

**GOVT.POLYTECHNIC,
BBSR
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DEPT.**

YOGA AND BODY PERFECTION -II

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CHAPTER – 1

CONCEPT AND PRELUMINARY IDEA OF YOGA

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MEANING OF YOGA :-

- Yoga mean union or unit .
- It is with the self or soul.
- It is union of the body , the life , the mind and the soul.
- If they are united and act harmoniously these the man becomes a person of great destination .

Satyam , sivam, sundaram :- truth , beauty, and bliss and reflected in yogic behavior . The aim of life os to realize and mainfut truth, beauty and bliss.

This is the meaning of yoga in a nutshell. To unite with the universal soul , there are manys ways :-

- Raja yoga
- Hata yoga
- Tantra yoga
- Janana yoga
- Bhakti yoga
- Karma yoga

DEFINITION OF YOGA :-

Yoga is derive from sanskrit word (YUJ) which means unity or oneness.

CONCEPT OF YOGA:-

1. The aim of yoga is attain aivinity in human life yet there are many ways for that .
2. Yoga has a fulledged approach for the integral human being.
3. Janan , karma and bhakti are given prodominare alternatively for the development and manifestation
4. According they are three diferent patha know as jnanayoga , karma yoga and bhalti yoga.
5. Importance to body and mind to it's highest stage by uniting eith the soul in jnana yoga. The attainment of the inner self is the aim of jnana yoga.
6. Importance to body and mind is give in raja yoga.
7. Absolute self surrender under the feet of the qorshipped one is bhakti which airs at living in sakete or goloka etc.
8. Karma means work for the divine and surrender to the divine aims of karma yoga.

9. Our nature is neither good or bad, there is no one in this world who is either good or bad .it is the natures wgher or lower confection that acts which becomes predominant in our body to act.

10. These are all the play of three basic natures of the creation. They are sayika , rajas and yamas , satika is pure and white in colour rajas is fynamic.

11. These ganas or qualites beindg predominant in person and prompt one to act accordingly. To the properties of the qualities .

12. It is the yoga which hormonize the qualities and bring truth , harmony, beauty and bless to human to human life.

13. The basic principles of yoga is to yoga is the to bring the highest achiment to men restoring the equilibrium of qualities satlve , rajas and tamas.

SCOPE OF YOGA PRACTICE:-

1. Beside good health, disease fare , stress free life and right approach to one's like , one gets lavish scope to serve the humanity.
2. One can adope this yoga teaching career after obatirupig necessary qualification.
3. These are scope to study P.G deploma in yoga education, yoga thereapy (PDY) master in yoga science (mys) doctor in phiolosophy (ph- D) in yogic science.
4. One can pick up yoga as a carear and make , it a professional for importing yoga in differenting institutions and military contoments etc.
5. To release their stress and relieve of different meantal and physical worries . Only yogasanas would never fo this job.
6. An integral whele holistic approach whould do miroclesd in the society.

NOTE:-

This world enables a person to tranleend one's own consciousness in the master key to resolve all the problems.

BENEFITS OF YOGA FOR VARIOUS SECTORS:-

1. In the world of management today every body is concerned for a better management.
2. Yoga is for the management of han resources.
3. Human life mind in praticularvar and society in general is management by yoga.
4. The yoga is a better management of in dustry and institute.
5. If one malsages him selt he can management of indistry very important problem of the modern man.
6. Due to struggle for comfort and peluiour life style in various in sectore like management stock like business, politices etc . People are much strain.

They suffer psychological diseases. This leads to hyper depression, insomaria , psychomatic , hypertension, diadetics and neoratic disorder etc.

7. To remain free from these dangers of life, yoga is both preventive and curative telife.

So yoga is not for them who tenaunce the world but who being in the ordinary life want to live a better living or a higher living then bestly life of bodily bleasure.

The steps of humanity are many . a yoga can go up step after step to become a higher man , from higher man spiritual man and form spirital man to a super man . A person doing any short of work shell be befelt in it self .

8. A business man an indutralist , a scientist a dcholar a profrrsor a policition and a doctor will all work beter under the guidanece of soul .

CHAPTER-2

Astanga Yoga

Introduction

Maharsi patanjali is considered as founder of yoga because he was the 1st person who introduced the ancient tradition of yoga in systematic way. Astanga yoga is also known as the “Raja Yoga” of patanjali is divided into 8 limbs and they are inter dependent and of similars value.

I.Yama

II.Niyama

III.Asana

IV.Pranayama

V.252761Pratyahara

VI.Dharma

VII.Dhyana

VIII.Samadhi

The entire yoga is divided into 2 parts I) Bahirang

II) Antaranga

I.Bahiranga :-

Bahiranga means the yoga which is practiced by switching yourself off from the outside objects in relation to the body and many other things outside one self.

II.Antaranga :-

Antaranga means the yoga which is practiced meditation or dhyana directly.

In order to objective by knowing the device of patanjali's yoga system one may read the explanation of 8 gold path of yoga which is known as Astanga yoga. They are –

I.Yama rules of self restraint.

II.Niyama rules of observation.

III.Asana postures.

IV.Pranayama control of breathing.

V.Pratyahara with deal of sense.

VI.Dharana (concentration)

VII.Dhayana (meditation)

VIII.Samadhi (hesitation)

1. Yama:-

It is derived from 'yam' which means to control and restrain observance of yama should at 3 levels. That is

- A. Kayika (Bodily)
- B. Vachika (By speech)
- C. Manasika (Mentality)

Yama is of 5 types i.e :-

- I. Ahimsa {Non injury or non violence}
- II. Satya {Truth fullness}
- III. Asteya {Non-stealing}
- IV. Brahmacharya
- V. Aparigraha

Ahimsa:-

Ahimsa means not only causing injury to other. But thinking of injury others is as bad as or even worse than actually injuring.

Satya:-

Satya means truthfulness it means strict adherence of all false hard and exaggeration which means firm truthfulness in mind words and action, then his work is successful.

Asteya:-

It being calmly staying with truthfulness the action, result in fruits completely depends upon it.

:-When aspirant becomes established in truthfulness by practicing she /he develops a kind of divine budhi/knowledge in himself and can be able to understand the result of karma is according to his/her wish only.

:-Perhaps she/he having completely control over speech but it's difficult.

:-The person can speak truth who knows how to weigh each word. So what ever comes from mouth of such person becomes true.

Brahmacharya:-

Brahmacharya means celibacy. Abstinence from sex and control over sex in physical, mental and verbal state.

Aparigraha:-

:-One becomes steady in non-possessiveness

:-Here one can keep only those objects that are essential for living enjoyment or luxury. Thus yama is observance of above mentioned 5 principles.

2. Niyama :-Niyama means a thing or activity to be done regularly or daily. Thus the things coming under niyama are to be practiced or to be performed by practitioner

- A. Socha - cleanliness
- B. Santosh – contentment or satisfaction

- C. Tapa – qusterties to bure of all desires to purily mind.
- D. Swadhaya – reading or self analysis.
- E. Iswara pranidhana – worship to iswara with surrounding attitude.

Soucha:- Soucha means purification of both body and mind

I.Asana, pranayama, neti, basti, dhouti and self analysation we can clean our mind.

II.By mantras, prayers, bhakti and self analysation we can clean our mind.

Santosh:- Santosh means contentment or satisfaction. Santosh is primarily a mental attitude.

Tapa:- Tapa is derived from root 'TAPA' means burn or to heat. To burn up all desires which stand in the way of this goal. The main aim of tapa is not purify mind.

Swadhaya:- Swadhaya may be defined as a reading or reaction of a friend portion from a text which has a nature of prayer swadhaya. The study of scriptures toch as the Geeta, the upanishedha, the ramayana, the bhagavata etc.

Iswara pranidhana:- Iswara pranidhana means self surrounder. In oter words to surrender everything and karma phala mind, coul, night action wrong action and karma phata.

Yamas and Niyamas are the 2 stone succeeded in yoga. There are primarily psychological and secondary practical in nature. The practition who has from grounding in yama and niyama will succed in yoga without hardles.

3. Asana is one of the ancient yogic practices forming a base for all other practices and plays in important in every kind of yoga – swadhan.

Chapter -3

VARIOUS GROUP OF ASANA

Yogic saanas can be generally categories into 3 group.

- Beginers group
- Intermediate group
- Advance group

A. **Beginers group:-** The beginers of asanas at the most important series of practice that has a very more impact upon human body and mind also useful for yogic management of various disorders and maintainance of health.

In series of asana include:-

I .Pawanmuktasana series,

- a. PM -1 (part-1)- Anti – rhumatic group
- b. Pm-2 (part -2) – dihestive and abdominal group
- c. Pm-3 (part-3)- shaktibandha asana

ii. Yoga exercise for eyes.

iii. Relaxation asana.

iv. Meditative asana.

V. Vajrasana group.

vi. Standing asana.

vii. Surya namaskar.

viii. Chandra namaskar

B. INTERMEDIATE GROUP:-

This group of asanas should only be practised by people who can sit in padmausana without sightest difficulty.

- Before practising this group of asana, pre-meditation posture can be practised for better results.
- The asanan is this groups can clearly deal with physical, emotional and mental blockage, a also help awaken the energy centre of the body.

This group of asana include:-

i. Padmasana group of asana.

ii. Backward group of asana.

iii. Forward group of asana.

iv. Spinal twisting asana.

v. Balancing asana .

(C) Advanced group:-

- This group of asana should not attempt until the body is very flexible
- The asanas included in the beginners and intermediate must be master before trying to perform advance group of asana.
- While practicing advance group of asanas it is essential to avoid straining of the body .
- During this practice this limbs and joints position which they are not habituated.

So any strain may damage then;

It includes:-

- i. Poorna matsyendrasana
- ii. Karmasana
- iii. Poorna dhanurasana
- iv. Poorna bhujangasana
- v. Poorna shalabhasana

Meditative posture or asana:-

- i. Meditative asana or posture helps the practitioner to sit for extended period of time without moving the body and without discomfort.
- ii. Meditation can be possible when the body becomes steady and still. The spinal column should be straight which can be possible through meditative posture.
- iii. The more steady in your posture the more you will be able to concentrate with one pointed mind .

iv. When we are able to acquire one pointed mind able to feel or experience divine bliss and atmic ananda, which initiate infinite peace and soul full bliss inside us.

v. Initially it may be difficult to sit in a meditative posture but regular practice can make the legs and hips more flexible to sit comfortably and to maintain the steadiness.

vi. Premeditative posture / asana helpful a lot to sit posture later.

vii. Premeditative posture like :-

- A. Ardha title asana .
- B. Shrinichakra.
- C. Poorna tittli
- D. Vaya niskasana
- E. Udarakarshanasana.
- F. Shaithaiyasana.

Bajrasana group of asana:-

- Vajra means thunderbolt.
- It is the weapon of Indra king of good / Devas like wise our mind is the king of all the other sense organs.
- Vajranadi is the measure nadi which is directly connected with the urinary system, that regulated the sexual energy of the body .
- This is also very beneficial for reproductive as well as digestive system and organs.
- This series of asana like vajrasana used by Muslims , Jain & Buddhist as a position for prayer and meditation.
- The person who are unable to sit in padmasana or meditative posture can sit in vajrasana for meditation.

Forward bending asana group:-

- A forward bending asana is a passive process in which gravity is utilized to stretch the muscle and to help release tension and pain.
- It is associated with compression of the chest & exhalation with help in relaxation.
- Those who are leading a sedentary lifestyle their body becomes stiff and unable to bend forward , they are suffering from mental & physical rigidity . Both of these problems can be overcome by forward bending asanas.
- Person who are unable to bend forward may indicate a stiff, proud & stubborn personality. They find very difficulty in forward bending & also associated with fear.
- Forward bending asanas also help to loosen up the back muscles and increase vitality.
- It also helps to move the spine into the position known as primary curve, the space of the womb.
- During the forward bending asana the vertebrae spread and stimulate the nervous system , improving blood circulation around the spine and nourish the spinal cord .
- These asanas having a positive impact on the organs of the body and on the brain especially.
- It also makes the back muscle supple and steady.
- It also massages the abdominal organs including liver, kidney, pancreas & intestine.
- It also stretches the leg muscle & tendons.

Backward bending asana group:-

- These are the asana / posture which turns the body out to face the world .

- It stimulating & exturvating because it expands the chest and helps in inhalation .
- This posture moves against the gravity so need strength and energy to perform.
- Backward bending asana break down these body owner & the effect rich into the mental and physical body simuntanoously helps to resent the personality.
- On physical level backward bending asana atretch the abdominal muscle , taner & stretch the muscles of spine so helps in priventing slipdisk & other back problems.

Note:-

- Few people are unable to bend backwrdr or facing difficulty physically may frightened to face the life and give up themselves with love.
- This common fears are due to unpleasant Experience . This mental stiffness/ physical stiffness have adverse effect on the external personality. This physical stiffness translate it self through the brain & nervous system into body and called as body armon .

Greeva sanchalana (neck movement)

It comes under pawanmuktasana series part-1 in begnners group of asana.

1. Contru- indication:-

It should not be performed by elderly people and those suffreing from low blood pressure, high blood pressure, vertigo or extereme cervical spondylasics.

Benefits:-

- The muscles of the neck and shoulders accumlate tension especially after prolonged work at the .
- These addanad release tension tension , heaviness and sti fness in the head , neck and shoulder regin.

Skandha chakra (shoulder socket rotation)

It comes under pawanmuktasana series part-1 in beginners group of asanas.

Benefits:-

- It relieve the strain of duriving and official work and also help relief the pressure in cervical sponfylites and frszen doulder .
- They maintain the shap of the shoulder and chest.

Utthana padasana:-

- It comes under pawanamuktasan serise part-2 in beginners group of asanas.

Contra- indications :-

It should not be performed by people suffering from high blood pressure or serious back conditions such as sciatica and slipped disc.

Benefits:-

- i. It strengthens the abdominal muscles and massages the organs.
- ii. It strengthens the digestive system, lower back, pelvic and perineal muscles and helps correct.

Suptapawan muktasana :- (leg lock pose)

It comes under pawanmuktasana series part-2 in beginners group of asana.

Contra – indication :-

- It should not be performed by persons suffering from high blood pressure or serious back conditions such as slipped Disc.

Benefits :-

- i. It strengthens the lower back muscles and loosens the spinal vertebrae.
- ii. It massages the abdominal and the digestive organs and is very effective in removing wind and constipation.
- iii. By massaging the pelvic muscles and reproductive organs, it is also helpful for impotence, sterility and menstrual problems.

Forward bending asanas :-

Saithyl asana (animal relaxation pose)

It comes under intermediate groups of asana.

Contra – indication :-

People who have lower back conditions should only bend forward as far as possible/ comfortable.

Benefits :-

- i. It stretches back, pelvic region, insides of thighs and opens up hip joints.
- ii. It balances the nervous system.
- iii. It also massages the abdominal organs by gently compressing each side alternately against the thigh.

Paschimottasana (back stretching pose)

It also comes under intermediate groups of asana

Contra-indications:

People who suffer from slipped disc, sciatica or hernia should not practice paschimottasana

Benefits:

1. It stretches hamstring muscles and increases the flexibility of hip joints.
2. It tones and massages the entire abdominal and pelvic region, including the liver, pancreas, pleura, urogenital system, kidneys and adrenal glands.

3. It helps to remove excess weight in this area and stimulates circulation to the nervous and muscle of the spine .

Practice note :

It can also be commenced by inhaling and raising to the arms in the starting position and then exhaling in to forward bend ,instead of sliding the hands down to the leg .

Janu sirshasana (head to knee pose)

IT comes under intermediate groups of asana

Benefits:

1. Sometimes known as paschimottasana
2. It may be practice before paschimottasana as a preparatory asana.

Hasta pada Angustasana (finger to toestretch)

It comes under intermediate groups of asana

Contra-indications:

Those suffering from sciatica should not practice this asana

Benefits:-

1. It makes hip joints flexible.
2. It helps in proper development and shaping of the pelvis in young girl
3. It reduces excess weight on the hips and thighs and develop a sense of balance and coordination making the posture and get more steady and graceful

Practice note:

Make sure that the whole body stays in a straight line, without allowing it to curve or bend at the buttocks.

Backward Bending Asanas :

Bhujangasana:

It comes under intermediate groups of asana

Contra-indications:

People suffering from peptic ulcer ,hernia ,intestinal tuberculosis or hyperthyroidism should not practice this asana without the guidance of competent teacher.

Benefits:

1. It improves and deeper breathing

2. It can help to remove back headache and keep the spine supply and healthy.
3. It tones the the ovaries and helps in menstrual and some other gynecological disorders.
4. It stimulates the appetite ,areviates constipation and its . benefits for all the abdominal organs especially the liver and kidnes.

Poorna Bhujangasana(full cobra pose)

It Comes under advance group of asana.

Contra-indications:

1. People suffering from peptic,hernia, intestinal tuberculosis or hyper thyroclism should not practice.this asana without the guidance of a complent teacher.
2. These with any condition,cervical spon dylitis ,high blood pressure or heart condition should not practice this asana.

Benefits:

1. It keeps the spine supply and healthy.
2. It tones the ovaries and uterus and it is beneficial for alc the abdominal organs, especially the liver and kidney.
3. On the panic level ,this asana has a strong effect on all the organs related to swadhistasana ,macipura ,anabala ,and vishud chakra .

Poorna dhanurasana (full bow pose)

It comes under advance group of asanas.

Contra-indications:

1. It should be practised if the back in very supple.
2. People who suffer from a weak herat ,high B.P ,hernia ,colites , peptic or decodenal us cers should not attempt this practice.
3. It should not be practised before steep at high as it stimulates the adernal glands and the sympathetic nerves system.

Benefits:

1. The entire alimentary canal is reconditioned by asana
2. The abdominal organs and muscles are massaged.
3. The liver, pancreas, kidneys and adrenal glands are toned, balancing their functions
4. This leads to improved functioning of the excretory, digestive and reproductive organs.
5. It improves blood circulation generally.
6. The spinal column and is realigned and the ligaments, muscles and nerves are activated
7. It strengthens the shoulder, arm and leg muscles, especially the thighs.
8. It is useful for freeing nervous energy in the cervical and thoracic area, generally improving respiration.

Chakrasana (wheel pose) :-

It comes under advanced group of asana

Contra – indication :-

It should not be practised by people with any illness, weak wrists, neck back, during pregnancy or when feeling generally tired.

Benefits:-

1. it strengthens the body.
2. it is beneficial for nervous, digestive, respiratory, cardiovascular and glandular system.
3. it influences all the hormonal secretion and helps relieve various gynaecological directions.

Practice note :-

1. it should preferably be practised on soft carpet, which will protect the head.
2. it should not be practised on a blanket which may slip.
3. this is inverted asana in which the whole body and nervous system are lying placed in an abnormal position.
4. it may be difficult to raise the body. Because the nervous system is not ready do not strain.

5. practise easier posture for preparation such as asana.

6. if the sense of position as in space or proprioception, is lost, strength is also lost.

7. it develops this sense of position in space.

Vajrasana group of asana:-

Bhadrasana (Gracious pose) :-

It comes under beginner's group of asana.

Benefits :-

1. This is predominantly a pose for spiritual aspirants as it has a stimulating influence on the muladhara chakra.
2. it is an excellent meditation pose

Practice note:-

1. if necessary, a folded blanket may be placed under the buttocks.
2. Whether a blanket is used or not it is important that the buttocks rest firmly on the ground in order to stimulate the muladhara chakra.

Simhaharasana (roaring lion pose)

It comes under beginner's group of asana.

Benefits: -

1. It is an excellent asana for the throat, ears, eyes, mouth, especially its performance facing the healing rays of the early morning sun.
2. It relieves frustration and releases emotional tension.

Vashtasana (camel pose)

It comes under beginner's group of asana.

Contra-indication :-

People with severe back ailments such as lumbago should not attempt this asana without the guidance of a complete teacher.

Benefits:

1. It is beneficial for the digestive and reproductive system.
2. It stretches the stomach and intestine alleviating constipation.

Shashank asana (pose the moon on her back pose)

It comes under beginner's group asana.

Contra-indication :

Not to be performed by people with very high blood pressure, slipped disc or those who suffer from vertigo.

Benefits:

1. It stretches and strengthens the back muscles and separates the individual vertebrae from each other, releasing pressure on the discs.

2. Often nerve connections emanating from the spinal cord are squeezed by these discs , giving rise to various forms of back ache.

Inverter Asana :

Viparectakarani Asana (inverted pose) :

It comes under intermediate group of asana .

Practice note :

1. It is preparatory practise for sarvangasana .
2. It is highly recommended as it gives similar benefits to sanvangasana with less pressure on the neck.
3. To being with , it may be necessary to bend the knees when raising and lowering the legs.

NOTE :

This posture provides the basic for viparita karani mudra .

Halasana (plough pose) :

It comes under intermediate group of asana.

Contra – indication :

It should not be practiced by those who suffer from hernia ,slipped disc ,sciatica,high blood pressure or any serious back problem, especially arthritis of the neck.

Benefits:

1. It strengths the abdominals muscle, relieves spasms in the back muscles tones the spinal nerves and increase circulation to the whole area.
2. it regulates the activities of the thyroid gland which balance the body's metabolism rate.

Pruta Halasana : (dynamic halasana pose)

It comes under intermediates group of asanas.

Contra -indication :-

It should not be practice by people with hernia ,sciatica or other back or neck ailments, or by those with high blood pressure or heart ailments.

Benefits:

- 1)It strengths the back and abdominal muscles active intestinal paristalsis ,improving ,digestive and removing constipation .

It facilities the break down of fats by exercising the liver and gall bladder stretches the pelvic region.

Practice note:

1. It body should be completely stretched out in the lying position before moving in to either halasana or paschimotasana.
2. The aspect can easily be overlooked as moneutur gathers.
3. Be careful not to strain the muscles of the back and leg
4. Do hit the back of the head on the floor .

Sarvargasana (shoulder stand pose)

It comes under intermediate group of asana

Contra -indication:

1. It should not be practice by people suffering from enlarged thyroid ,level or spleen,cervical spondylitis , slipped disc,high B.P or other
2. It should be avoided during menstruation and advanced stage of pregnancy.

Benefits:

1. By pressing the chest against the chin , this asana stimulate the thyroid gland. It generally balance the circulatory, respiratory, digestive, reproductive, nervous and endocrine system.
2. It also tranquilizes the nsind,relieves mental and emotional stress and helps psychological disturbances ,boosting the immune system.
3. It influence on the parathyroid glands ensures normal development and regeration of the bones.
4. It release normal g rartational pressure from and muscles, relieving haemorrhoides .
5. Flexibility of the neck vertebrae is improved and the nervous passing through the neck to brain and toned .
6. Circulation is increased in this area generally. Revitalizing the cares ,eyes and tonsils.

Balancing Asanas :

Ekapada pranam asana (one -legged prayer pose) :

it comes under intermediate group of asana

Benefits:

1. It develops nervous balance.

2. It also strengthens the leg ankle and foot muscles.

Ekapadaasana (one foot pose)

It comes under intermediate group of asana.

Contra-indication:

People with lower back problem heart problem or high B.P should not do this asana.

Benefits:

It strengthens the arms ,wrists ,back ,hips and leg muscles. It helps to develop muscles coordination ,nervous balance and concentration .

Vrikshyasana :

It comes under intermediate group of asanas.

Benefits:

1. It develops nervous balance.
2. It also strengthens the leg ,ankle and foot muscles.

Natarajasana (lord shivas pose)

It comes under intermediate group of asana.

Contra-indication :

People who suffer from weak heart .high B.P back problem, hernia, colitis ,peptics or spleen decodenal uicer or vititigo should not practice this asana .

Benefits:

1. It strengthens the back, shoulder, arms,hips,and legs .
2. It develops a sense of balance and coordination and improve concentration.

Surya Namaskara

Introduction:

Definition :-

The sanskrit name surya here refers to the ' sun ' and namaskara means " salutations " .

- The sun symbolizes spiritual consciousness and in ancient times was worshipped on the daily basic.
- In yoga the sun is represent by pingala or surya nodi , the pranic channel which carries the vital ,life giving force.

Surya Namaskara As Dynamic Posture :

- This dynamic group of as amas is not a traditional part of hatayoga practice as it was added to original asanas group at a latere time .
- However it is effective way of loosening up.stretching. massaging and toning all the joints ,muscle and internal organs of the body .
- Its versatility and application make it one of the most useful method of including a healthy vigorous and active life , while at the same time preparing for spiritual awakening and rloulting expansion of awareness .
- Surya Namaskara in complete sadhana , spiritual practice in it self for it includes asana .pranayama mantra , and meditation techniques.
- It is an excellent group of asana with which two start morning practice.
- Surya Namaskara has a direct vitalizing effect or the solar energy of the body which flows through pingalanadi.
- Regular practice of surya Namskara regulates pingala nadi , whether it is under active or overactive
- Surya Namaskara generates prana , the sunte energy which active the pschohic body .
- Its performance, in steady ,rhythmic, sequence, reflect the rhythms of the universe, the twenty four hours of the body , the twelve zodic plases of the year and bio rhythms of the body .
- This application of this from and rhythm to the body mind complex.generates the transforming force which produce ,fuller and more dynamic life .

Note :

Regulations to pingala nadi leads to a balanced energy system at both mental and physical levels

Preparations:

Before practicing surya namaskar carefully observe the contraindication for the component posture and ensure that they can be preformed comfortable.

General contraindication:

1. The practice of suya namaskar should be immediately discontinued if fever, acute inflammation, boils or rashes occur due to excess toxins in the body .
2. When the toxins have been eliminated, the practice may be resumed.
3. Surya Namaskara includes semi inverted posture, so the cautions for inverted posture apply .
4. It should not be practice by people suffering from high BP,coronary artery disease or. By those who had a stroke, as it may over stimulate or damage the weak heart or blood vessel sy.
5. It should also be avoided in cases of hernia or instestinal tuberculosis.
6. People with back conditions should a .medical expert before commening this practice.
7. Conditions such as slipped disc and sciatica will be managed through an alternative asana program.
8. During the onset of menstruation, the practice should be avoided, if there is no adverse effects, the practice may be resumed towards the and of the period .
9. During the pregnancy it may be practiced with care until the beginning of the twelfth weak.
10. Following child birth , it may be commend approximately fortes days after delivery for re-toning utrine muscle.

General Benefits:

1. It strengths the back and helps balance the metabolism.
2. It stimulates and balance all the system of the body including the reproductive ,circulatory, respiratory and digestive system.
3. It's influence on the endocrine glands help to balance the transition period between childhood and adolesence in growing children.

Time of practice:

The ideal time to practice surya Namaskara is not sunrise the most peaceful time of day or sunset , wherever possible, practice in the open air ,focing the rising sun ,surya Namaskara may be practice at any time provided the stomach in empty .

Awareness:

Before commencing the practice.,

1. Stand with feet together or slightly apart and the arms hanging loosely by the sides of the body
2. Close the eyes gently and become aware of the whole physical body as an homogeneous unit .
3. Minimize swaying movement and balance the body weight equally on both feet .
4. Take the awareness to the soles the incontact with the floor .
5. Feel that whole body is being pulled downward by gravity and that any tension are being pulled down through the body in to the ground .
6. At the times ,experience the force surging up from the carth and flooding the whole being .
7. Bering the awareness inside the body and mental begin to relax it .
8. Starting from the top of the head ,take the awareness system matically through all the parts ,releasing any tension. Intensify once more , the awareness of the whole physical body and feel in harmony with it .
9. Finally take the awareness to the heart or eyebrow centrow center and visualize a brilliant , red rising sun infusing the whole body and mind with its vitalizing and healing rays .

Position -1: Pranamasana (prayer pose) :-

1. Keep the eyes closed .
2. Remain standing upright with the feetogethen .
3. Slowly berd the elbows and place the palms together in from of chest in Namaskara mudra mental offering homage to the sun,the sources of all pfe.

4. Relax the whole body

Breathing: Breath normally

Awareness: physical – on the chest area .
spiritual -on ardhara chakra.

Mantra :

Om mitraya namaha ,salutation to the friend of all.

Benefits :

This pose calmness in establish a state of concentration and calmness in preparation for practice to be performed.

Position 2 : Hasta utthanasana (Raised armed pose)

1. **Separate the hands , raise and stretch both arms above the head , keeping the shoulder width a part .**
2. **Bend the head , arms and upper trunk slightly back word .**

Breathing : innale while raising the arms .

Awareness: physical: on the stretch of the abdominal expansion of lungs .

Spiritual : on vishuddhi chakra .

Mantra : om Ravaya Namaha , salutations to the shining one.

Position 3 : Padahasthasana (hand to foot pose)

1. **Bend forward from the hips until the fingers or palms of the hand touch the floor on either side of the feet .**
2. **Bring the forehead as close to the knees as it comfortable.**
3. **Do not strain keep the knees straight.**

Breathing :

1. Exhale while bending forward.
2. Contract the abdominal in the final position to expel the maximum amount of air from the lungs .

Awareness: physical – on the back and pelvic region

Spiritual - on swadhistana chakra .

Contra -indication

People with back conditions should not bend forward fully .bend from the hips ,keeping the spine straight , until the back forms a ninety degree angle with the legs , or bend only as fore as it is comfortable.

Mantra : om suryaye namaha ,salutation to the who induces activity .

Position – 4 : Ashaa sanchalāsana (equestrain pose)

1. Place the hand on the floor beside the feet .
2. Stretch the right leg back as for as is comfortable and group the floor with the toes .
3. At the sanutime , bend the left knee ,keeping the left on the floor in the same position.
4. In the final position, the weight of body should be supported on both hands , the left foot , right knee and toes of the right foot.
5. The head should be tilted back word , the back arched and the inner goze directed.

Upword to the center.

Breathing: innale while stretching the right leg back

Awareness : physical on the stretch from.the thigh through the lower back and on the eyebrow center while balancing.

Spiritual : an ajan chakra .

Contra -indication :

The fall stretch is advised for people with knee or ankle problem.

Mantra : om Bhanave namaha ,salutation to be who.illuminates .

Position 5 : (paravata asana (mountain pose)

1. Keep the hands and right foot still, and take the left foot back the right foot
2. Simultaneously ,raise the buttocks and lower the head between the arms so that the back and legs form two sides of a triangle
3. The legs and arms straighten in the final position and the heels come down towards the floor in the final position.
4. Bring the head and shoulders towards the knees .do not strain

Breathing: exhale while taking the left leg back

Awareness: physical – on the stretch though the achilles tendons ,the back of the legs , shoulders and throat region .and relaxing the hips .

Spiritual – on vishuddhi chakra .

Benefits : 1) it strengthens the nervous and muscle in the limbs and back.

2)it helps to increase height by stretching muscle and ligaments ,enabling bones to grow longer .

3) circulation is stimulated, especially in the upper spine between the shoulder blades.

Mantra : om khagaya Namaha ,salutations to be moves quickly in the sky.

Position 6 : Ashtanga Namaskara (salute with eight parts or points.)

1. Keep the hands and feet in place.
2. Lower the knees, chest and chin to the floor the feet will come up to the toes .
3. In the final position only the toes , knees , chest , hands and chin touch the floor .
4. This knees ,chest and chin should touch the floor simultaneously
5. If this is not possible , first lower the knees , then the chest and finally the chin.
6. The buttocks ,hip and abdominal should be raised .

Breathing:

The Breath is held out in this posture .there is no respiration.

Awareness:

Physical – on the arch in the lower back and on the abdominal tagion .

Spiritual – on manipura chakra.

Contra – indication :

People with serious back problem high blood pressure of heart condition should not do this practice.

Benefits: The pose strengths the leg and arms muscle, develop the chest and exercise, the region of the spine between the shoulder blades.

Mantra – om pushne namaha ,salutation to the given of strength.

Position 7 : Bhujagasana (cobra pose)

Breathing: inhale.

Awareness: physical – on relaxation of the spine .

Spiritual – on swadhistana chakra.

Contra -indication:

Not advised for people suffering from peptic wear , hernia ,intestinal tuberculosis or type thyrodism .

Mantra : om Hiranya Garbhy a Namaha , salutation to the golden , cosmic self .

Position 8 : PARVATASANA (mountain pose)

Breathing: Exhale while raising the buttocks .

Mantra : om marichaya Namaha , salutation to the lard of the down .

Position 9 : ASHWA SANCHALASANA (equestrian pose)

Breathing: inhale while assuming the pose .

Mantra : om Adhityaya Namaha , salutation to the of aditi , the cosmic mother .

Position 10 : PADHASTASANA (Hand tos foot pose)

Breathing;: Exhale while performance the movement .

Mantra : om savitre Namaha , salutation the lord of creation .

Position 11 : HASTA UTTHANASANA (raised arms pose)

Breathing: inhale while straigltng the body .

Mantra : om Arkaya Namaha , salutation to be who is fit to be praised .

Position 12 : PRANAMASANA (prayer pose)

Breathing: Exhale while assuming the final position.

Mantra : om Bhaskarya Namah ,salutation to be who leads to enlighmten .

BEEJA MANTRAS :

1. Om Haram
2. Om Green
3. Om Hroom
4. Om Hraim
5. Om Hraum
6. Om Hraha .