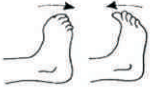


Asanas, Pranayama Practices and Surya Namaskar

Asanas

1. Padanguli Naman (Toe Bending)



Sit with the legs out stretched Feet together, back straight Inhale as the toes move backward. Exhale as the toes move forward. Repeat the practice 3-5 times.

2. Goolf Naman



(Ankle bending)
Sit with the legs out stretched Feet together, back straight Inhale as the feet move backward. Exhale as the feet move forward. Repeat the practice 3-5 times.

3. Goolf Ghornan (Ankle Rotation)



Sit with legs out stretched Rotate both feet together Inhale on the upward movement Exhale on the downward movement Clockwise and anti-clockwise. Repeat the practice 3- 5 times.

4. Janu Naman (Knee Bending)



Sit with legs out stretched, bend right knee, Clasp the hand under the thigh, Inhale while straightening the leg, Exhale while bending the leg. Repeat the practice for 5 times.

5. Janu Chakra (Knee Rotation)



Sit with legs out stretched, bend right knee, Clasp the hand under the thigh, Inhale on the upward movement. Exhale on the downward movement. Repeat the practice 3- 5 times.

6. Poorna Titali (Full Butterfly)



Sole of the feet together clasp the toes, bring the heels as close as possible to the body Move the knees together upward and downward, Normal breath. Repeat the practice for 20-25 times.

7. Mushtika Bandhan (Hand Clinching)



Keep the arms straight at shoulder level Inhale on opening the hands. Exhale on closing the hands. Repeat the practice 3-5 times.

8. Manibandhanaman (Wrist bending)



Keep the arms straight at shoulder level Fingers together, inhale backward movement, exhale forward movement. Repeat the practice 3-5 times.

9. Manibandachakra (Wrist rotation)



Arms straight, make a fist Inhale on the upward movement Exhale on the downward movement. Repeat the practice 3- 5 times.

10. Kehuninaman (Elbow bending)



Stretch the hands, Palms facing upward, Inhale while stretching the hands. Exhale while bending the elbows. Repeat the practice 5 times.

11. Skandha chakra (Shoulder rotation)



Keep the arms straight at the shoulder level. Keep the elbows together in front of the chest. Inhale upward movement Exhale downward movement. Clockwise and anti-clockwise Repeat the practice 3- 5 times.

12. Greeva sanchalana



Stage 1

(NECK MOVEMENTS)

Sit comfortable, Bend the neck forward. Inhale on the backward movement. Exhale on the forward movement. Repeat the practice 3 - 5 times.



Stage 2

Inhale on the upward movement. Exhale on the downward movement (sideways). Repeat the practice 3- 5 times.



Stage 3

Inhale while turning front. Exhale while turning side. Repeat the practice 3- 5 times.



Stage 4

Neck Rotation

Inhale as the head moves up, Exhale as the head moves down. Repeat the practice 3- 5 times.



Asanas, Pranayama Practices and Surya Namaskar

13. Tadasan (Palm tree pose)



Stand straight, feet together. Raise the hands over the head, interlock the fingers, turn the palms upward. Place the hands on top of the head. While inhaling, raise the hands and heels. While exhaling, lower the hands and heels. Repeat the practice for 5 times.

14. Triyak Tadasan



(Swaying palm tree pose)
Stand with the feet 2 feet apart. Interlock fingers, turn the palms outward. Inhale while raising the hands over the head. Exhale while bending the body side-ways. Repeat the practice for 5 times.

15. Kati chakrasan



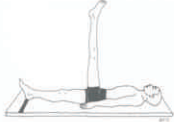
(Waist twisting pose)
Stand with the feet half a meter apart. Inhale while raising the hands shoulder level. Exhale while twisting the body to the right and left. Repeat the practice for 5 times.

16. Forward backward



(Pada Hasta Uttanasan)
Stand with the feet together. While inhaling, raise the hands upward, bend the body backward. While exhaling, bend the body forward. Repeat 5 times.

18. Padothanasan



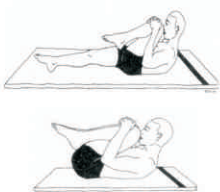
(Leg raising pose)
Lie on the back, legs together, arms beside the body. Inhale while raising the leg. Exhale while lowering the leg. Repeat the 5 times.

19. Pada Chakrasan



(Leg rotation)
Lie on the back, legs together. Inhale while raising the leg upward. Exhale while lowering the leg downward. Clockwise 5 rounds and anticlockwise 5 rounds.

20. Supta pawana muktasan



(Leg lock pose)
Lie on the back, legs together, bend the knee, clasp the shin, inhale deeply, while exhaling raise the head up, inhale head down. Repeat 5 rounds.

21. Kandarasan



(Shoulder pose)
Lie on the back, bend the knees, bring the heels near the buttocks. Grasp the ankles with the hands. While inhaling, raise the buttocks up, while exhaling, lower the buttocks. Repeat 2 times.

22. Udarakarsanasan



(Lying waist twisting)
Lie on the back, interlock the fingers, keep the hands under the head, legs together, bend the knees, inhale centre and exhale sideways. Repeat 5 rounds.

23. Shashankasan



(Thunder bolt pose)
Sit in vajrasana, palms on the thighs. While inhaling, raise the hands up. While exhaling, bend the body forward, forehead and hands on the floor, hands straight. Repeat 5 Times.

24. Marjariasan



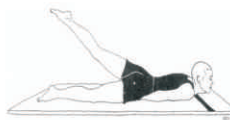
(Cat pose)
Sit in vajrasana. Raise the buttock and stand on the knees. Inhale, raise the head up, arch the spine down. Exhale, head down, raise the spine up. Repeat 5 times.

25. Bhujangasan



(Cobra pose)
Lie flat on the stomach, legs together, hands beside the chest. While inhaling, raise the head and hands up. While exhaling, lower the head down. Repeat 5 times.

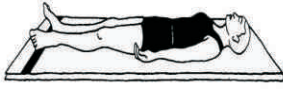
26. Shalabhasan



(Locust pose)
Lie flat on the stomach with the hands under the thighs. While inhaling, raise the leg up, knee straight. While exhaling, lower the leg down. Repeat 5 times.



Pranayama Practices



Shavasana : Relaxing on the back, feet slightly apart, hands apart, head aligned with the spine, gently close the eyes. Relax the whole body completely, be aware of the breath and keep the body motionless during the relaxation, practice 3-5 minutes.

Abdominal breathing : Relaxing on the back in shavasana and become aware of your natural breathing. Observe and synchronize the breath with abdominal movement. Inhale deeply expand the abdomen as much as possible and exhale slowly contract the abdomen, this is one round. Repeat 10 rounds.

Chest breathing : Relaxing on the back in shavasana and become aware of your natural breath. Observe and synchronize the breath with chest movement. Inhale deeply expand the chest as much as possible and exhale slowly, Repeat 10 rounds.

Yogic breathing : Relaxing on the back in shavasana and become aware of your natural breath. Inhale deeply expand the abdomen as much as possible and again expand the chest also as much as possible; exhale slowly, Repeat 10 rounds.



Kapalabhati Pranayama : Sit in any comfortable meditative posture, back, neck, head straight, hands resting on the knees in chin or gnya mudra, gently close your eyes. Relax the whole body, Inhale and exhale forcefully through the nose, expanding the abdomen and exhale with forceful contraction of the abdominal muscles. DO NOT STRAIN. Repeat 10 to 30 strokes 3 rounds.



Nadi shodhan Pranayama : Sit in comfortable meditative posture, back, neck, head in one straight line, gently close the eyes, left hand resting on the left knee in chin or gnya mudra, right hand in nasagra mudra, keep your index finger and middle finger in between the eyebrows, close the right nostril with the thumb, inhale through left nostril, close the left nostril with the ring finger and exhale through the right nostril by releasing the thumb and again inhale through the right nostril, close the right nostril with the thumb and exhale through the left nostril by releasing the ring finger. This is one round. Repeat 7 rounds.



Brahmari pranayama: sit in any comfortable meditative posture, back, neck, head in one straight line, adopt kechari mudra (fold the tongue back, tip of the tongue on the upper palate) close your ears with the index fingers and gently close your eyes. Inhale deeply while exhaling produces the humming bee sound. This is one round. Repeat the 10 rounds.



Asanas, Pranayama Practices and Surya Namaskar

SUN SALUTATION

1) Pranamasan



(Prayer Pose)
Om Mitraya Namaha
(Salutation to friend of
all) on Anahata chakra.
Normal breath.

2) Hastha Uthanasan



(Raised arms Pose)
Om Ravaye Namaha
(Salutations to the
shining one). On
Vishuddhi Chakra.
Inhale.

3) Pada Hasthasan



(Hand to Foot Pose)
Om Suryaya Namaha
(Salutations to he, who
induces Activity) on
swadhisthana chakra.
Exhale.

4) Ashwasanchalanasan



(Horse Pose)
Om Bhanave Namaha
(Salutations to he
who illumines) on
vishuddhi chakra.
Inhale.

5) Dhandasan



(Stick Pose)
Om Khagaya Namaha
Salutations to he who
moves quickly in the
sky) on vishuddhi
chakra.
Hold and Exhale

6) Ashtanga Namaskar



(Salute with Eight parts
or points) Om Pushne
Namaha (Salutations to
the giver of strength)
On manipura chakra.
Inhale and Exhale

7) Bhujangasana



(cobra pose)
Om Hiranya Garbhaya
Namaha (Salutations to
the golden, cosmic self)
on swadhisthana chakra.
Inhale.

8) Parvathasana



(Mountain Pose)
Om Marichaye Namaha
(Salutations to the
Lord of the Dawn) on vi-
shuddhi chakra.
Exhale.

9) Ashwasanchalanasan



(Horse Pose)
Om Adityaya Namaha
(Salutations to the son of
Aditi the cosmic Mother)
on ajna chakra.
Inhale.

10) Padahasthasan



(Hand to Foot Pose)
Om Savitre Namaha
(Salutations to Lord
of Creation) on swadhist-
hana chakra.
Exhale.

11) Hastha uthanasan



(Raised arms Pose)
Om Arkaya Namaha
Salutations to he who
is fit to be praised)
on vishuddhi chakra.
Inhale.

12) Pranamasan

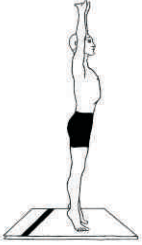


(Prayer pose)
Om Bhaskaraya Namaha
(Salutations to he who
leads to enlightenment)
on anahata chakra
Normal breath.



PROGRESSIVE

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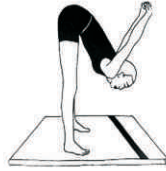
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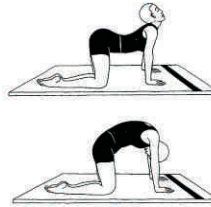
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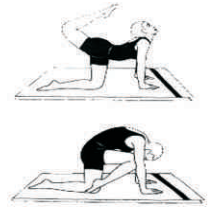
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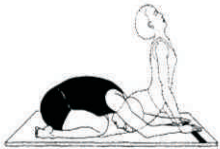
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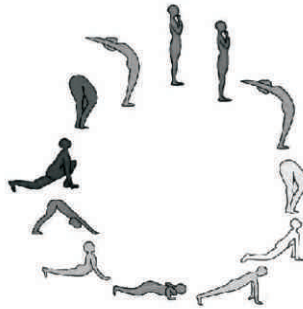
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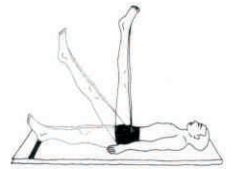
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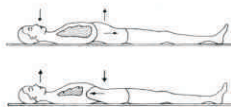
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WELLNESS





Instructions and Guidelines for Practicing Yoga!

1. Always consult the Yoga Master before starting your first Yoga session so that the master can guide you to choose your most appropriate yoga postures.
2. Breathing: Always breathe through the nose. Try to coordinate the breath with asana practice.
3. Awareness: This is essential to the practices of asana as it is to all yoga practice. The purpose of asana practice is to influence and harmonize all the level of the being such as Physical, Pranic, Mental, Psychic, Emotional and spiritual.
4. Relaxation: Shavasana may be performed at any point during asana practice, especially when feeling physically or mentally tired. It should also be practiced on completion of the asana practice just before pranayama.
5. Sequence: Asana should be followed by pranayama.
6. Heavy exercises and difficult yoga postures should be avoided if you are undergoing Ayurveda treatments.
7. Yoga practice done here is in accordance with the Ayurveda treatment.
8. It is advised that you need to have completed 3 hours of fasting before practicing yoga.
9. It is advised to take only one yoga session per day – either wellness or progressive - according to your physical condition and the advice of your doctor or yoga master. If you require additional yoga sessions, it has to be consulted with your doctor and yoga master in advance.
10. Even though it is advised to take only one wellness or progressive session per day, you can attend the general sessions (Yoganidra, Interactive Session and Yoga Lecture) and Pranayama sessions whenever you prefer.
11. Avoid yoga practice during any kind of physical ailments like fever, headache, body pain etc. Ensure you don't practice yoga soon after your treatment.
12. It is not permitted to carry electronic gadgets such as mobile phone, tab, kindle etc. to the Yoga center. Recording of Yoga classes is strictly prohibited.
13. We urge you to adhere to all the above mentioned points to maintain the tranquility and harmony of the Yoga center.

Wish you wonderful Ayurveda Holidays!



THE NATTIKA BEACH