

## Warm-up exercise

Before practicing yoga warm up exercise should be done to looser body joint and to activate the blood circulatory systems of whole body. These exercise divided in to different parts required for head, eye, ears, neck, shoulder, arms, chest, lungs, abdomen, waist, knees, and feet.

### Position:

Stand erect keep your feet close, keep your arms hanging down and, palms touching the thighs.

### i For Head

Concentrate your mind being on the top of your head. Feel that the brain cells being active and full of life. Now alternatively contract and relax the muscles of your forehead, hearing Organs and brain Repeat contraction and relaxation some times.

#### Benefits:

- \* Improves memory power.
- \* Improves consciousness.
- \* Improves alertness.

### ii Exercise for eye

Keep your neck erect and stand; Do not more it during this exercise.

- \* While inhaling, move the eye-balls upwards, towards the forehead, and look at sky while exhaling bring down the eye-balls to look at the feet'
- \* While inhaling move the eye-balls towards the right and while exhaling move them towards the left. Try to look backwards to the maximum Repeat this process five times.
- \* Roll the Eye-Balls diagonally to the upper part of the right corner while inhaling and roll them to the lower part of left corner while exhaling. This is the oblique process Repeat this five times.
- \* Roll the eye-balls of the upper part of the left corner while inhaling, and roll them to the lower part of the right corner while exhaling. Repeat this five times
- \* Inhale and hold the breath inside and move the eye-balls in a circle from right to left five times and from left to right five times (Clockwise & anticlockwise)
- \* Exhale completely keeping the breath outside blink the eye-lids quickly, then inhale and exhale while blinking the eye lids quickly .
- \* Rub your palms to produce heat. Warm your eyes softly by the warm palms. Cover your eyes with folded palms to make a dark cavity over the eyes and

blink quickly in the darkness. Look at the light coming through the inner space between the fingers and slowly expand the space to see the full light.

**Benefits:**

- \* Eye diseases are cured.
- \* Eye sight improves,
- \* Luster of the eyes is maintained.
- \* It improves focus & thereby eliminates further deterioration of sight.

**Precautions:**

1. Avoid exposure to bright light & storms.
2. Protect eyes from dust & fumes.
3. Do not read in poor light.
4. Do not read in moving vehicles.
5. Do not read in laying position.

**iii For Ears**

Ear represents the whole body. All human beings are in same position in embryo.

- \* Insert your index fingers in both the ears and rotate them left and right and massage the outer parts of the ears. The respiration should remain normal during the exercise.
- \* Pull both the ears from their top middle and lower part.
- \* Press the ears by the palms to listen to the inner sound.

**Benefits:**

- \* Ear diseases are cured.
- \* Hearing ability improves.
- \* Laziness is driven away.
- \* Discretion is improved.

**iv For Neck**

- \* Inhale and turn neck backward to look up at the sky. Then exhale and bring the chin down so as to touch the collar – bone. Repeat this five times.
- \* Turn the neck towards the right shoulder while exhaling. Move the eye-sight backwards. Now inhale again turns the neck towards the left shoulder while exhaling. Repeat this five times.
- \* Rotate the neck clock-wise, tilting back ward and forward. Do it slowly clockwise, softly.

- \* Inhale and bend your head and neck towards the right, lower it so that the ear can touch, the shoulder. Then make the head erect and exhale. Now repeat this exercise by bending your neck and head towards the left. Do not lift the shoulders. Repeat the exercise three times,

**Benefits:**

- \* Removes pain of the neck.
- \* Head & eyes gain strength

**v For Shoulder**

- \* Raise your shoulders up while inhaling and bring them down while exhaling. Keep your arms hanging straight with closed fists. Repeat this nine times. Repeat the exercise three times.
- \* Bend your arms touching the shoulder with fingers. Now inhale and rotate the arms tilting forward and backward three times.

**Benefits:**

- \* Shoulder's and joint pain is removed.
- \* Shoulder get additional energy.

**vi For Arms**

- \* Stretch the arms forward, then while inhaling activates all the five fingers one by one starting from the little finger.
- \* Now exhale and again inhale. Then move your palms up to the wrists and move them up and down. Also rotate them clock-wise, always keeping the arms straight.
- \* Fold the arms at the elbow to touch the shoulder and stretch back. Repeat this five times.
- \* Stretch and rotate your arms clockwise and anticlockwise.

**Benefits:**

- \* Environmental feeling improves.
- \* Blood circulation improves.
- \* Determination power improves.

**vii For Chest and Lungs**

Inhale fully, Fold your fingers. Take the lion's paw and stretch your arm forwards with quick jerk, while exhaling. Now while inhaling brings the arms towards the chest with a full force just like pulling the rope in tug of war. Now spread the folded arms from chest to shoulder. Repeat this three times.

**Benefits**

- \* Heart is strengthened
- \* Bodily strength is improved because of maximum oxygen to supply all organs.

### **viii For Abdomen**

Bend your trunk forward at the waist about 30°. Exhale completely, contact the abdomen. Holding the breath, pull the abdominal muscles backward and forward quickly. Repeat this five times. Each time, there should be 15 to 20 movements backward and forward. During this exercise the palms should rest on the knees and face in front side.

#### **Benefits:**

- \* Digestion system improves
- \* Intestines get strengthened
- \* Gastric problem is eliminated.

### **ix For Waist**

- \* Inhale completely, Stretch the hands upwards. Move the waist forward and shoulders backward. Now while exhaling, bend forward and try to touch the knees with your forehead. The palms or hands should touch the toes of the feet or hand beside them. The arms should be raised up and bent backward while inhaling. Again exhale and repeat the above. Do this three times. Do not exert.
- \* Bend at the waist to the left while exhaling, bringing down the left arm to the left knee, stretch the right arm towards the left over the head. Repeat this exercise towards the right in the same way. Do this three times each day.

#### **Benefits:**

- \* Spine gets flexible.
- \* Pain in waist is eliminated
- \* Body gets strength\*

### **x For knee:**

While inhaling, stand erect on the toes' Bring down the heel to touch the floor while exhaling' Now stand on the heels while inhaling, keeping the toes above the ground. Then bring down the toes to the ground while exhaling. Repeat this five times.

#### **Benefits:**

- \* Pain in the heels and toes are eliminated
- \* Joints are strengthened

### **xi For knees and feet both**

- \* Strike the buttock five times with the foot by bending the right leg at the knee. Repeat this with the left leg also.
- \* Move the knee-caps up and down five times.
- \* Place your palms on the waist and keep the heels close and toes apart. Bend your knees forward slowly while exhaling. Repeat while inhaling. The waist, trunk, and the head should always be erect. Repeat this by going backward and forward five times.
- \* Bend the knees to the right while exhaling. Bend while keeping the waist erect. Now inhale. Bend the knees towards the left while, exhaling and keeping the waist straight. Repeat this three times.
- \* Keep standing with both feet together. Bend the knees while exhaling and rotate them clock wise and anti clockwise five times.
- \* Draw the right foot towards the calf and down wards keeping the feet a little above the ground and bending it up and down. Do this also with the other foot. Repeat it five times.

**Benefits:**

- \* Pain in the knees, calves, feet and fingers is eliminated
- \* Body get additional energy'

## Tādāsana (Palm Tree Posture)

Toda means palm tree or mountain. This asana teaches one to attain stability and firmness and forms the base for all the standing asana.

### Method:

- \* Stand with feet two inches apart.
- \* Interlock the fingers, and turn the wrist outwards. Now inhale, raise the arms up above your head.
- \* Raise the heels off the floor and balance on the toes as you raise your arms. Stay in this position for 10-30 seconds.
- \* Bring the heels down.
- \* Exhale, release the interlock of the fingers and bring the arms down and come back to standing posture.

### Benefits

- \* This āsana brings stability in the body, helps to clear up congestion of the spinal nerves and corrects faulty posture.
- \* Helps to increase height up to a certain age.
- \* This posture will help in developing concentration Power.
- \* It helps to remove laziness and lethargy

### Limitations

Avoid lifting the heels in case of acute cardiac problems, varicose veins and vertigo.



## Vrikshasana

Vṛkṣa means tree. The final position of this āsana resembles the shape of a tree, hence the name.

### Method

- \* Stand with feet 2 inches apart.
- \* Focus on a point in front.
- \* Exhale, hold and bend the right leg then place the foot on the inner side of the left thigh. The heel should be touching the perineum region.
- \* Inhale and extend the arms up and join the palms together for Namaskar Mudra.
- \* Stay in the position for 10 to 30 seconds and breathe normally.
- \* Exhale brings the arms down. Release the right leg and bring it to initial position.
- \* Repeat this āsana from the left side also.



**Benefits:**

- \* Helps to improve neuron-muscular coordination, balance, endurance, alertness and concentration.
- \* It tones up the leg muscles and rejuvenates the ligaments
- \* This posture will help in developing concentration among students.
- \* It improves blood circulation.

**Limitations:**

Avoid this practice in case of arthritis, vertigo and obesity