










YOGA IN DAILY ROUTINE

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<p>Prayer Savasana (Relaxing Posture).</p>		
<p>Twisting Posture Useful for Stiffness and Backache.</p>	<p>Lie on the back with the legs together and cross the legs hands parallel to shoulder. The twist your waist right and see opposite direction. Now twist left and see right 2 times each side then change the leg and twist right and left.</p>	
<p>Ekpadasana (The abdominal and lower back muscles are strengthened) (Single leg lifts)</p>	<p>Lie on the back with the legs together flat on the floor. Place the arms along the sides of the body with the palm on the floor. Now slowly raise the right leg 30°, 60°, 90°, hold for five seconds and came back slowly. Repeat with the left leg. Do the posture two more times with each leg.</p>	
<p>Uttanpadasana (Double legs lifts) Useful for Diabetes, Dyspepsia Constipation.</p>	<p>Take supine position, hands straight by the side of thighs, palm resting on the ground after few seconds raise your bottom legs future up to 30° angle and maintain then raise 60° and 90° and stay 5 to 7 seconds came back slowly 2 times.</p>	
<p>Aradhawanmuktasana (Wind Eliminating Posture) Reduces fat of hip muscles and strengthen the knee joint. Relieves gas in the lower digestive tract and remove acidity.</p>	<p>Lie on the back. Bend the right knee wrap the arms around the leg and pull the leg towards the chest and raise the chin and bring the chin toward the knee. Lower leg to the floor and relax repeat with left leg. 2 Times each leg.</p>	
<p>Pawan Muktasana Useful for Acidity Gastric.</p>	<p>Then repeat with both legs and touch your chin between the knee and stay.</p>	
<p>Naukasana Reduces extra fat of stomach. Also for diabetes. Excellent for the abdominal muscles.</p>	<p>Lie down in supine position, hands straight by the side of thigh, then lift your both leg up to 30 or 60 and also lift your upper chest, Put all weight on your hip. Stay few seconds then come back slowly.</p>	




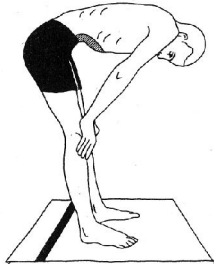




<p>Bhujangasana (cobra posture) It helps in low back pain constipation, spondylitis, backaches and gastric trouble.</p>	<p>Take prone lying position, legs together, toes together, pointing outward, hands by the side of the slowly. Bend the elbows keeping them close to the body, and place the hands palm down beside the chest. Now slowly begin to raise the head, nose, back, upper chest and lower chest, raise up to navel hold for 5 seconds. 2 times.</p>	
<p>Ardhanaukasana (Half Boat Pose) Remove low back pain, increase intra abdominal pressure and promotes better circulation to the internal organs.</p>	<p>Lie on the stomach with the forehead on the floor and the arms extended straight. Keep the feet and legs together and relaxed. Raise your right leg and left hand and look up. Stay few seconds then change your leg. 2 times.</p>	
<p>Sarpasana Remove spondylitis, and strengthening the muscles of arm and hands.</p>	<p>Lies on the stomach with the forehead on the floor. Legs together, keep your hands on your hip then raise forehead up and upper chest maximum. Stay 5 seconds. 2 Times.</p>	
<p>Makrasana (Crocodile Posture) Abdominal muscles get automatic massage.</p>	<p>Lie on your stomach, placing the legs a comfortable distance apart pointing the toes outward. Folds the arms in front of the body and relax and bend your knee comfortably.</p>	
<p>Ardhasalbhhasana (Half Locust) Reduces lower back pain tendencies and strengthen the leg muscles.</p>	<p>Take prone lying position. Legs together, fingers of the legs pointing outward, hand by the side of the body fists closed. Bring chin forward and place it on the ground. Raise right leg slowly without bending knee. Do not tilt the pelvic. Slowly return in original position and do with left leg. (Each leg) 2 Times.</p>	
<p>Salabhasana Strengths the muscles of the lower back.</p>	<p>Assure the position describe at the start of the half locust. Keep your palm inside the thigh and raise both legs as high as possible. Hold for five seconds.</p>	



<p>Dhanurasana Devlops flexibility of the spine and reduce fat Stretches the abdominal muscles and massage them. -Strengthens the knee joints.</p>	<p>Lie on the stomach with the arms extended alongside the body. Place the chin on the outside of the legs, grasp the ankles and raise the head ,shoulders and chest. Then pull the legs as high as possible. Breathe evenly hold for seconds. Repeat the asana one or two more times.</p>	
<p>Janusirasana Sitting pose(forward bending posture) (useful for treating disordes of the prostate glands).</p>	<p>Sit straight,legs together bend the right leg knee and place the sole of the right foot on the side of the left thigh, hands up then bend forward as far as possible. Repeat with left leg two times each leg.</p>	
<p>Vakrasna (Spinal Twist) Combats constipation,diabete s;reduces fats and keeping the spine elastic and healthy.</p>	<p>Sit erect,Legs together.Now slowly fold your right leg at the knee and place the sole on the ground near the knee of the left leg.Taking the right hand towards back at the distance of nine inches straight from the spine.Then place the left hand forwarded other side of the right knee.Now twist your head and back towards backside and look back.Repeat withleft leg 2 Times each leg.</p>	
<p>Vajrasana Stretching Thigh muscle and remove constipation, gas.</p>	<p>Sit with legs extended together, similarly folding the left foot,place it under the left buttock.Fold the right leg at knee and place the foot under the right buttock. Sole will remain inside.Hands resting on the respective thighs.Stay 5-10 seconds.</p>	
<p>Mandukasana Diabetes, Indigestion.</p>	<p>Sit in vajrasana ,close your fist and place side of the navels then bend forward.</p>	
<p>Ustrasana Strenghthen the back and neck muscle.</p>	<p>Sit In vajrasana then stand on the support of knee, keep your hands on the back ,then bend backward,stay 5 seconds.</p>	



<p>Standing Position Trikonasana (Wheel Posture) Remove your side fat and stiffness of spine.</p>	<p>Hills together, hands side of the body, now slowly raise your right hand up and bend sideways and stay and repeat with left leg. 2 Times each side.</p>	
<p>Katichakrasana Side muscles are made strong and remove constipation.</p>	<p>Hills together, hands raise forward and twist right and stay then do with left side. 2 Side each side.</p>	
<p>Tadasana Improve height, spine become flexible and remove arthritis.</p>	<p>Stand erect, legs open, bring the hands up straight towards the sky. Now slowly raise your heels and stand on toes. Stretch body as much as possible and slowly bring down your hands. 2-times.</p>	
<p>Agnisarkriya Very helpful for constipation and indigestion.</p>	<p>Bend forward and breathe out the pump your stomach frequently.</p>	
<p>Padhastasana Reduces fat for stomach.</p>	<p>Hill together hands up and the bend backward and forward. 2 times. Stay 5 seconds.</p>	
<p>Deep Breathing 10-15 times Improve the capacity of lungs.</p>	<p>Sit in meditative pose then deep inhalation and exhalation, chest should be expanded.</p>	



<p>Kapalbhati The exercise of Kapalbhati leads to the elimination of carbon dioxide from the system on a very large scale good for diabetes and migraine.</p>	<p>Sit in padmasana, spine erect. Then in normal breathing, exhalation should be active and inhalation passive. Do three rounds per round 10 strokes.</p>	
<p>Nadishodhan Pranayama (Alternative Breathing) Very useful for purification nerve & heart, nervous disorder, helps in meditation.</p>	<p>Sit in padmasana, spine erect. Now start inhalation through left nostril then exhale in double through the right nostril. Then alternative breathing 4-5 rounds. Ratio 2:4, 3:6</p>	
<p>Shitkari Pranayama Very useful to control high blood pressure and short temper.</p>	<p>Close your teeth. Then put your tongue a bit beyond. The inhale through mouth and exhale through nose slowly in double. 10 times.</p>	

प्रार्थना

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हे परमपिता परमेश्वर, इष्टदेवता, पूज्यगुरुदेव,
वाहे गुरु, अल्लाह हमें स्वस्थ जीवन दें, स्वस्थ काया दें,
अहंकार से, लोभ से, मोह से, क्रोध से दूर रखें
जिससे समस्त मानव जाति की सेवा कर सकूं।

!!जय हिन्द!!

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गायत्री मंत्र

ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यं
भर्गो देवस्य धीमहि धियो योनः प्रचोदयात् ।