effect on nerves & muscles of knees, thighs shoulders, arms & neck. Pelvic organs & muscles are massaged. Gives equal stretch to the whole spine & both arms & leg muscles. All vertebrae & joints are pulled away from each other so that the pressure between them is balanced. All spinal nerves & dural sheaths are stretched & toned. Useful for relieving flatulence. Practice note: Advanced students may place fingers under front of the feet. Shambhavi mudra may be practiced throughout. Tones the entire nervous system.</p>
<p>NAMASKARASANA Salutation Pose</p>  <p>Spiritual Awareness: Vishuddhi and Anahat Chakra</p>	<p>Namaskarasana (salutation pose) Benefits: Profoundly affects the nerves and muscles of the thighs, knees, shoulders, arms & neck. Increases flexibility in the hips.</p>	<p>KAWACHALANASANA Crow walking</p>  <p>Spiritual Awareness: Manipur & Swadhishthaan chakra</p>	<p>Kawachalanasana (Crow walking pose) Benefits: Prepares the legs for meditation asanas & improves the circulation in the legs. Helps remove constipation. Contra indications: people suffering from disorders of the knees, ankles or toes must not practice this asana.</p>

<p>UDARAKARSHANSANA Abdominal stretch pose</p>  <p>Spiritual Awareness: Manipur and Swadhishthaan Chakra</p>	<p>Udarakarshanasana (abdominal twist) Benefits: Extremely useful for abdominal ailments since it alternately compresses & stretches the organs and muscles of this region. Relieves constipation. Practice note: Breathing may be reversed to increase the pressure of the thigh against the abdomen. Take care not to over stretch the back as the body begins to feel lighter and more flexible.</p>	<p>Spiritual Awareness: Ajna Chakra</p>	<p>Kapalbhati (frontal brain cleansing): Contra indications: Not to be practiced by those suffering from heart disease, high blood pressure, vertigo, stroke, epilepsy, hernia or gastric ulcer. Not recommended during pregnancy. Benefits: Has a cleansing effect on the lungs and is a good practice for respiratory disorders. It balances and strengthens the nervous system and tones the digestive organs. It purifies the nadis and removes sensory distractions. It energises the mind for mental work and removes sleepiness.</p>
<p>BADDHA KONASANA Bound angle or Cobbler pose</p>  <p>Spiritual Awareness: Ajna, Anahat and Swadhishthaan Chakra</p>	<p>Baddha Konasana (Cobbler or bound angle pose) Benefits: Especially recommended for those with urinary disorders. Pelvis, abdomen & back get plentiful blood supply of blood and are stimulated. Keeps kidneys, prostate & urinary bladder healthy. Regular practice relieves pain and heaviness in testicles. Checks irregular periods, help ovaries to function properly. Pregnant women can be free from varicose veins. Contra indications: people with sciatica & sacral conditions must avoid this asana.</p>	<p>Spiritual Awareness: Ajna or Manipura Chakra</p>	<p>Bhastrika (Bellows breath): Must not be practiced by people with high blood pressure, heart disease, hernia, gastric ulcer, stroke, epilepsy, retinal problems, glaucoma or vertigo. The elderly those suffering from lung diseases such as asthma and chronic bronchitis, those recovering from tuberculosis, or in the first trimester of pregnancy are recommended to practice only under the guidance of a competent teacher. Benefits: Burns up toxins and helps balance humors: phlegm, bile & wind. Useful for women during labor after a few months of proper preparation. Due to increase in exchange of oxygen and carbon dioxide into & out of bloodstream it stimulates the metabolic rate, producing heat & flushing out wastes & toxins. The rapid rhythmic movement of the diaphragm also massages & stimulates the visceral organs, toning the digestive system. Reduces the level of carbon dioxide in the blood. Helps alleviate inflammation in throat & any accumulation of phlegm. Balances & strengthens nervous system, inducing peace, tranquility & one-pointedness of mind in preparation for meditation.</p>

 <p style="text-align: center;">Abdominal Breathing</p> <p style="text-align: center;">Spiritual Awareness: Ajna Chakra</p>	<p>Yogic Svasan (Yogic Breathing) Contra-indications: No effort must be made to manipulate breath or breathing habits. After the practice hours one must breathe spontaneously. Benefits: Releases stress, relaxes body & mind, strengthens immune system. Develops focus & concentration. Creates a clear & healthy body & mind.</p>	 <p style="text-align: center;">BHRAMARI PRANAYAMA</p> <p style="text-align: center;">Spiritual Awareness: Ajna Chakra</p>	<p>Bhramari Pranayama (Humming Bee Breath) Contra-indications: Bhramari must not be practiced lying down. Those suffering from severe ear infections must not practice this pranayama. Benefits: Relieves stress & cerebral tension, & so helps in alleviating anger, anxiety & insomnia, increasing healing capacity of the body. Strengthens & improves the voice. Induces a meditative state by harmonizing the mind & directing the awareness inwards. The vibration creates a soothing effect on mind & nervous system.</p>
 <p>Nadi shodhan Psychic network purification Spiritual Awareness: Ajna Chakra</p>	<p>Nadishodhana Pranayama (Psychic Network Purification): Contra-indication: Not to be practiced by those suffering from cold, flu or fever. The 2nd stage involving alternate nostril breathing (Anuloma Viloma) must not be practiced by those suffering from depression as it creates introversion. The extended form is not recommended by those with heart problems. Longer retention in advanced stages is not recommended for ladies in later half of pregnancy as well as people with heart problems, high blood pressure, emphysema or any major disorders. Breath retention is also not recommended for asthmatics. Benefits: Gives more pronounced balanced breath & brain hemispheres. Has calming effects, relieves anxiety, improves concentration & stimulates creativity & intuitive mind. Benefits progress with breath retention & progression of ratios. Practice note: Do not attempt anuloma viloma till the alternate nostril breathing preceded by five breaths from each nostril alternating in between has been done for a substantial amount of time. Breath retention if attempted has to be spontaneous; as spontaneous as the suspension of breath between each inhalation and exhalation or vice versa.</p>		