



YOGA

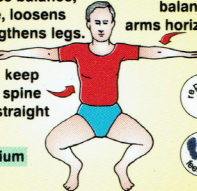

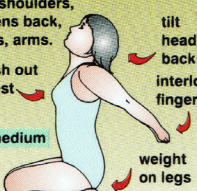

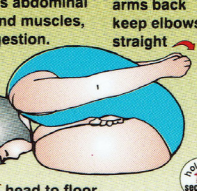


<h3>SIMPLE SITTING</h3> <p>keep head and spine straight</p> <p>Breathe even, freely and deeply.</p> <p>easy</p> <p>Duration 3 minutes</p> <p>Keep feet flat on floor. Rest hands flat on thighs. Thighs flat on seat. This is a good meditation pose.</p>	<h3>SIMPLE KNEELING</h3> <p>easy</p> <p>neck in line with spine</p> <p>rest hands on thighs</p> <p>Good for concentration & deep breathing.</p> <p>straight back</p> <p>toes flat on floor</p> <p>Duration 3 minutes</p> <p>Keep knees together. Heels apart to form V-shape to support body weight. Very good meditation pose.</p>	<h3>BACKWARD BEND</h3> <p>push chest out</p> <p>Loosens spine, stretches front of body. Stimulates circulation.</p> <p>easy</p> <p>right hand to right heel</p> <p>Count to 10</p> <p>Kneel & bend back. Drop head down. Hold heels with hands. Breathe freely - HOLD.</p>	<h3>HOLDING HANDS</h3> <p>join hands here</p> <p>Improves posture, loosens shoulders & upper back.</p> <p>pull left elbow up, push right elbow down & vice versa</p> <p>easy</p> <p>Hold hands behind back. If you can't make hands touch use a belt to connect them. HOLD - then change hands over.</p>
<h3>FORWARD BEND</h3> <p>Loosens shoulder, spine, upper back. Strengthens arms, hips and legs.</p> <p>keep knees locked</p> <p>bend as far as you comfortably can</p> <p>drop head</p> <p>medium</p> <p>Stand relaxed. Breathe out. Bend down from the waist. Inhale. Lift arms back and up. Stretch as far as comfortable -HOLD.</p>	<h3>FORWARD BEND #2</h3> <p>Massages organs.</p> <p>Loosens spine, hamstrings.</p> <p>forehead parallel with legs</p> <p>keep knees straight</p> <p>hard</p> <p>Stand straight, arms at side. Lift arms up. Bend forward. Try grasping ankles. Relax - HOLD.</p>	<h3>BACKWARD BEND</h3> <p>keep arms straight</p> <p>bring head back</p> <p>Limbers the spine and strengthens the lower back.</p> <p>easy</p> <p>Breathe in. Gently arch backwards. Keep hands in line with spine. HOLD - breathe out. Stretch as far as comfortable.</p>	<h3>FORWARD DIVE</h3> <p>lift arms up</p> <p>push head down</p> <p>Exercises ankles, legs, and back.</p> <p>lift yourself up on toes</p> <p>easy</p> <p>Improves balance and coordination.</p> <p>Breathe in. Keep legs straight. Lean forward and push arms back and up. Breathe out - HOLD.</p>
<h3>FLAT-BACK STRETCH</h3> <p>Good for posture, circulation. Exercises lungs and thorax.</p> <p>breathes and move in the same rhythm</p> <p>easy</p> <p>Breathe in. Gently raise arms to 90°. HOLD. Breathe out. Slowly ease back down. HOLD.</p>	<h3>LEGS AT 90° STRETCH</h3> <p>Tones legs, hips and abdomen.</p> <p>keep hands flat on floor</p> <p>keep back flat on floor</p> <p>push against floor</p> <p>hard</p> <p>Breathe in. Support body with both hands. Gently raise both legs 90°. HOLD - Slowly ease back. Breathe out.</p>	<h3>ROCKING CHAIR</h3> <p>Massages spine and abdomen. Benefits liver and spleen.</p> <p>medium</p> <p>Breathe IN when rocking forward</p> <p>Breathe OUT when rocking back</p> <p>Hands behind knees. Knees almost touching head. Slowly, gently rock back & forth. For comfort, use cushion on floor.</p>	<h3>CORPSE POSITION</h3> <p>Eases tension, fatigue, lets the mind rest.</p> <p>gently roll head from side to side</p> <p>palms facing up</p> <p>shake legs to relax</p> <p>arms & legs straight at 45° to body</p> <p>easy</p> <p>Lie flat on back, legs, arms apart. Roll head from side to side. Shake shoulders and arms gently.</p>
<h3>SHOULDERSTAND</h3> <p>Allows fluids to flow easily to the upper regions.</p> <p>keep legs straight & together</p> <p>support back evenly with both hands</p> <p>hard</p> <p>keep head & neck straight</p> <p>Hold for 5 seconds</p> <p>Lie flat on floor. Relax for a moment. Lift legs over chest. Support back with hands. Lift trunk to vertical position. HOLD.</p>	<h3>PLOUGH POSTURE</h3> <p>Stretches whole body, tones hips, legs and abdomen, blood flow.</p> <p>support back with both hands</p> <p>keep legs & feet together</p> <p>hard</p> <p>toes rest in line with head and shoulders on floor</p> <p>Start from Shoulderstand position. Lower feet to floor or as far as you can. Breathe freely. Relax. HOLD.</p>	<h3>BACK STRETCH</h3> <p>Loosens & strengthens hamstrings, back, legs and spine.</p> <p>keep feet together & grasp ankle & heel</p> <p>medium</p> <p>keep knees on floor, elbows close against legs</p> <p>Start from sitting position. Exhale and lower the body, grasping feet. Head rests on knees. Breathe freely. Inhale. HOLD.</p>	<h3>COBRA POSITION</h3> <p>Encourages circulation, strengthens the spine & stomach muscles.</p> <p>push head back</p> <p>medium</p> <p>hands flat on floor</p> <p>keep abdomen on floor</p> <p>slightly bend elbows</p> <p>Lie down and relax. Bend arms, palms flat on floor. Push head and body up. Breathe freely. Hold for 10 seconds.</p>
<h3>BOW POSTURE</h3> <p>Stretching whole body, encourages circulation and breathing.</p> <p>hard</p> <p>push head back look up</p> <p>keep body straight and aligned</p> <p>hold ankles not feet</p> <p>hold for 3 minutes</p> <p>Lie down and relax. Bend knees. Grasp ankles. Inhale. Lift head and upper body. Gently pull legs back. Hold for 10 seconds.</p>	<h3>SIMPLY STANDING</h3> <p>Gives a sense of physical & mental poise. Leads to a better posture.</p> <p>ALTERNATIVE you can also fold hands in prayer position across the chest</p> <p>easy</p> <p>Stand and relax. Keep the whole body straight. Pull in stomach. Relax arms, hands. Inhale deeply. Exhale. Stand very still.</p>	<h3>TREE POSTURE 1</h3> <p>Gives a sense of physical & mental poise, better posture.</p> <p>keep head & body in straight line</p> <p>hold for 5 seconds</p> <p>Alternative hand position: rest both hands flat on top of head</p> <p>hard</p> <p>if this position is too difficult, stand with both feet on floor</p> <p>Stand upright, balance on right foot. Join hands overhead. HOLD. Breathe freely. Change to left foot. HOLD.</p>	<h3>TREE POSTURE 2</h3> <p>Improves balance, posture, concentration. Strengthens ankles.</p> <p>keep arm straight</p> <p>right hand grasps right ankle</p> <p>medium</p> <p>Stand and relax. Lift left arm and bend right leg up. Grasp foot. Pull gently. Keep body straight. HOLD. Change to right foot.</p>



YOGA



<h3>ARM STRETCH</h3>  <p>bend gently to left bend gently to right</p> <p>Improves posture, circulation, loosens spine, tones muscles.</p> <p>easy</p> <p>Find relaxed balance in the standing position. Join hands above head, palms facing up. Gently swing from left to right.</p>	<h3>SQUAT STRETCH</h3>  <p>Improves balance, posture, loosens & strengthens legs.</p> <p>balance arms horizontally</p> <p>keep spine straight</p> <p>medium</p> <p>Start from standing position. Breathe in. Rise on toes. Lower body into squat position. HOLD. Breathe out. Relax.</p>	<h3>EASY SITTING POSITION</h3>  <p>Encourages deep breathing, using the lower lungs, diaphragm.</p> <p>breathe IN slowly - hold</p> <p>breathe OUT slowly - hold</p> <p>easy</p> <p>Keep head, neck, spine vertically aligned. Rest hands on knees. Use cushion for comfort. Breathe evenly.</p>	<h3>LOTUS POSITION</h3>  <p>Good for meditation, enhances concentration, deep breathing.</p> <p>head in line with spine</p> <p>body should form triangle</p> <p>easy</p> <p>Knees on floor. Body and spine straight. Rest both feet on thighs. Keep shoulders square and slightly back. Sit perfectly still.</p>
<h3>CROSS STRETCH</h3>  <p>Improves balance, posture, stretches front of body.</p> <p>keep palms together</p> <p>hard breathe freely</p> <p>tilt head back lower leg to floor</p> <p>keep foot flat on floor</p> <p>Start from standing position. Take a step forward. Left leg flat on floor. Arch arms backwards. HOLD. Change legs over.</p>	<h3>FLYING POSTURE</h3>  <p>Energises, improves posture, nervous system, strengthens.</p> <p>move arms up and down</p> <p>rest body weight on legs</p> <p>easy</p> <p>Sit comfortably. Relax for a few moments. Stretch both arms wide. Move arms gently up and down. Breathe freely.</p>	<h3>CHEST STRETCH</h3>  <p>Loosens shoulders, strengthens back, shoulders, arms.</p> <p>tilt head back</p> <p>interlock fingers</p> <p>push out chest</p> <p>weight on legs</p> <p>medium</p> <p>Sit comfortably. Stretch hands behind back. Clasp hands. Stretch arms back as far as comfortable. Hold for 6 seconds.</p>	<h3>BACK STRETCH</h3>  <p>Loosens spine. Helps digestion & constipation.</p> <p>interlock fingers</p> <p>push arms back</p> <p>buttocks against heels</p> <p>forehead on floor</p> <p>medium</p> <p>Sit comfortably. Drop head down to floor. Lift arms up behind back. Clasp hands. Stretch up as far as comfortable. Hold for 6 seconds.</p>
<h3>HEAD DOWN STRETCH</h3>  <p>Tones the neck, back. Loosens the feet, legs and spine.</p> <p>hold legs above ankles</p> <p>top of head touches floor</p> <p>medium</p> <p>Start from kneeling position. While inhaling, lower head to floor. Clasp ankles. HOLD. Exhale - move back to kneeling position.</p>	<h3>CAT'S BACK STRETCH</h3>  <p>lower back</p> <p>head up</p> <p>hands flat on floor</p> <p>arch back up head down</p> <p>medium</p> <p>1. Position yourself on all fours. Palms flat on floor. Breathe in. Arch back down. HOLD. Breathe out. 2. Arch back up. HOLD.</p>	<h3>KNEE STRETCH</h3>  <p>Loosens hips, legs. Massages internal organs, helps digestion.</p> <p>cross ankles</p> <p>right hand grasps left wrist and vice versa</p> <p>keep head down</p> <p>medium</p> <p>Lie flat on back. Breathe in. Lift both knees onto chest. Place arms around knees. Pull gently. HOLD. Breathe out - relax.</p>	<h3>QUARTER HEADSTAND</h3>  <p>Strengthens back, neck, legs. Nourishes brain, facial tissues, scalp.</p> <p>raise hips high</p> <p>keep knees straight</p> <p>rest head on hands</p> <p>stand on toes</p> <p>hard</p> <p>medium</p> <p>Kneel, with head down. Straighten legs and lift body while bringing in feet towards the body. Keep torso straight. HOLD.</p>
<h3>ABDOMINAL UPLIFT</h3>  <p>Strengthens abdominal muscles, removes fat, massages organs.</p> <p>lean slightly forward</p> <p>push down</p> <p>grasp thighs with spread fingers</p> <p>keep feet apart</p> <p>medium</p> <p>Start from a relaxed standing position. Exhale through nostrils and mouth. Draw abdomen in and up. HOLD - relax.</p>	<h3>KNEE PUSH</h3>  <p>Good for posture, strengthens back. Loosens hips, legs.</p> <p>keep back straight</p> <p>place hands flat on knee</p> <p>push heels into body</p> <p>medium</p> <p>Start from sitting position. Cross legs with knees in front. Place hands on knees and push down. Breathe freely. HOLD.</p>	<h3>SIMPLE POSTURE</h3>  <p>Massages abdominal organs and muscles, helps digestion.</p> <p>arms back</p> <p>keep elbows straight</p> <p>head to floor</p> <p>medium</p> <p>Start from Lotus position. Exhale. Bend forward while placing arms around back with hands clasped. Breathe freely. HOLD.</p>	<h3>RIGHT ANGLE STRETCH</h3>  <p>Good for posture, lungs, abdomen, arms, shoulders.</p> <p>keep back straight</p> <p>palms flat on floor</p> <p>lock elbows</p> <p>legs flat on floor</p> <p>medium</p> <p>Start from sitting position. Keep legs together and flat on floor. Push palms hard against floor without lifting the body. HOLD.</p>

INHALATION	RETAINING PAUSE	EXHALATION	EMPTYING PAUSE	HATHA YOGA	KARMA YOGA
Breathe the deeply and fully to a comfortable limit. Let the abdomen expand and the diaphragm move down - freely and relaxed.	Hold the air in the inflated lungs - without straining or discomfort. This promotes internal mixing of fresh and stale air.	It is important to expel all air from the lungs in a smooth, continuous process. Take your time to exhale freely and without effort.	Once the lungs are completely empty, pause for a second or two but not so long as to leave you gasping for breath.	A practical path, calming and health promoting. The exercises on this chart are part of Hatha Yoga.	Teaches selfless activity without reward or praise. The heart is purified, the ego subdued, all actions are considered.
continuous, even breathing	retaining air in inflated lungs	smooth, continuous	relaxed, effortlessly	Union of Bodily Mastery	Union of Action & Service
PURIFYING BREATH	BELLOWS BREATH	SUN & MOON BREATH	HISSING BREATH	RAJA YOGA	BHAKTI YOGA
Breathe in and out rapidly. Contract stomach muscles sharply and relax again. Expand and draw in abdomen - concentrate.	Inhale and exhale through both nostrils. Repeat 15 times. Finally take single deep nostril breath, hold and breathe out smoothly.	Block one nostril with thumb and breathe in - slowly, deeply. Repeat 15 times, then change over to the other nostril.	Lips slightly parted, breathe in through mouth. A hissing sound is produced when air passes between tip of tongue and teeth.	Control of mental activity can release powerful spiritual and physical energy leading to a calm mind and a healthy body.	The Divine is seen as the embodiment of love and it is worshiped through emotional prayer, chanting and personal surrender.
rapid in / out breathing	rapidly through both nostrils	blocking one nostril at a time	inhalation through mouth	Union of Mental Mastery	Union of Love & Devotion