



## 9

# PRACTICES FOR MEMORY DEVELOPMENT

Now a days, anxiety, tensions and stress have become usual for all of us especially young students. The negative impact of this leads to lack of attention, concentration, and memory. To have good concentration and attention, one has to be relaxed first, this can be attained by yoga. The relaxation through yoga can improve attention, concentration, and memory. Yoga is an ancient science and way of life which includes Shitilikarana Vyayama, Breathing practices, Asanas, Pranayamas and Kriyas. It shows that yoga practice could improve the students to focus and remember.



## OBJECTIVES

After studying this lesson, you will be able to:

- perform different yoga practices
- practice breathing practices,
- perform different types of Asanas,
- define pranyama (Bhramari), and
- perform different Kriyas.



Notes

## 9.1 BREATHING PRACTICES (EXERCISE)

Breathing practices are to normalize the breathing rate, and to make the breathing uniform, continuous and rhythmic. This practice includes Hands stretch breathing, Ankle Stretch, Bhujangasana and Straight leg raise breathing. It also helps to improve memory and calms down the mind.

### I. Hands stretch breathing

Let us practice for hand stretch breathing

Sthiti: Tádásana

#### PRACTICE

- Stand erect with feet together (heels together and toes 4 to 6 inches apart) relaxed by the side of the body.
- Gently bring your hands in front of the chest.
- Interlock the fingers and place the palms on the chest.
- Collapse and relax your shoulders.
- Close your eye

There are two stages in Hand Stretch breathing.

- a. Horizontal and
- b. Vertical stages.



Fig. 9.1 Horizontal Hands Stretch Breathing

## Stage 1 : Horizontal

### PRACTICE

- While inhaling, stretch the arms straight out in front of your body so that the arms are at shoulder level.
- At the same time, twist the hands so that the palms face outwards.
- Fully stretch the arms, but do not strain.
- Now, while exhaling reverse the process and bring the palms back on to the chest.
- Collapse the shoulders again.
- This is one round. Repeat 5 times.



Fig. 9.2 Vertical Hands Stretch Breathing

Notes

## Stage II : Vertical

### PRACTICE

- Again repeat the same movements, this time stretching the arms vertically above the head.
- While moving up and down the palms close to the nose tip.
- Repeat 5 times.

### Precautions

Some important points need to be remembered, while doing this exercise:



- Collapse the shoulders at the beginning and end of each cycle.
- Exhalation should be longer than inhalation.
- Properly synchronize the breathing with hand movements.
- Maintain perfect awareness of the breathing.



Fig. 9.3 Horizontal Hands Stretch

### Benefits

- Helps in opening the lower, middle and the upper part of the chest.
- Promotes rhythmic breathing.
- Increases awareness of breathing.

### II. Ankle Stretch

Let us practice for ankle stretch

Sthiti: Tádásana

- Fix the gaze on a point 4-5 feet in front of you. Place the palms on front of your thighs.

### PRACTICE

- While inhaling, raise the hands up and stretch the ankles simultaneously.

- While exhaling, bring the heels and hands down simultaneously.
- Repeat 5 times.

### Benefits

- Increases awareness of breathing.
- Improves the capacity to focus.
- Relax and balance the body.
- Calms down the mind.



Fig. 9.4 Vertical Hands Stretch

Notes

### III. Bhujangasana

Let us practice for ankle stretch

Sthiti: Prone Posture

### PRACTICE

- Bend the arms at the elbows and place the palms beside the lower chest at the level of the last rib exerting least pressure on the palms.
- Keep the elbows close to each other and let them not spread out.



Fig. 9.5 Bhujangasana



Notes

- Inhale and come up.
- Arch the dorsal spine and neck backwards as far as you can.
- Keep the body below the navel in touch with the ground.
- Maintain the final position with normal breathing for one minute with least pressure on the palms.
- While exhaling come back to sthiti position.
- Relax in Makarásana.

### Benefits

- Strengthens the spinal muscles.
- Helps in reducing abdominal fat.

### IV. Straight Leg Raise (SLR) breathing (alternate legs)

Let us practice for Straight leg raise (SLR) breathing

Sthiti: Supine Posture

### PRACTICE

- While inhaling slowly raise the right leg without bending the knee, as far as comfortable.
- While exhaling return the leg to the floor as slowly as possible.
- Repeat the practice with the left leg.
- This is one round.
- Perform 10 times.



Fig. 9.6 Straight Leg Raise

## Precautions

Some important points to remember, while doing this exercise:

- Do not bend the knee throughout the practice.
- Do not disturb the leg lying straight on the ground in order to be able to raise the other leg further.
- Perfectly match the breathing with leg movements.
- Maintain perfect breath awareness during the practice.



## INTEXT QUESTIONS 9.1

1. What are the two stages of Hand stretch breathing?
2. Give two benefits of Bhujangasana.

## 9.2 ASANAS

First we should know what is Asanas?

Asanas can be -

Standing, Sitting, Prone and Supine which helps in flexibility of the spine in forward bending, backward bending and side bending. or in another words

Asanas are postures which are done with-

- Stability
- Ease
- Effortlessnes
- Unlimited Happiness in the final position.



Notes



Notes

## Types of Asanas

There are different types of asanas. For examples:

- Padmasana
- Ustrasana
- Yoga Mudra
- Halasana
- Vajrasana

We will discuss each asanas in details

### I. Padmasana

The name is derived from the Padma, meaning 'Lotus', and asana, meaning 'pose' or 'posture'. This is also known as Lotus Posture in English.

Let us practice for Padmasana

Sthiti: Dandásana

### PRACTICE

- Draw the right leg along the ground and bend the knee.
- Place the right foot on the left thigh near the left groin.
- In the same way bring the left foot on the right thigh near the right groin.



Fig. 9.7 Padmasana



- The soles of both feet are turned upwards with the heels almost meeting each other in front of the pelvic bones.
- Sit erect with hands on the thighs in Chin Mudrá with elbows bent.



Notes

### Benefits

- It brings stability to the mind.

## II. Ustrasana

The name is derived from the sanskrit word ustra, meaning ‘camel’, and asana, meaning ‘pose’ or ‘posture’. This is also known as Camel Pose in english.

Let us practice for Ustrasana

Sthiti: Dandasana

### PRACTICE

1. Sit in Vajrasana.
2. Stand on the knees.

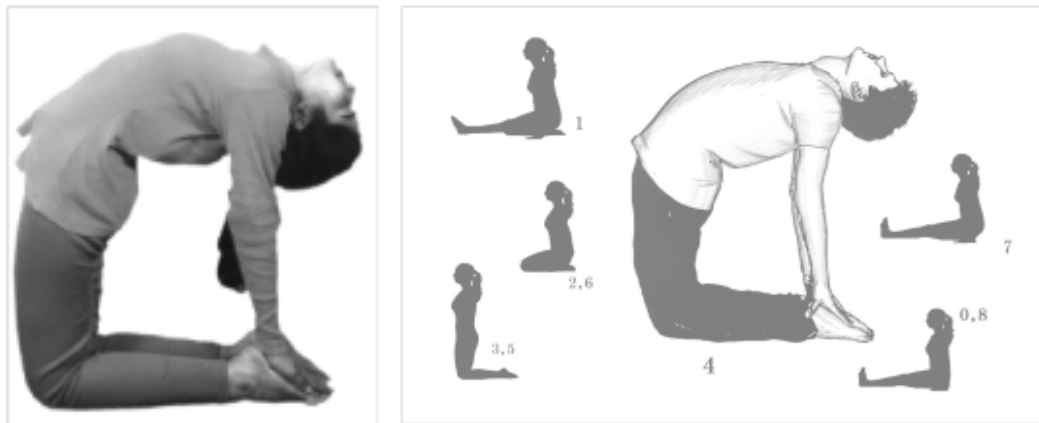


Fig. 9.8 Ustrasana



Notes

3. Place the palms on the waist with fingers pointing forwards.
4. Inhale and bend the trunk backwards and place the palms on the heels.
5. Maintain for about a minute with normal breathing.
6. Exhale while coming back to sthiti.
7. Relax in sithila Dandasana.

### Points to remember

Camel is considered to have a strong back, this pose too works on strengthening the back giving it the strong look and toning the muscles around the spine.

### Benefits

- Improves blood circulation.
- Strengthens shoulders and back muscles, thighs and arms.
- Energizes the body

## III. YOGA MUDRA

Let us practice for Yoga Mudra

Sthiti: Dandasana

### PRACTICE

- Place the right foot on the left thigh, left foot on the right thigh.



Fig. 9.9 Yoga Mudra



- Come into Padmasana.
- Take the hands behind the back, make a fist of the right hand and hold the right wrist with the left palm.
- Relax the shoulders.
- While inhaling bend backwards from the waist opening up the chest.
- While exhaling slowly bend forward from the waist bringing the forehead on to the ground in front of the knees. Collapse the shoulders.
- Maintain with normal breathing.
- Come back through the same steps.

### **Benefits**

- It helps to reduce body fat.
- It also helps for diabetic persons.

### **IV. Halasana**

Let us practice for Halasana

Sthiti: Supine Posture

### **PRACTICE**

- Inhale, raise the legs together slowly and gracefully (without bending the knees) till it forms about 45 degree to the ground.
- Continue to inhale and raise the legs further to 90 degree position and simultaneously bring the arms down placing them next to the buttocks.



Notes



Fig. 9.10 Halasana

- Exhale, raise the buttocks and the trunk without lifting the head. Support the back by the palms. Rest the elbows on the ground firmly to get better support to the back.
- Maintaining the legs parallel to the ground, straighten the trunk by pushing it up with the hands till the chin is well set in the suprasternal hollow. Inhale in this position.
- Exhale, bring down the toes further to touch the ground. Release both hands and rest the arms straight on the ground parallel to each other with palms facing the ground.
- Maintain this position for one minute with normal breathing.
- Inhale, come back slowly step by step to rest the trunk on the floor.
- Now exhale and bring down the legs to the ground.
- Relax in Savásana.

### Benefits

- Stretches the back muscles, spinal joints.
- Enhances blood flow to the neck.



## V. VAJRASANA

The name comes from the Sanskrit words vajra, a weapon whose name means ‘thunderbolt’ or ‘diamond’, and asana meaning ‘posture’ or ‘seat’.

Let us practice for Vajrasana

Sthiti: Dandasana

### PRACTICE

- Fold the right leg and bring the right heel under the right buttock.
- Sitting on the right heel, fold the left leg and bring the left heel under the left buttock.
- Sit erect comfortably with the buttocks resting on both the heels and palms resting on the thighs.

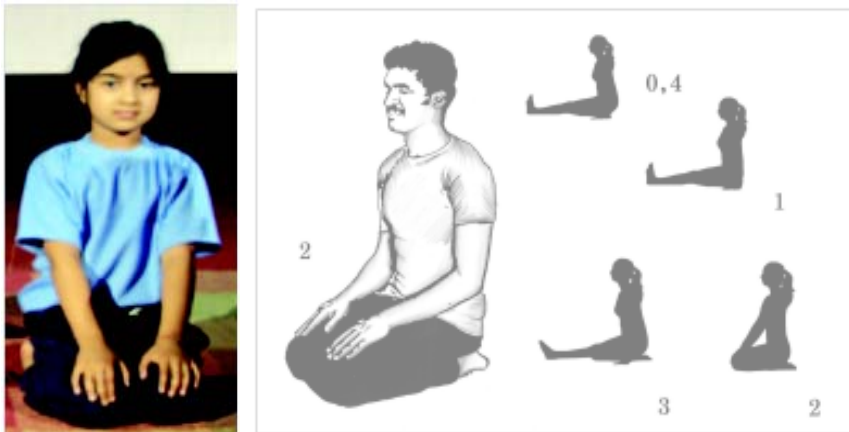


Fig. 9.11 Vajrasana

### Benefits

- It relaxes the nerves.
- Improves the blood circulation of the body.



Notes



## INTEXT QUESTIONS 9.2

1. What is the meaning of Vajrasana.
2. Write two benefits of Vajrasana.

### 9.3 PRANAYAMA

Pranayama popularly known as 'yogic breathing'. It consists of the breathing techniques which are related to the control of breath or respiratory process.

It helps to increase your concentration and attention, creates awareness, brings relaxation, reduces stress and increases lung capacity.

#### I. Bhramari

The word Bhramari is derived from bhramara which means a 'black humming bee'. The practitioner makes the sound which resembles the buzzing sound of a black bee during this pranayama, therefore it is named as Bhramari Pranayama.

Let us practice for Bhramari Pranayama

#### PRACTICE

- Come into any meditative asana.
- Assume Chin Mudrá.
- Inhale deeply.
- Exhaling, produce a low pitched sound resembling the humming of a female bee.

- Feel the vibrations in the entire head. After exhalation, bring your hands back on your knees and breathe in slowly. This completes one round.
- Repeat 10 rounds.

### Points to remember

- During the practice of Bhrámarè use 'N-kára' and not 'M-kára'.
- Touch the tongue to upper (hard) palate.
- In the beginning, 5 to 10 rounds of Bhramari is sufficient.

### Benefits

- It helps to reduce anger.
- It helps in improvement of concentration and memory.



### INTEXT QUESTIONS 9.3

1. What are the benefits of pranayama.
2. Define the word Bhramari?

### 9.4 KRIYAS

Kriya in sanskrit means 'completed action'. It is also a cleansing technique. There are six kriyas which helps to cleanse various internal organs. We will learn about Kapalabhati, which is used for cleansing frontal lobe in this lesson.

In sanskrit, Kapala means 'skull' and bhati means 'shine'. So, it helps to improve the functions of the organs located in the skull.



Notes



Notes

## I. Kapalabhati; Alternate and Both Nostril

Let us practice for Kapalabhati

Sthiti: Dandásana

- Sit in any meditative posture.
- Keep your spine and neck erect perfectly vertical to the ground.
- Close the eyes and collapse the shoulders.
- Relax the whole body completely.

### PRACTICE

- Practice rapid breathing with active and forceful exhalation and passive inhalation.
- During each exhalation, blast out the air by vigorous flapping movements of the abdomen in quick succession.
- Inhale passively by relaxing the abdominal muscles at the end of each exhalation.



Fig. 9.12 Kapalabhati : Alternate and Both Nostril





- Repeat the exhalation as quickly as possible at the rate of 60 strokes per minute.
- At the end of one minute, stop the practice.
- Now observe an automatic suspension of breath. In fact, there will be no urge for breathing for a few seconds.
- Simultaneously the mind may experience a deep state of silence. Enjoy this state of deep rest and freshness.
- Wait until the breathing comes back to normal.
- Relax totally.
- Practice the same with alternate nostrils by alternately closing the right and left nostrils in Násika mudrá.



Fig. 9.13 Dhyanasana

### Precautions

Some important points to remember, while doing Kapalabhati:

- Do not move the chest or shoulders during exhalation.
- Do not make effort to inhale.



Notes

### Benefits

- It improves digestion.
- It improves heart capacity.
- It improves blood circulation throughout the body.
- It energizes the body.



### INTEXT QUESTIONS 9.4

1. Define kapalbhati.
2. Write the two benefits of Kapalbhati?



### WHAT HAVE YOU LEARNT

- Yoga practices improve your memory.
- Breathing exercise includes Hands stretch breathing, Ankle Stretch, Bhujangasana and Straight leg raising breathing (Alternate legs).
- Asanas is Standing, Sitting, Prone and Supine which helps in flexibility of the spine in forward bending, backward bending and side bending.
- There are five types of Asanas. Padmasana, Ustrasana, Yoga Mudra, Halasana and Vajrasana.
- These asanas helps
  - in stability to the mind,
  - improves blood circulation to reduce body fat and anger

- Pranayama
  - Bhramari
- Kriyas
  - Kapalabhati: Alternate and Both nostril



## TERMINAL QUESTIONS

1. What is the meaning of Kapalabhati?
2. What are the benefits of Pranayama?
3. What is the meaning of Vajrasana?



## ANSWERS TO INTEXT QUESTIONS

### 9.1

1. Horizontal and Vertical.
2. (i) Stranthenes the spinal muscles.  
(ii) Helps in reducing abdominal fat.

### 9.2

1. The name comes from the Sanskrit words Vajra, a weapon which means 'thunderbolt' or 'diamond', and asana meaning 'posture' or 'seat'.
2. (i) It relaxes the nerves.  
(ii) Improve the blood circulation of the body.



Notes

## CLASS-V



Notes

**9.3**

1. It helps to increase your concentration and attention, creates awareness, brings relaxation, reduces stress and increases lung capacity.
2. The word Bharamari means a black humming bee and the sound resembles the buzzing of black bee.

**9.4**

1. Kapalabhati is used for cleansing frontal lobe. Kapala means 'skull' and bhati means 'shine'. It helps to improve the functions of the organs located in the skull.
2. (i) It improves digestion.  
(ii) It improves heart's capacity.