

# YOGA FOR BEGINNERS



## 7 Days Course

## HOW WAS THIS BIBLE BORN?

It was April 2021 when the Indian Government asked us to stay home again.

Right after the Kumbh Mela Festival, which takes place every 12 years just a few kilometres from Rishikesh, Covid spread like wildfire.

I was one of the first people to realize that I was infected, and I isolated myself at home. For two months we were closed with very tight control by the Indian authorities. It is believed that 98% of the Indian population was infected in this second phase of the pandemic.

I was in a delightful little apartment with a small balcony and a comfortable living room. I could cook all my meals, practice my yoga, and spend this time without having to go out.

But I had time to fill, and I felt this was the perfect time to do something I'd been wanting to do for a long time: compiling my own yoga bible.

I had many yoga books with me that I read and reread repeatedly, I had books online, and I had many notes from the various yoga courses I had taken so far. And particularly the notes with commands from my teacher with whom I had been learning for over 6 months.

And so, I started this challenge.

I started by handwriting everything in a Notebook for about 3 weeks, but I quickly filled the notebook and decided to start transferring everything to my cell phone, since I didn't have a computer. Another 3 weeks.

When I finished, I felt that now I was ready to teach yoga. I had my own notes that I could use to prepare each class.

It is part of this Bible that I am sharing with you here.

It is a document of introduction to yoga, with the basic concepts, the philosophy of this way of life, to better understand what yoga is. I present the details of the yoga asanas/postures I am teaching in the videos, with the meaning of the name, contraindications, and the benefits.

This document helps the individual practice and a better understanding of Yoga's wisdom.

I hope you enjoy reading it and that you can feel closer to this science of good living, which changed my life and changes the lives of thousands of people every day.

Namaste 🙏

## YOGA DEFINITION

Yoga means Unity / Oneness / to Join.

Yoga is the science of right living and should be incorporated in daily life.

In spiritual terms is the union of the individual soul or conscientious with the Universal Soul or Conscientious.

In more practical level, yoga balance and harmonises the body mind and emotions through the practice of Asana, Pranayama, Mudra, Bandha, Shatkarma and Meditation. And this balance should be achieved before the union with the Higher Reality.

The body is the prime instrument, of attainment for a Yogi. If his vehicle breaks down the traveller cannot go fare.

If there are imbalances in the body, diseases will manifest. Yoga aims to bring the different bodily function into perfect coordination. To work the physical body and bring it to balance is the starting point for most people to connect with Yoga.

There are many branches of Yoga: Raja, Hatha, Jnana, Karma, Bhakti, Mantra, Kundalini, etc. In the 20th century Hatha Yoga had become the most well-known and widely practiced.

Hatha derives from 2 words: HA = Sun, Solar Force

THA = Moon, Lunar Force

The Sun is our right side. Is the masculine side, the side of physical work, more vital energy, good digestion. The mind is extroverted, and the body generates more heat. Is the daytime side. The active. The doer, the giver. Is the Pingala Nostril.

The Moon is our left side. Is the feminine side, the side of mental work, promotes good sleep. The mind is introverted and it's cooler. Is the nighttime side. Passive. The receiver. Is the Ida Nostril.

If the right side, or Pingala Nostril/Nadi flows during the night sleep will be disturbed.

If the left side or Ida Nostril/Nadi flows when we eat, the digestion will slow.

The main aim of Hatha Yoga is to bring about a balance flow of Prana in Ida and Pingala Nadis.

The left and the right. The moon and the sun. The cold and the heat. The day and the night. The giver and the receiver.

When Ida and Pingala are purified and balanced then Sushumna begins to flow. Sushumna is the most important Nadi, who flows through the centre of the spinal cord. From our root, Mooladhara Chakra, in the base of our spine to the top of our head, the crown or Sahasrara Chakra.

When Sushumna flows, Kundalini awakens and rose through the 7 principal Chakras and the union with the Universal Soul happens through Meditation.

For success in meditation Sushumna must be flowing.

Through the practice of Yoga Asanas and Pranayama, Shatkarma (cleanings practices), Mudra and Bandhas, the body is purified, and balance is achieved.

According to medical scientist Yoga Therapy is successful because of the balance created in the nervous and endocrine systems which directly influences all the other systems and organs of the body.

Asanas do remove the physical discomfort accumulated during the day at the office. Yoga gives a way for people to find their own way of connecting with their true selves. Through this connection it is possible for people manifest harmony, compassion, and peace. So, yoga is far more than just physical exercises.

It is a way of life which cannot be understood intellectually. Only by practice and experience.

## HISTORY OF YOGA

Yoga has more than 10 thousand years.

Some statues performing various Asanas and Meditation have been found in the Indus Valley, where is now the modern Pakistan. In ancient times Yoga technics were never written down. They were passed on from guru to disciples by word of a mouth.

The first book to refer to Yoga were the Tantras and later the Vedas.

Only latter Patanjali wrote the Yoga Sutras, the first comprehensive system of Yoga. Patanjali enumerates 8 limbs / eight-fold paths / stages of Yoga, step by step for us to control our mind, to bring us to our own nature, to balance our entire being: body, mind, and spirit.

The final destination is Meditation in higher stage or Samadi.

But to arrive there we need to clean our mind, our body and our spirit through the 8 limbs.

# YOGA PHILOSOPHY

## THE 8 LIMBS OF YOGA

### External/ Moral/ Physical

1. Yama
2. Nyama
3. Asana
4. Pranayama

### Inner / Mental

5. Pratyahara

### Spiritual

6. Dharana
7. Dhyana
8. Samadi

## 1. YAMA

5 universal moral rules for us and for others.

Being the first of the 8 limbs, need to be the strongest and it is the most important. He supports all the other 7 limbs.

"To practice Asana without Yama and Nyama is pure acrobacy." Iyengar in Light in Yoga

### 1. **No violence**

*Ahimsha*

Do not hurt anyone including you.

Respecting the body, the time, the place and the situation.

### 2. **Truthful**

*Satya*

To others and to yourself. If a true hurt someone keep silence. Do not hurt you and others.

First, we need to take care of ourselves. What we do for us we do for others.

Nice body, nice mind. Eat, exercise, sleep.

Only then we can be truthful and non-violent to others through words, thoughts and physically.

Be part of the crowd is easy. Be the reason of the crowd.

### 3. **Non stealing**

*Asteya*

Do not hold something that is not yours. Things, thoughts, emotions, ideas. Or misuse anything.

Do not desire what another has.

The yogi reduces his physical needs to the minimum. He knows and trusts in God.

4. **Celibacy/ according to God**

*Brahmacharya*

A life of celibacy, religious and self-restraint. Someone who see divinity in all.

No need to stay single.

"Without experiencing human love and happiness, it's not possible to know Divine Love. Almost all the Yogis and Sages of old India were married with families." Iyengar in Light on Yoga.

Brahmacharya means moderation. According to nature.

"Don't desire sex." Have sex according to nature and with love. Two people who are like one and sex is pure love. Use the energy wisely for the work of God, to growth in spiritual life.

"By the preservation of semen, the yogis body developed a sweet smell. As it is retained there are no fear of death." Iyengar in Light on Yoga

Brahmacharya can't be celibacy because Brahma is creation and if everyone was celibate the humanity would disappear. But sex need to be natural, according to nature and God and with love.

Do not spend your energy in unnatural sex activity.

5. **Do not store what you don't need**

*Aparigraha*

Collect the things according to your immediately needs. Money for food, shelter and clothes. But if you are hoarding things this is greed. And implies a lack of faith in God and in yourself to provide for your future.

The yogi makes his life as simple as possible. He remains satisfied with whatever happens to him. He believes that everything he really needs will come to him by itself at the proper time.

Take anything without working for it, as a favour from another, indicates poverty of spirit.

All the 5 rules are connected. If I steal, I hurt someone. If I store what I don't need I am stealing someone who needs that more than me. The Yama are the rules of morality for society and the individual. Controls the yogi's passions and emotions and keep him in harmony with his fellow man.

The same happens with the second limb - Nyama.

2. **NYAMA**

5 Self rules of individual discipline.

Rules of conduct consisting in discipline both mental and physical.

1. **Cleanliness / Purity**

*Sauca*

Dirty body – dirty mind.

Practice in a clean place, with clean clothes and clean body (bath and Shatkarma, the cleaning of the 5 senses).

Eating simple and nutritious food are all factors of external purity without which inner cleanliness of the mind is not achieved.

2. **Contentment**

*Santosa*

Be satisfied. Focus on what you have (life, health, shelter, food, reputation) and not in what you don't have.

Contentment gives a poised mind. A contented man is complete. And he is grateful, so he receives more. Contentment and tranquillity are states of mind. A mind that is not content can't concentrate and become one-pointed. The yogi feels the lack of nothing.

3. **Austerity**

*Tapas*

Austerity removes impurities of the body and mind.

To fast in an auspicious day, to have brotherly feelings towards all, to control the senses, is tapas/austerity of the body or actions. Not to harbour ill thoughts or feelings is tapas of thoughts. Tapas are the conquest of all the desires or sensual pleasures by practicing purity of thoughts, speech, and action. By Tapas the yogi gains courage, wisdom, integrity, and simplicity. He builds a strong character. Yoga and Pranayama leads to Purity. To create tapas is ego. Do not create a hard situation. Deal with the situation when it comes. If it is not in your hands, be strong.

4. **Self-study**

*Svadyaya*

Education of the self. Read the books who will help you to know yourself, who you are. Read your own book of life and at the same time write and revise it. To study (Divine literature or other), will put an end to ignorance and bring knowledge. Ignorance has no beginning, but it has an end. Knowledge has a beginning but has no end.

If mind is busy, life is easy.

5. **Surrender to God**

*Isvara Pranidhāna*

We are doing what God decided to give to us to do. We are just part of God. Devoid of desire, become one with God. All our actions are an offering to God. Devotion: we are mere instruments of God. In the service of God. Who have faith he's illumination and does not despair.

3. **ASANA**

Definition: holding the body comfortable and stable in a particular posture.

The conquest of asana comes when effort ceases and stability set in. Stability brings a state of bliss. In that state, the union of the body, mind and soul is achieved. Asanas are not merely gymnastic exercises, they are postures. The Yogi seeks a strong body, healthy and free from suffering. He gains agility, balance, endurance, and vitality.

Asanas exercise every muscle, nerve, and gland, they reduce fatigue, soothe the nerves and bring health to the body which is not a commodity which can be purchased with money. It is an asset to be gain by hard work.

Being the destination meditation, all the asanas are performed to sit in a meditation posture comfortable and stable, for long periods of time.

The fourth limb is Pranayama which should be start only after master asanas. At least 6 months of asanas practice. Do not hurry in master Pranayama. Improper practice will arise respiratory diseases and affect the nervous system. Proper practice will make us free from most diseases.

#### 4. PRANAYAMA

**Prana** = breath, life, vitality, energy, strength      **Ayama** = length, expansion, restrain, stretching

Definition: extension of life force/span

Pranayama is the science of breath. Is the extension of breath and its control. The regulation of the incoming and out coming flow of breath with retention (without retention is no Pranayama).

The yogi's life is not measured by the number of days but by the number of breaths. He follows the proper rhythmic patterns of slow deep breathing.

"If you would foster a calm spirit, first regulate your breathing for when is under control, the heart will be at peace, the temper softened and your spirit calm."

As the very object of yoga is to control and still the mind, the yogi first learns Pranayama to master the breath. Then the mind will be ready for concentration (Dhyana).

By mastering and regulating the control of breath he controls the mind. By keeping is eyes shouted he controls the senses.

"My experience led me to conclude that for an ordinary man, in any community of the world, the way to achieve quite mind is to work with determination in Asana and Pranayama." Iyengar in Light on Yoga

#### 5. PRATYĀHĀRA

Control the senses. Drawing the senses inwards. By the rhythmic control of breath, the senses instead of running after external desires, turn inward and the man is set free from their tyranny.

We have 5 different senses. Is not possible to stop the food of the senses but is possible never give negative food / object to our senses. Don't listen, taste, smell, look to negative things that makes us sad, give us desires, or make us crave. If a man's reason succumbs to the pull of his senses he is lost.

1 example: a necked girl in the river. A Yogi will look to other side.

Other example: looking for negative news that bring us to a state of fear and anxiety.

#### 6. DHARANA

Concentration. Restrains the mind from wandering and to turn it inwards towards the self.

When the body has been tempered by Asanas, the mind has been refined by the fire of Pranayama, and the senses have been brought under control by Pratyahara, the Sādhaka (practitioner) reaches the 6<sup>th</sup> stage - Dharana. Here he is concentrated wholly on a single point or in a task in which he is completely engrossed. Ekā Grata when the mental faculties are concentrated on a single object or focussed on one point only (Sattva Guna prevailing).

Without Ekā Grata concentration one can master nothing.

5 ways to achieve concentration:

1. Focusing on the individual self
2. Developing inward vision
3. Controlling the properties of the 5 elements in one's body
4. Constant remembrance of Brahma / God
5. Thought of Ista Devatā – one's personal deity

## 7. DHYANA

Meditation. When the flow of concentration is uninterrupted, the state that arises is Dhyana or meditation. When there is a regular uninterrupted current of electricity the yogi's mind will be illuminated by Dhyana.

The yogi sees light that shines beyond the earth and the heavens. He sees the light that shines in his own heart. He becomes a light into himself and others. He has arrived at a state of supreme bliss.

In this state, the body, the breath, the mind, the ego and the intellect, all lose their individual existence and emerges one single state of being: the individual soul with the universal soul.

## 8. SAMADHI

This is the end of the Sādhaka's (practitioner) quest. At the peak of his meditation, he passes into the state of Samadhi, where his body and senses are at rest, as if he is sleeping, but he is fully conscious and alert. He has gone behind consciousness. This state can only be expressed by profound silence. There are no words to describe. The yogi has attained true yoga.

He has departed from the material world and is merged in the eternal. There is peace, joy, and truth. Supreme happiness. Free from pleasure, pain and misery is experienced.

As a river merges in the Ocean, losing its identity, so the individual soul merges with supreme.

## NADIS

### Nadi definition

- current / flow / channel
- tubular channel through which energy flows
- they are not part of the physical body but they correspond with the nerves
- 72.000 Nadis psychic body

### 3 Major Nadis

#### **Pingala** - right

If right nostril flows, Pingala is predominant.

Masculine. Sun. Heat. Vital energy. Physical work. Active. Digestion. Extroverted mind. Day. Disturbed sleep.

Correspond to the Sympathetic Nervous Systems

Accelerated respiration and heartbeats. Stimulation.

#### **Ida** – left

If left nostril flows, Ida is predominant.



Feminine. Moon. Cold. Mental energy. Mental work. Passive. Indigestion. Introverted mind. Night. Induces sleep.

Correspond to Parasympathetic Nervous System.

Slow respiration. Slow heartbeat.

**Sushumna** - centre

The main channel. All the Nadis are subordinate to Sushumna. Is the Nadi of Fire.

Situated inside the spinal column. Starts in Mooladhara chakra (route) and finish in Sahasrara Chakra (crown).

Ida and Pingala intersect each other in Sushumna in various places. These junctions are called Chakras.

When both nostrils are flowing Sushumna Nadi is predominant. This is the goal. Means balance.

✓ HA: right, Pingala, sun, masculine, active, extroverted, warm/heat, day, work.

✓ THA: left, Ida, moon, feminine, passive, introverted, cold, night, sleep.

The main of Hatha Yoga is exactly to bring balanced flow of prana to these 2 energy forces. Right and Left. Feminine and Masculine. Moon and Sun. Active and Passive.

To balance we do: Shatkarma, Asanas, Pranayama, Bandhas, Mudras.

When Ida and Pingala are purified and balanced, the mind is controlled. Sushumna Nadi begins to flow. Kundalini awakes and rises through the Chakras. Here Meditation occurs.

## CHAKRAS

### Chakra definition

Circles. Vortex. Whirlpool. Wheels.

- Vortices of pranic energy at specific areas, which controls the circulation of prana.
- The flywheels in the body machinery. Maybe these chakras correspond to the endocrine glands. The suppliers of hormones and other internal secretion of the system.

### The 7 main chakra

1)	<b>Mooladhara</b> chakra	root / source
2)	<b>Swadhistana</b> chakra	vital source / soul / seat or abode
3)	<b>Manipura</b> chakra	navel / city of jewels
4)	<b>Anahata</b> Chakra	heart / unstruck
5)	<b>Vishuddhi</b> Chakra	pure / purification
6)	<b>Ajna</b> Chakra	third eye / eye of wisdom /command
7)	<b>Sahasrara</b> Chakra	one thousand / highest consciousness

### Description

1. **Mooladhara** chakra root / source  
In the pelvic region. Above the anus.  
Smell. Earth.  
Creative energy. Stability. Solidarity of the earth.  
Seat of the primal energy, Kundalini: source of all energy in humans and Universe.
  
2. **Swadhistana** chakra vital source / soul / seat or abode  
  
Above Mooladhara chakra and the organs of generation. Genital organs.  
Pleasure and security. Water.  
Most primitive instincts.  
Enjoyment, pleasurable sensations. Sexual interaction. Cravings.
  
3. **Manipura** chakra navel / city of jewels  
  
Fire. Sun. Fire centre.  
Energy. Vitality. Dynamism. Dominance. Self-assertion. Will and ability to rule. Despotism.  
Digestion and food metabolism. Absorption of nutrients.  
Governs the gastric glands. Governs Adrenaline glands.  
Adrenaline "fight or flight". Instinctive drive to find food and nurture.
  
4. **Anahata** Chakra heart / unstruck  
  
Behind the sternum in the spine, heart level. Air.  
Sense of touch. Hands. Feeling. Giving and taking.  
Unconditional love. Tolerance.  
Heart - Circulatory system. Lungs – respiratory system.
  
5. **Vishuddhi** Chakra pure / purification  
  
Back of the neck, behind the throat. Ether.  
Right understanding. Discrimination. Flow with life. Let things happen as they will.  
Ears and vocal cords. Thyroid and Parathyroid glands.  
Communication.  
Throat = Amrita the Divine nectar, is tasted and purified and distributed through the body.
  
6. **Ajna** Chakra third eye / eye of wisdom / command  
  
Receptor of Guru guidance / Divine or Higher Soul.  
Behind the eyebrow centre. In the top of the spine.  
Where Ida (feminine energy) and Pingala (masculine energy) converge with Sushumna Nadi in this centre. Mind.

Stimulating Ajna Chakra, the mind became steady and strong.  
Intelligence, memory, and concentration develops.  
Supramental faculties: clairvoyance, telepathy.  
Corresponds to the Pineal Gland (atrophied in adults).  
The bridge between mental and psychic dimensions.

7. **Sahasrara** Chakra one thousand / highest consciousness.

In the crown of the head.

Fusion individual soul with the supreme soul.

Consciousness and matter emerge into a state of intoxicating bliss = Kundalini awaked. Supreme knowledge. Beyond birth and death. Cerebral cavity.

Network nerves in the brain.

Kundalini – symbolizes as a coiled and sleeping serpent lying dormant in the base of the spinal column. Mooladhara chakra. Latent energy. When it arises go up the spinal column piercing the chakras to the Sahasrara Chakra, where it unit with the supreme soul. Uplift human consciousness and the spiritual vision opens.

## ASANAS

### Asanas Definitions

- Sit comfortably in one position for an extended period
- Union of body, mind and soul achieved
- The conquest of Asana comes when it becomes effortless, and stability sets in = Bliss
- The final proposes of Yoga it's to calm the mind - meditation. The practice of Yoga Asanas bring stability to the body to sit in a comfortable position for long periods for meditate.

### Asanas Curiosities

- The continuous practice brings a state of equilibrium and peace
- Relax the body and mind
- Calms the nerves
- Mind becomes creative, joyful, balanced
- Body becomes full of vitality and strength
- Increasing the circulation of fresh blood through the body, purge diseases and toxins
- Restores strength and stamina to the body
- Rectify physical, physiological and psychological disorders
- Tone the muscles, tissues, ligaments, joints, and nerves
- Boosts metabolism, lymphatic circulation and hormonal secretions bringing a chemical balance in the body and brain
- Every mental knot has a corresponding physical
- 8.400.000 asanas corresponding to all the incarnations. Today there are 84 main asanas
- Names of Asanas illustrate the principle of evolution

- Vegetation like tree (Vrksa) Lotus (Padma)
- Insects like locust (Salabha), scorpion (Vrschika)
- Fish like Matsya, crocodile (Nakra and Makarasana)
- Birds like cock, baka, Mayura, swan
- Quadrupeds like Dog, horse, camel, lion
- Crawl like serpents or cobra
- Human embryonic state (Garbha-pinda)
- Legendary heroes: Vīrabhadra, Hanuman, Vasishtha
- Gods from Hindu Pantheon, Avatāras, Incarnations

Whilst performing asanas, the yogi's body assumes many forms resembling a variety of creatures. He knows that from the lowliest insect to the most perfect sage, there breathes the same universal spirit.

### Rules of practice Asanas

- **Breathing:** Always through the nose. Coordinate the breath with the asana.  
Exhale on downward movements, sides and twists.  
Inhale on upward movements, centre, stretches. The body gains elasticity when it's empty of air.
- **Awareness:** Integrate and harmonise all the levels of being physical, pranic, mental, emotional, spiritual.
- **Side:** Right-handed people should lead with the left side and vice versa.
- **Counter-pose:** Brings the body back to balance. Backward bending always followed by forward bending asanas.
- **Time:** Sunrise, early morning - body is stiffest but the mind is clear.  
Sunset - supple muscles, good sleep, peace of mind. But we are more lazy
- **Place:** Well-ventilated, quiet, calm, free from: insects, noise, smoky, smelly, cold, wind, dirty.  
No furniture or fire around. Not practice under an electric fan
- **Base:** Blanket folded of natural materials or mattress not too thick not too thin
- **Clothes:** Comfortable clothes. Loose blouse and stretch pants. Remove any jewellery, spectacles, watches
- **Bath:** Cold shower 15-20 minutes before and after
- **Toilet:** Empty bowel and bladder before
- **Food:** Empty stomach. 3-4 hours after a meal. Can eat 1 hour after practice
- **Diet:** Balanced, light, varied, well cooked. Eat natural food. Avoid fasting.  
Eat to live rather than live to eat. Stomach: 2/4 food 1/4 water 1/4 empty/air
- **Appetite:** In the beginning the appetite and digestion improves.  
Later the appetite reduces without loss of energy  
And the body guides what is good and what to avoid
- **Age:** Start at the age of 7-8. Until any age
- **Sun:** Do not practice after being exposed to the sun
- **Mirror:** Only when the Asanas are mastered
- **Eyes:** Keep it open. Can close when gain experience
- **Face:** Relax the eyes, ears, tongue. Loose the jaws
- **Relaxation:** Pause between asanas 15-20 seconds / 4-5 breaths. If breathlessness can pause for longer.  
Difficult Asanas 30-35 seconds of pause
- **Sequence:** 1) Shatkarma – 2) Asana – 3) Pranayama – 4) Pratyahara – 5) Dharana – 6) Dhyana  
1) Cleanings – 2) Postures – 3) Breath – 4) Senses Absence – 5) One Focus – 6) Meditation
- **Shavasana:** Only in the end of the session to relax the nervous system. For 5-20 minutes

- **Precautions:** Persons with cervical spondylosis should avoid forward bending postures.  
Persons with low back pain or more pronounced lumbar curvature should avoid back bending postures.

### Asanas with more benefits and the asanas base

#### ✓ **Tadasana**

The base of all standing asana. Without a firm foundation a building can't stand.

#### ✓ **Dandasana**

The base of all sitting asanas. Trains one to sit straight with spine erect.

#### ✓ **Vajrasana**

Easier sitting posture for meditation. Used in some cultures as a prayer/meditation position. Buddha use to sit like this.

The best for digestion: 5 minutes/100 breathes after meals. And for sinus congestion: hands under armpits, 5 minutes/100 breathes

#### ✓ **Pachimotanasana**

The foremost of all asanas. The life force flows freely through the Nadis (nerves)

#### ✓ **Shavasana**

The relaxation/re-charging asana. Soothes the nerves. Calms the mind. It is a state of meditation. Invigorating and refreshing.

Promotes a sleep devoid of dreams. Should be done always and only in the end of the asana and pranayama practices

## ASANAS IN THIS COURSE

Pawanmuktasana neck

Pawanmuktasana arms

Pawanmuktasana legs

Pawanmuktasana abdominal and lower back

1. Dandasana
2. Janu Sirsasana
3. Pachimotanasana
4. Vajrasana
5. Marjari-asana
6. Tadasana
7. Tiryaka Tadasana
8. Eka Pada Pranamanasana & Vkrasana
9. Savasana
10. Surya Namaskara

## PAWANMUKTASANA - WARMING ASANAS

Pawan = Wind    Mukta = Release.    Asana = Posture

Essential for laying a firm foundation for the perfection of Asanas. Opens up the major joints. Remove blockages preventing the free flow of energy in the body and the mind.

Promotes total health. Improves coordination, self-awareness and self-confidence. Can be done by anyone: beginners, elderly, athletes, etc.

### ✓Anti-rheumatic group

#### LEGS

1. Padanguli Naman – Toes bending 10×
2. Goolf Naman – Ankle bending 10×
3. Goolf Chakra – Ankle rotation 10×
4. Janu Naman - Knee bending 10×
5. Janu Chakra – Knee bending 10×
6. Shroni Chakra – Hip Rotation 10×
7. Ardha Titali/ Ardha Baddha Konasana (half Butterfly) 10×
8. Poorna Titali/ Baddha Konasana (Butterfly) 30×

**BENEFITS:** Relieves the tension in the inner thigh muscles. Good preparation for meditation Asanas.. Can be done after meals. Really good for pregnant women. Rejuvenate the knee joint, who supports the weight of the body without strong muscles to help. Easy to injury. Do in the morning and in the evening.

#### ARMS

9. Mushtika Bandhana – Hands clenching 10×
10. Manibandha Naman – wrist bending 10×
11. Manibandha Chakra – wrists joints rotation 10×
12. Kehuni Naman – elbow bending 10×
13. Skandha chakra – Shoulder socket rotation 10×

**BENEFITS:** Relieves tension on the wrists. Good after prolonged writing or typing. Relieves the pressure in cervical spondylitis and frozen shoulders. And the strain of driving and of the office work.

## NECK

### 14. Greeva Sanchalana – neck movements

**BENEFITS:** all the nerves connecting the organs and limbs of the body, pass through the neck. Neck and shoulders accumulate a lot of tension. Release stiffness.

**CAUTIONS:** people with cervical spondylosis, should avoid forward bending of the neck. Elderly people, high/low blood pressure, vertigo should avoid this neck movements.

## ✓Abdominal/Lower back

### 15. Padottanasana – raised legs pose

### 16. Supta Pawanmuktasana – leg lock pose

### 17. Supta Udarakarshanasana – sleeping abdominal stretch

### 18. Shava Udarakarshanasana – universal spinal twist

**BENEFITS:** Removes wind and constipation. Good for menstrual problems. Strengthens the lower back and loosens the spinal vertebrae. Massage digestive and reproductive organs. Gives a uniform twisting stretch to the entire spine, strengthens lower back, abdominal and pelvic organs. Good counter-pose for forward and backward bending Asanas and after sitting in meditation asanas or in chairs for long. Relieves the tiredness and tightness of the lower back. Tones the abdominal and pelvic organs.

## OTHER ASANAS

### 1. DANDASANA

Danda = Staff

**Asana = posture**

Dandasana is the base of all the sitting Asanas

**BENEFITS:** improves your posture when seated. Good for arthritis or rheumatism on the knees and ankles. Relieves throat congestion in asthmatics. Reduces flatulence. Tones the spinal and leg muscles and the abdominal muscles.

**CAUTIONS:** support your spine in a wall if you have a Asthma Attack or if you can't keep the spine straight.

### 2. JANU SIRSASANA

Janu = knee

Sirsa = Head

Head to knee pose

**COUNTER-POSE:** before Pachimotanasana. Before or after Back Bending Asanas.

**CAUTIONS:** slipped disc, sciatica, hernia. During an asthmatic attack or if you have diarrhoea.

**BENEFITS:** It eases the stiffness of the leg muscles. Increases flexibility of the joints arms, shoulders to the knuckles. Corrects the curvature of the spine and rounded shoulders. Tones abdominal organs. Stabilizes blood pressure. Calms down the heart and the mind. Helps in case of persistent low fever. Practice 5 minutes each side. Good preparation the legs for meditation asana.

### 3. PACHIMOTANASANA

Pachima = west/back/posterior      Uttāna= stretch

Back stretching pose

The FOREMOST ASANA: the Life force flows through the Nadia. The stomach becomes free of a diseases.

**COUNTER-POSE:** Uttanasana or back Bending Asanas as Bhujangasana, Matsyasana, Chakrasana.

**BENEFITS:** staying longer massages the heart, the spinal column and the abdominal organs. Feeling refreshed and the mind rested. Calms down passionate moods, angry, upset, irritated mind. Brings tranquillity. Sharpens the memory. Increases vitality. Cures impotency and lead to sex control.

**CAUTIONS:** slipped disc, sciatica, hernia. During a asthmatic attack or if you have diarrhoea.

### 4. VAJRASANA

Vajra = warrior, hero, champion

Thunderbolt pose

Use a folded blanket to protect your knees and feet.

**BENEFITS:** this Asana alters the flow of the blood in the pelvic region. Can be done always: during the menstruation and any time of the day inclusive after meals to help digestion (100 breathes/5 minutes). Alleviates menstrual disorders, backache, arthritis corrects herniated discs. Improves the arch of the feet where the blood circulation is higher. Relieves piles. It activates Vajra Nadi activates Prana in Sushumna and redirects sexual energy for spiritual purposes. It's a good Asana dot meditation and Pranayama, used as a prayer position for many cultures around the world.

- Vajra Nadi connects sexual organs to the brain
- If you bring your hands to the opposite armpit, hands straight or in a fist, and stay for 5-10 minutes it will open your nostrils for pranayama – Padadhirasana – breath balancing pose.

**CAUTIONS:** avoid perform Vajrasana if there are a serious injury in your knees or if you have osteoarthritis. If you feel pain in your thighs separate your knees. Use a blanket to protect your knees and be more comfortable for long periods.

### 5. MARJARI-ASANA

Marjari - cat

Cat stretch pose



**BENEFITS:** Good after Backbending asanas. Improves flexibility of the neck, shoulders and spine. Gently tones the female organs. Helps in Mestrual Cramps. Good during pregnancy but don't force the contraction of the abdomen. The Vyaghrasana\* is particularly beneficial for women after child-birth or for woman who gave birth many child. Stimulates blood circulation. Promotes digestion. Reduces weight from hips and thighs. Tones the spine nerves. Relieves sciatica.

## 6. TADASANA

Tada – mountain

Palm Tree Pose. Mountain.

- Base of all standing Asanas.

Option 1: Feet together.

Option 2: Feet apart hips distance. Easier to find the balance.

Option 3: use a wall to guide you. Heels touching the wall/5cms apart.

**COUNTER-POSE:** can be followed by any inverted Asanas.

**BENEFITS:** Boost your self-confidence. Corrects the posture. Corrects flat feet. Strengthen the knees. Prevents haemorrhoids. Tones the pelvis and abdomen. Sciatic pain is relief. Treat spinal disorders. Stretches shoulders, arms, wrists and fingers. We need to know how to stand properly before attempting to balance on the head. Most of us do not distribute the body weight evenly on the feet, gaining spinal deformities. We can see this watching where the soles of the shoes wear out.

**CAUTIONS:** stress-related headaches, migraine, eyes strains, low blood pressure, knees problems, bulimia, insomnia, diarrhoea, leucorrhoea. For balance open your feet. People with cardiac problems: do not bring the arms up.

## 7. TIRYAKA TADASANA

Tiryaka – twist

Tada – mountain

Palm Tree

Option 1: feet together.

Option 2: lift the heels.

**COUNTER-POSE:** Uttanasana/Baddha Hasta Uttanasana

**BENEFITS:** same as Tadasana + exercises the sides of the waist

**CAUTIONS:** same as Tadasana

## 8. EKA PADA PRANAMASANA / VKRASANA

Eka = one

Pada= leg

Pranama = prayer

One leg prayer pose

**VKRASANA** = tree pose

Use a WALL as support: the bended knee and the opposite hip both are touching the wall. It will open the hips and pelvic region.  
**BENEFITS:** developed balance. Tones the legs muscles, ankles and feet. Brings clam when gaze the Anahata / Heart Chakra.

## 9. SAVASANA

### Corpse pose

**BENEFITS:** soothes the nervous system. Brings peace of mind. Relaxes the body. Re-charges the body. Is invigorating and refreshing. Helps recuperation after long illness. Helps with insomnia, heart issues, respiratory problems, nervous, migraine and chronic fatigue. Withdrawal the organs of perception from the outside world. Body and mind became one and you experience inner silence.

**CAUTIONS:** use a bolster under the head and the chest in case of pregnancy, respiratory ailment or if you are anxious. Backache: rest the calves on the seat of a chair. Do not practice Savasana between other asanas. Only in the end of the practice.

## SURYA NAMASKARA / Sun Salutation

### • Surya – Sun Namaskara – Salutation


The sun symbolizes spiritual consciousness. In ancient times was worshipped every day.

This dynamic group of asanas is not a traditional part of Hatha Yoga, however is a complete Sadhana/spiritual practice, perfect to start Morning practice. It's an effective way of stretching, massaging and toning all the joints, muscles and internal organs inducing and healthy, vigorous and active life. The Sun is represented by Pingala, Surya Nadi, the Pranic channel of Vital Life-giving force. Regulating Pingala leads to a balanced energy in mental and physical levels. The rhythmic sequences reflects the rhythms of the Universe. 24 hours. 12 zodiac phases and the biorhythms of the body. Better practice on the Sunrise facing the rising Sun. Or sunset (with empty stomach). It has a direct vitalizing effect.

**BENEFITS:** stimulates all the system of the body. Influences the endocrine glands. Helps the transition between childhood and adolescence. Balances the metabolism. Strengthens the back, arms and legs. Synchronizing the breath with physical movements, ensures that at least, once per day, we deep breath and bring fresh oxygenated blood to the brain.

**CAUTIONS:** fever, inflammations, boils, rashes or excess toxins in the body. High blood pressure. Heart issues, coronary artery disease, stroke, hernia, slipped disc, sciatica, menstruation. Pregnancy: with care until the 12<sup>th</sup> week. 40 days after delivery.

“Take care of your body and he will take care of you.”

 Thank you for your Support, Trust, and Time

Do it with love 

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