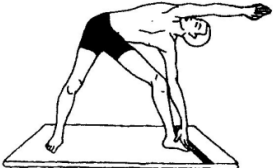

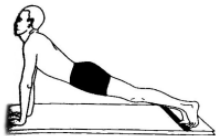
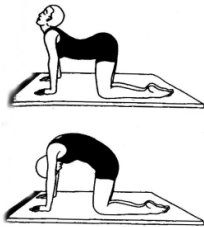


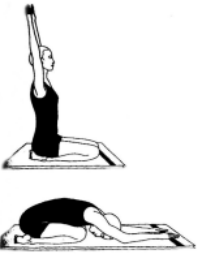

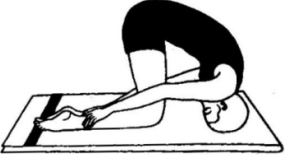
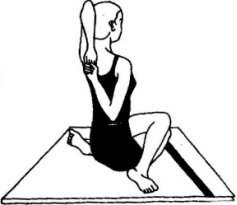

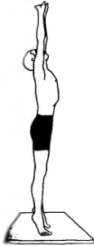
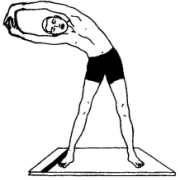
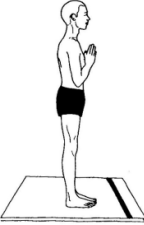


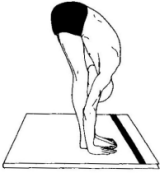

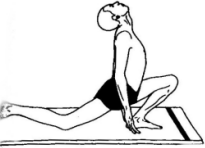



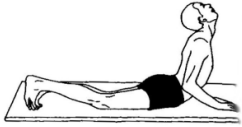
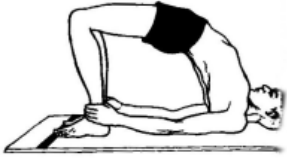


<p>Spiritual Awareness: Manipura Chakra</p> <p>Trikonasana</p> 	<p>Trikonasana (Triangles pose)</p> <p>Contra indications: To look in front if suffering from spondylitis.</p> <p>Benefits: Affects the muscles on sides of trunks, the waist & the back of the legs. Stimulates the nervous system & alleviates nervous depression. Improves digestion. Strengthens the pelvic area & tones the reproductive organs. Regular practice will help to reduce waistline fat.</p>	<p>Spiritual Awareness: Vishuddhi Chakra</p> <p>PARVATASANA</p> 	<p>Parvatasana (Mountain Pose)</p> <p>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.</p> <p>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: Manipura Chakra</p> <p>SANTOLANASANA</p> 	<p>Santolanasana (Beam Balance Pose)</p> <p>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>Spiritual Awareness: Swadhisthana Chakra</p> <p>MARJARI-ASANA</p> 	<p>Marjariasana (Cat Pose)</p> <p>Benefits: Improves flexibility of the neck, shoulders & spine. Gently tones the female reproductive system, giving relief from menstrual cramps & leucorrhoea. May also be practiced safely during pregnancy; forceful contraction of the abdomen, however must be avoided.</p>


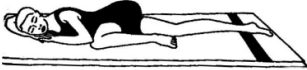
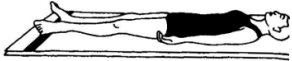

<p>Spiritual Awareness: Swadhisthana Chakra</p> <p>SHASHANK BHUJANGASANA</p> 	<p>Shashank-bhujangasana (Striking-Cobra Pose)</p> <p>Contra-indications: Not to be performed by people with very high blood pressure, slipped disc or those who suffer from vertigo. People suffering from peptic ulcer, hernia, intestinal tuberculosis or hyperthyroidism must not practice this asana without proper guidance.</p> <p>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: Manipura Chakra</p> <p>VAJRASANA</p> 	<p>Vajrasana (Thunderbolt Pose)</p> <p>Benefits: Alters flow of blood & nervous impulses in the pelvic region & strengthens the pelvic muscles. Preventative against hernia & helps relieve piles. Reduces blood flow to genitals & massages nerve fibres that feed them making it useful in dilated veins. Alleviates menstrual disorders. Increases efficiency of the entire digestive system, relieving digestive ailments. Stimulates vajra nadi, activates prana in sushumna.</p>
<p>Spiritual Awareness: Manipura or Swadhisthana Chakra</p> <p>SHASHANKASANA</p> 	<p>Shashankasana (hare or moon pose)</p> <p>Contra-indications: Not to be performed by people with high blood pressure, slipped disc, or those suffering from vertigo.</p> <p>Benefits: Stretches & strengthens back muscles & separates individual vertebrae from each other, releasing pressure on the disc. Encourages discs to resume their correct position, also regulates functioning of the adrenal glands. Tones pelvic muscles & sciatic nerves. Is beneficial for both male & female reproductive organs.</p>	<p>Spiritual Awareness: Anahata or Vishuddhi Chakra</p> <p>USHTRASANA</p> 	<p>Ushtrasana (Camel Pose)</p> <p>Contra-indications: People with severe back ailments must not practice this asana.</p> <p>Benefits: Beneficial for digestive & reproductive systems. Stretches stomach & intestines alleviating constipation. Backward bend loosens up vertebrae & stimulates spinal nerves, relieving backache, rounded back & drooping shoulders. Posture is improved. Front of neck is fully stretched, toning organs in the region regulating thyroid gland. Helpful for those suffering from asthma.</p>



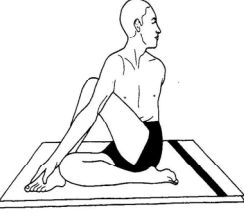
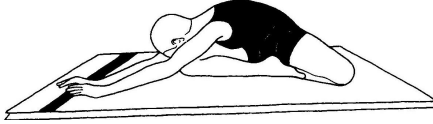
<p>Spiritual Awareness: Sahasrara Chakra</p> <p>PRANAMASANA</p> 	<p>Naman Pranamasana (Prostration Pose)</p> <p>Contra-indications: Not to be performed by people with vertigo, weak neck or high blood pressure. To be avoided by people with excessively impure blood, inflammation in ear, weak eye capillaries, problems of pituitary or thyroid glands, arteriosclerosis, any thrombosis, weak spine.</p> <p>Benefits: Prepares brain to gradually adapt to extra pressure in head upon inversion. Gives benefits of sirshasana to lesser degree.</p>	<p>Spiritual Awareness: Ajna or Anahata Chakra</p> <p>GOMUKHASANA</p> 	<p>Gomukhasana (Cows face pose)</p> <p>Benefits: Excellent for inducing relaxation. Alleviates tiredness, tension & anxiety. Relieves backache, sciatica, rheumatism & general stiffness in shoulders & neck & improves posture by increasing energy, awareness, and generally opening the chest area. Alleviates cramp in legs & makes the leg muscles supple.</p>
<p>Spiritual Awareness: Vishuddhi or Ajna Chakra</p> <p>SIMHAGARJANASANA</p> 	<p>Simhagarjanasana (Roaring Lion Pose)</p> <p>Benefits: Excellent for throat, nose, ears, eyes & mouth, especially if performed facing the healing rays of the early morning sun. Relieves frustration & releases emotional tension. Tension is removed from chest & diaphragm. Useful for those who stutter or are nervous or introverted. Helps develop a strong & beautiful voice. Strengthens eye muscles & releases accumulated tension. Mentally, calms the mind, removing emotional stress & anger. Develops concentration, mental stability & state of thoughtlessness.</p>	<p>Tadasana</p>  <p>Spiritual Awareness: Mooladhara or Ajna Chakra</p>	<p>Tadasana (Palm Tree Pose)</p> <p>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>

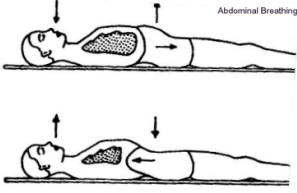

<p style="text-align: center;">TIRYAKA TADASANA</p>  <p style="text-align: center;">Spiritual Awareness: Mooladhara or Manipura Chakra</p>	<p>Tiryaka Tadasana (Swaying Palm Tree Pose) Benefits: As for Tadasana, but it especially massages, loosens & exercises the sides of the waist. Balances the right & left group of postural muscles.</p>	<p style="text-align: center;">PRANAMASANA</p>  <p style="text-align: center;">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> <p style="text-align: center;"><i>Om Hraam; Om Mitraya Namaha Om Hrah; Om Bhaskaraya Namaha</i></p>
<p style="text-align: center;">KATI CHAKRASANA</p>  <p style="text-align: center;">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 style="text-align: center;">HASTA UTTHANASANA</p>  <p style="text-align: center;">Spiritual Awareness: Vishuddhi Chakra</p>	<p>Hasta Utthanasana (Raised Arms Pose) Benefits: Tones & purifies thyroid & para thyroid glands.</p> <p style="text-align: center;"><i>Om Hreem; Om Ravaye Namaha Om Hroum; Om Arkaya Namaha</i></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. <i>Om Hroom; Om Suryaye Namaha</i> <i>Om Hraim; Om Savitre Namaha</i></p>	<p>PARVATASANA</p>  <p>Spiritual Awareness: Vishuddhi Chakra</p>	<p>Parvatasana (Mountain Pose) (Details mentioned above) <i>Om Hroum; Om Khagaye Namaha</i> <i>Om Hreem; Om Marichaye Namaha</i></p>
<p>ASHWA SANCHALANASANA</p>  <p>Spiritual Awareness: Ajna Chakra</p>	<p>Ashwa Sanchalanasana (Equestrian Pose) Contra-indications: The full stretch is not advised for people with knee or ankle problems. Benefits: Strengthens gait, improves confidence, awakens the intuitive creative mind within. <i>Om Hraim; Om Bhanave Namaha</i> <i>Om Hroom; Om Adityaya Namaha</i></p>	<p>ASHTANGA NAMASKARA</p>  <p>Spiritual Awareness: Manipura Chakra</p>	<p>Ashtanga Namaskara (Salute with Eight parts or points) Contra-indications: People with serious back problems, high blood pressure or heart conditions must not do this practice Benefits: This pose strengthens the leg & arm muscles, develops the chest & exercises the region of the spine between the shoulder blades. <i>Om Hrah; Om Pushne Namaha</i></p>

<p style="text-align: center;">BHUJANGASANA</p>  <p style="text-align: center;">Spiritual Awareness: Vishuddhi Chakra</p>	<p>Bhujangasana (Cobra Pose) Contra-indications: Not advised for people suffering from peptic ulcer, hernia, intestinal tuberculosis or hyper thyroidism. <i>Om Hraam; Om Hiranyagarbhaya Namaha</i></p>	<p style="text-align: center;">KANDHARASANA</p>  <p style="text-align: center;">Spiritual Awareness: Vishuddhi or Anahata Chakra</p>	<p>Kandharasana (Shoulder Pose) Contra-indications: People suffering from peptic or duodenal ulcers, or abdominal hernia must not practice. Generally recommended for women in advanced stages of pregnancy & must not raise the buttocks more than 15cms in this pose. Benefits: Can realign the spine, eliminating rounded shoulders & relieving backache. Massages & stretches colon & abdominal organs, improving digestion. Tones the female reproductive organs & is useful for women having tendency to miscarry, for management of menstrual disorders, prolapsed, asthma, & various bronchial & thyroid conditions</p>
<p style="text-align: center;">UTTHITA LOLASANA</p>  <p style="text-align: center;">Spiritual Awareness: Swadhisthaan Chakra</p>	<p>Utthita Lolasana (Swinging while Standing Pose) Contra-indications: Not to be practiced by people who suffer from vertigo, high blood pressure or back conditions. Benefits: This helps to remove tiredness by stimulating the circulation & toning the spinal nerves. Stretches the hamstring & back muscles, loosens hips & massages visceral organs. Opens all alveoli & helps drainage of stagnant mucus. Has added benefits of inverted asanas on brain.</p>	<p style="text-align: center;">SHAVA UDARAKARSHANASANA</p>  <p style="text-align: center;">Spiritual Awareness: Anahata or Swadhisthana Chakra</p>	<p>Shava Udarakarshanasana (Universal Spinal Twist) Contra-indication: This can realign the hip joint, must not be practiced if it's painful Benefit: Tightness & tiredness are relieved, especially in the lower back. The pelvic & abdominal organs are toned through the massaging action.</p>

<p style="text-align: center;">SUPTA UDARAKARSHANASANA</p>  <p style="text-align: center;">Spiritual Awareness: Anahata or Swadhisthana Chakra</p>	<p>Supta Udarakarshanasana (Sleeping Abdominal Twist Pose) Benefits: Gives an excellent stretch to the abdominal muscles & organs, helping improve digestion & eliminate constipation. The twisting stretch of the spinal muscles relieves the strain & stiffness caused by prolonged sitting. The feet must be moved about 3cm each time working on each vertebra, bringing suppleness to the entire spine.</p>	<p style="text-align: center;">MATSYA KRIDASANA</p>  <p style="text-align: center;">Spiritual Awareness: Manipura Chakra</p>	<p>Matsya Kridasana (Fish Flapping Pose) Benefits: Stimulates digestive peristalsis. Relieves sciatic pain by relaxing the nerves the legs. Can be practiced as counter pose after backward bending asanas. Relaxes tension in perineum. In later months of pregnancy lying on back may cause pressure over major veins & block circulation. Best in such circumstances for relaxing, sleeping or even yoga nidra.</p>
<p style="text-align: center;">SHAVASANA</p>  <p style="text-align: center;">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 style="text-align: center;">ARDHA PADMASANA PADMASANA</p>  <p style="text-align: center;">Spiritual Awareness: Ajna or Anahata Chakra</p>	<p>Ardh Padmasana & Padmasana (Half or Full Lotus Pose) Contra-indications: Not for those with sciatica or injured knees. Not to be attempted till flexibility of knees is developed. Not advisable during pregnancy as circulation in legs is reduced. Benefits: Allows body to be held steady for long periods of time. Holds trunk & head like a pillar with legs as firm foundation. Body is steadied, mind calmed. Directs flow of prana from mooladhara in perineum to sahasrara in head. Applies pressure to lower spine, relaxing nervous system. Breath becomes slow, muscular tension is decreased & blood pressure is reduced. This large blood flow to legs is directed to the abdominal organs, stimulating digestive process as well.</p>

 <p style="text-align: center;">LOLASANA</p> <p style="text-align: center;">Spiritual Awareness: Anahata Chakra</p>	<p>Lolāsana (Swinging Pose) Contra-indications: Strenuous, not suitable for people with heart conditions, high blood pressure, prolapse, hernia or back pain. Benefits: Arms, wrists, shoulders & abdominal muscles are strengthened & chest opened. Generates control & balance.</p>	 <p style="text-align: center;">Spiritual awareness: Manipura Chakra</p>	<p>Parivritti Janu Sirshāsana (Spiralled Head to Knee Pose) Contra-indications: Pregnant women or people with back complaints must not perform this practice. Benefits: This āsana gives a lateral stretch to the body, and also stretches the hamstrings & behind the shoulders. It gives a beneficial compression of abdominal muscles & organs on one side of the body & simultaneously stretches them on the other side. Prepares the body for long hours of sitting in meditation hours.</p>
 <p style="text-align: center;">Spiritual Awareness: Ajna Chakra</p>	<p>Ardha Matsyendrasana (Half Spinal twist) Contra-indications: Pregnant women must avoid this practice. People suffering from peptic ulcer, hernia or hyperthyroidism must only practice this pose under the guidance of a competent teacher. People with sciatica or slipped must not practice it. Benefits: Simultaneously stretches the muscles on one side of the back and abdomen while contracting the muscles on the other side. Tones the nerves of the spine, makes the back muscles supple, relieves lumbago & muscular spasms & reduces tendency of adjoining vertebrae to develop inflammatory problems & calcium deposits. Massages abdominal organs, alleviating digestive ailments. Regulates secretions of the adrenal gland, liver & pancreas, it is beneficial for the kidneys.</p>	 <p style="text-align: center;">Spiritual Awareness: Manipura Chakra</p>	<p>Saithalyāsana (primal relaxation pose): Contra-indications: People who have lower back conditions must only bend as far as is comfortable. Benefits: Stretches the back, pelvic region, insides of the thighs & opens up the hip joints. Balances the nervous system. Massages the abdominal organs by gently compressing each side, alternately against the thighs.</p>

 <p>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>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>Spiritual Awareness: Manipura Chakra</p>	<p>Svan Pranayama (Panting Breath) Contra-indications: For people with history of constipation, practice must be done with caution. Do not over exert or strain. Start with 5 breaths 3 rounds & gradually build up. Benefits: With proper practice increases control over the abdominal muscles & strengthens them. Removes constipation. Is a very effective preparatory practice for Kapalbhathi, Bhastrika Pranayamas, Uddiyana Bandha & Agnisar Kriya.</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>

NADI SHODHANA PRANAYAMA



Spiritual Awareness: Ajna Chakra

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 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.

BHRAMARI PRANAYAMA



Spiritual Awareness: Ajna Chakra

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.