

CLASS-VII

Lesson 4 Sithilikarana Vyayama, Suksham Vyayama,
Breathing Practices and Surya Namaskara

Lesson 5 Asanas

Lesson 6 Kriya, Pranayama, Mudra and Bandh

Lesson 7 Practices of Anger Management-I



4

SHITHILIKARANA VYAYAMA, SUKSHMA VYAYAMA, BREATHING PRACTICES AND SURYA NAMASKARA

Our daily practices of Yoga starts with Shitilikarana Vyayama (loosening practices), Sukshma Vyayama (simple, gentle joint movements), Breathing practices (physical movements with breath awareness) and Surya namaskara. After these practices we move on to the next which are Asanas. These preparatory practices before Asana, helps to concentrate on loosening the joints of the body and increases the strength of all joints and muscles of the body, helps to eliminate energy blockages.

In Shitilikarana Vyayama you have learnt Jogging, Mukhadhanti, Backward and Forward bending, Twisting and Side bending. In this lesson you will learn Sit Ups, Bhunamana Stretch, Half butterfly, Full Butterfly and Bhujangasana and Parvathasaka

In Sukshma Vyayama you have learnt Ankle, Knee, Wrist, Elbow, Shoulder and Neck movements. In this lesson you will learn



Notes

Anguli Shakthi Vikasaka, Bhujabhanda Shakthi Vikasaka, Jangha Shakthi Vikasaka, Pindali Shakthi Vikasaka (Calves) and Kaponi Shakthi Vikasaka

In Breathing practices, you have learnt Hands in and Out Breathing, Hands stretch Breathing, Ankle stretch Breathing, Tiger Breathing, Dog Breathing and Rabbit Breathing. In this lesson you will learn Straight Leg Raise Breathing, Setubandhāsana Breathing, Navāsana Breathing Exercise, Bhujangāsana Breathing, Shalabhāsana Breathing, Naukāsana Breathing.

You will also learn more benefits and precautions about Surya Namaskara.



OBJECTIVES

After studying this lesson, you will be able to:

- practice Shitilikarana Vyayama, Sukshma Vyayama and Breathing Practices and
- practice Surya Namaskara its benefits and precautions to be taken.

4.1 SHITHILIKARANA VYAYAMA

Loosening exercises (Sthula Vyayama in sanskrit) are a set of practices intended to increase mobility of joints and to prepare for the practice of yoga postures. The techniques involve repetitive movements of all the joints from the toes up to the neck. The objectives are to:

- remove lethargy and tardiness in the body, and
- develop the stamina of the body.



Shitlikarana Vyayama or Sthula Vyayama helps to :

- loosen the various joints in the body,
- flex the spine, by repeatedly stretching and relaxing the different muscles,
- remove lethargy and tardiness in the body, and
- develop the stamina of the body.

Sthiti (initial) and Sithilkarana (Relaxation) postures for all Sithilkarana Vyayama

Sthiti: Initial standing posture - (Tadasana)

- Stand erect with feet close together.
- Place the hands along the thighs with fingers stretched out.
- The legs, trunk and the head are aligned in a straight line.
- Close the eyes and observe the balance.

Standing Relaxation Posture - SithilaTadasana

- Stand erect with legs about six to twelve inches apart, hands hanging freely by the side of the body with the shoulders collapsed.
- Make sure that the body is completely relaxed.
- Gently close the eyes.

Sthiti (Initial) for Sitting Posture - (Dandasana)

- Sit with both legs stretched with heels together.
- Place the palms on the floor by the side of the buttocks.
- Keep the spine, neck and head erect.
- Close the eyes.



Shithila (Relaxation) for Sitting Posture - Sithila Dandasana

- Sit with legs stretched apart and relax.
- Slightly incline the trunk backwards, supporting the body by placing the hands behind.
- Fingers point backwards.
- Let the head hang freely behind or rest on either side of the shoulder.
- Gently close the eyes.

Sthiti (Initial) for Prone Posture

- Lie down on the abdomen with legs together, toes pointing outwards, the soles of the feet facing up and chin touching the ground.
- Stretch the hands straight above the head, biceps touching the ears and palms resting on the ground.
- Gently close the eyes.

Sithila (Relaxation) for Prone Posture - Makarasana.

- Lie down on the abdomen with feet wide apart, heels touching the ground and facing each other.
- Bend both the elbows and place the right palm on the left shoulder and the left palm on the right shoulder.
- Rest the chin at the point where the forearms cross each other.
- Gently close the eyes.

Sthiti (Initial) for Supine Posture

- Lie down on the back with legs together.

- Stretch the hands straight above the head, biceps touching the ears and the palms facing the ceiling.
- Close the eyes.

Sithila (Relaxation) for Supine Posture - Savasana

- Lie supine on the ground with hands and feet apart.
- Slightly stretch the body and allow the whole body to relax completely with eyes gently closed.
- Become aware of different parts of the body starting from toes to head. Feel the spread of relaxation in all parts of the body progressively.
- With regular long practice, the relaxation will become deeper, natural and spontaneous. Then the whole body is relaxed to the extent that one forgets the body. The mind experiences alert full rest.

I. REVISION OF SHITHILIKARANA VYAYAMA

Jogging: Slow Jogging, Backward Jogging, Forward Jogging, Side Jogging



Notes

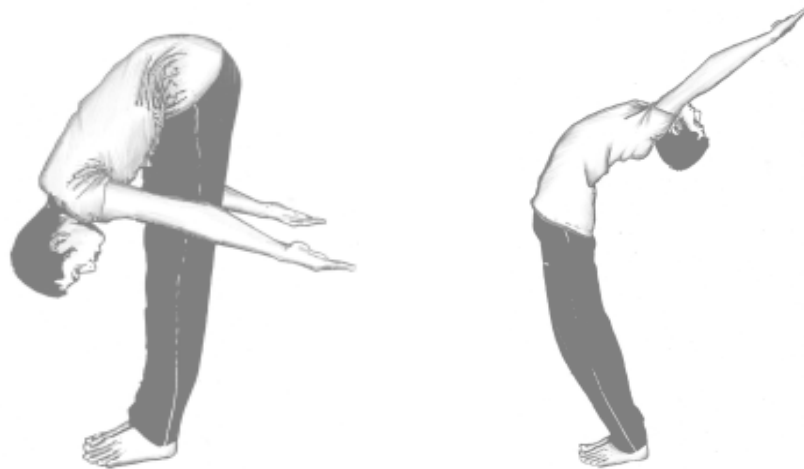


Notes

MUKHA DHAUTI



BACKWARD & FORWARD BENDING



TWISTING



SIDE BENDING



Notes

II. SOME MORE ADVANCED SHITHILIKARANA VYAYAMA

SIT UPS FROM STANDING POSITION

Sthiti: Tadasana

Practice

- While exhaling sit down, keep the hands parallel to the ground at shoulder height and palms facing down.
- While inhaling, return to Tadasana
- Repeat the same twenty rounds



BHUNAMANÄSANA STRETCH (spinal twist prostration pose)

Sthiti: Dandäsana

Practice

- Sit with the spine erect and the legs outstretched.

CLASS-VII



Notes

- Place the hands to the side of the right hip.
- Move the right hand back slightly further behind the body with the fingers pointing backward.
- Twist the trunk 90 degrees to the right, using the arms and shoulders as levers.
- Slowly bend the torso and bring the forehead to the floor.
- If possible keep both buttocks on the floor.
- Hold the final position for a short time.
- Slowly raise and return to the original position
- Repeat the movement on the other side. This completes one round.
- Practice up to 5 rounds.

It is important to note here that:

- Breathing: Inhale while facing forward.
- Retain the breath in while twisting.
- Exhale while bending.
- Retain the breath out in the final position.
- Inhale while raising the trunk.
- Exhale while re-centering the body.

HALF- BUTTERFLY

Sthiti: Dandāsana

Practice

- Sit in the base position.

- Bend the right leg and place the right foot as far up on the left thigh as possible.
- Place the right hand on top of the bent right knee.
- Hold the toes of the right foot with the left hand.

**Notes****Stage I: With breath synchronization**

- While breathing in, gently move the right knee up towards the chest.
- Breathing out, gently push the knee down and try to touch the knee to the floor. The trunk should not move. Do not force this movement in any way.
- The leg muscles should be passive, the movement being achieved by the exertion of the right arm.
- Slowly practice 10 up and down movements.

Stage 2: Without breath synchronization

- Remain in the same position with the right leg on the left thigh.
- Relax the right leg muscles as much as possible.
- Push the right knee down with the right hand and try to touch the knee to the floor.
- Do not strain.
- Let the knee spring up by it.



Notes

- The movement is achieved by use of the right arm only. Practice 30 up and down movements in quick succession. Breathing should be normal and unrelated to the practice.
- Repeat stages 1 and 2 and the unlocking procedure (see Note below) with the left leg.

It is important to note here that:

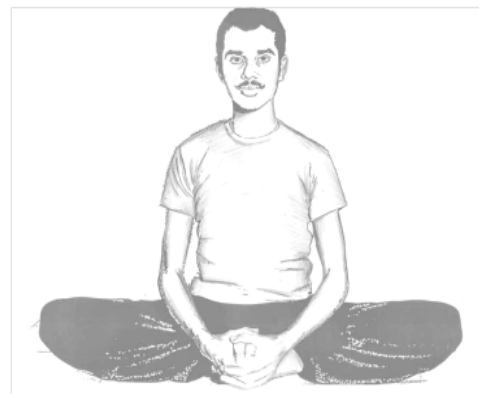
- To unlock the leg after completing stage 2, slowly and carefully straighten the leg.
- Bend it once, bringing the heel near the buttock. Straighten the leg.
- This procedure will ensure that the knee joint is realigned correctly

BUTTERFLY

Sthiti: Dandāsana

Practice

- Sit in the base position.
- Bend the knees and bring the soles of the feet together, keeping the heels as close to the body as possible.
- Fully relax the inner thigh muscles.



Stage I

- Clasp the feet with both hands.

- Gently bounce the knees up and down, using the elbows as levers to press the legs down.
- Try to touch the knees to the ground on the downward stroke.
- Do not use any force.
- Practice 30 to 50 up and down movements.

Stage 2

- Keep the soles of the feet together.
- Place the hands on the knees.
- Using the palms, gently push the knees down towards the floor, allowing them to spring up again.
- Do not force this movement.
- Repeat 20 to 30 times.
- Straighten the legs and relax.

It is important to note here that:

Breathing: Normal breathing, unrelated to the practice.

BHUJANGASANA AND PARVATHASANA

Sthiti: Prone Sthiti

Practice

- Place the palms at the level of the last rib bones. Elbows close to the body. Tuck the toes.
- Inhaling, raise the head, chest, abdomen up making the back concave and the only parts of the body touching the ground are palms and toes. This is Bhujangasana position.



Notes



- While exhaling raise the hips up bring the head down coming into inverted V pose. In this position palms and foot touch the ground. This is Parvatasana position.
- Repeat to go into Bhujangasana position with inhalation and Parvatasana position with exhalation.
- Repeat 10 times.

III. BENEFITS AND PRECAUTIONS

The Principles of Sithilikaraana Vyayama are to

- Loosen the various joints in the body, and
- Flex the spine, by repeatedly stretching and relaxing the different muscles.

Main objectives are to:

- Remove lethargy and tardiness in the body
- Develop the stamina of the body
- Discipline the body mind complex
- Loosen the various joints in the body
- Flex the spine, by repeatedly stretching and relaxing the different muscles
- Remove lethargy and tardiness in the body



- All these practices help in loosening the joints and prepare the joints to move on to Āsana practices
- Helps in burning out calories and also reduce the fat in particular parts of the body
- Develop the stamina of the body.

As you have learned earlier Sithilikarana Vyayama are physical movements that mobilize and activate different parts of the body by repetitive jerky, forceful movements

Precautions

- Perform the practices slowly with body, breath awareness along with relaxation
- Breathing should always be done through the nostrils unless instructed otherwise
- Not to hold the body tight
- Not to give jerks at any point of time
- Not to hold breathe unless it is specifically mentioned
- While inhaling and exhaling, chest is to be expanded and compressed respectively
- Perform according to one's own capacity.



INTEXT QUESTIONS 4.1

1. Initial standing posture for Shitilikarana Vyayama is
2. The benefit of Shitilikarana Vyayama is to loosen the..... in the body.



Notes

4.2 SUKSHMA VYAYAMA

Sukshma Vyayama is the system of yogic practices which loosens your joints and removes the energy blockages. This system has a strong purifying effect on body energy of a human.

Yogic Sukshma Vyayamas (loosening and strengthening practices) are safe, rhythmic, repetitive stretching movements synchronized with breathing. These practices mobilize the joints and strengthen the joints and muscles.

The simple, gentle joint movements are very useful to improve blood supply towards the parts of joints like cartilage, ligaments etc. Especially those joint movements are very much significant if performed early morning. It also helps to drain some toxic materials in the interstitial spaces related to joint. The most important and beautiful facet of yogic Sukshma Vyayama is that every body part such as every muscle, joint and organ is taken into consideration.

The main features or components of Sukshma Vyayama are

- Breathe awareness
- Concentrating on the specific joints
- Synchronization of inhalation and exhalation with the movement of the joints

The sequence of Sukshma Vyayama is from head to the toe starting from the neck

- The neck
- The shoulders
- The trunk
- The knees and ankles



Notes

I. REVISION OF BASIC SUKSHMA VYAYAMA

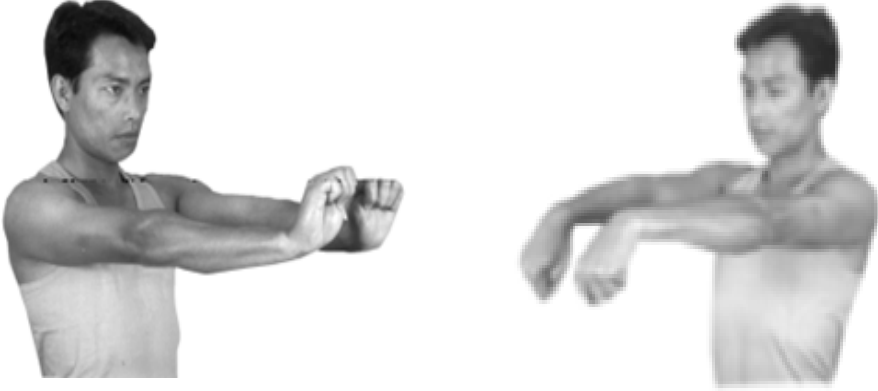
Ankle Bending and Rotation



Knee bending and Rotation



WRIST RATION





Notes

ELBOW BENDING

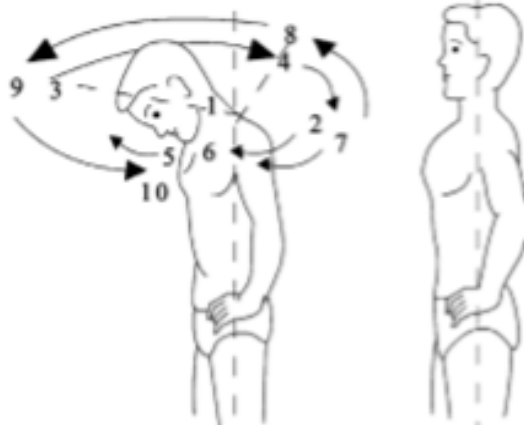


SHOULDER ROTATION



NECK MOVEMENT





Notes

II. SOME MORE ADVANCE SUKSHMA VYAYAMA

• ANGULI SHAKTI VIKASAKA

Sthiti: Tádásana

Practice

- With exhalation, throw out your arms in front, keeping them parallel to the ground at shoulder level.
- Simultaneously give the fingers of both arms the shape of the hood of a cobra. Now, stiffen the entire length of the arms from the shoulder joints to the finger tips as much as you can so that they start trembling.
- Inhaling bring the palms to chest.
- Repeat 10 times.



It is important to note here that :

- Tighten the arms until they start trembling.



BHUJABHANDA SHAKTI VIKASAKA

Sthiti: Tádásana

Practice

- Make fists of your hands with the thumbs tucked in
- Bend the elbows and raise the forearms till they are parallel to the ground (forming 90 degree with the upper arm), and the fists facing each other
- Now, push both the right arm forwards forcefully and vigorously to the level of the shoulder with exhalation
- Then, pull it back to the starting position with inhalation



- Repeat 10 times
- Repeat with left hand. Repeat for 10 times
- Repeat the same thing with both hands together
- Repeat twenty times

It is important to note here that :

- When pushed forward, the arms should be parallel to the ground and palms facing up
- When pulled back, the elbows must not go back beyond the body (i.e., the starting position)

JANGHA SHAKTHI VIKASAKA

Sthiti: Tádásana

- Stretch out the arms straight in front at shoulder height, palms facing downwards
- While inhaling bend your knees gradually till your thighs come parallel to the ground
- Hold the breath and maintain this position
- Come up while exhaling.
- Repeat 5 times.



Notes

It is important to note here that :

- The knees must be together throughout the practice
- You must not raise the heels or toes from the ground at any time during the practice
- If you find it difficult to hold the breath, you can do it with normal breathing initially for a few days
- Keep the arms parallel to the ground all through
- Keep the back, neck and head as erect as possible

PINDALI SHAKTHI VIKASAKA (CALVES)

Sthiti: Tádásana

Practice

- Clench the fists and stretch your arms forward at shoulder height



- While inhaling, squat and go down as far as you can
- Holding your breath, stand up while your arms describe one full circle in the style of rowing a boat
- On completion of the circle, the arms should be held before the chest, fists touching each other
- Then exhale sharply while pulling the arms slightly backward and expanding the chest
- Repeat ten times



It is important to note here that :

- Maintain balance of the body throughout the practice
- The knees should remain close to each other all through
- The feet should remain on the ground all through

KAPONI SHAKTHI VIKASAKA

Sthiti: Tádásana

Practice

- Stretch the arms straight down beside the body, palms facing upward
- Inhale, bend the arms at the elbows
- Exhaling, stretch them straight
- Repeat twenty times





It is important to note here that :

- The upper arms should remain stationary
- The fists must come up to the level of the shoulders but should not touch the shoulders and then down straight
- The fists must, not touch the thighs when they come down

III. BENEFITS AND PRECAUTIONS

Benefits

- Removes blocks and tightness in muscles, strengthens them
- Increases body mobility and makes it flexible
- Develops coordination and equilibrium
- Improves blood circulation

Precautions

- After every two or three movements, sit quietly in leg stretch position with the eyes closed
- Be aware of your breath and of the parts of the body that have been moved
- Also be aware of the thoughts and the feelings that come into the mind
- After a minute or so continue the practice
- Shavasana can be practiced, if rest is required



INTEXT QUESTIONS 4.2

1. The main features of Sukshma Vyayamaa are and
2. Initial standing posture for Bhujabhanda Shakti Vikasaka is



Notes

4.3 BREATHING PRACTICE

Breathing exercises are systematic practices which includes physical movements with breath awareness. This practice helps to loosen your joints and prepare you for further yogic practices.

- (i) Lay emphasize on the movement of hands, legs, abdominal or chest muscles as needed in each exercise.
- (ii) Use "in and out" instructions in the mind (or that of teacher) for inhalation and exhalation.
- (iii) Synchronize breathing with corresponding movements. Check and correct.
- (iv) Feel the movement of air filling and emptying the lungs. Develop attentiveness on breathing.

GUIDELINES FOR PERFORMING BREATHING PRACTICES IN STANDING POSTURE

Starting position or Sthiti: Tadasana

Tadasana or Mountain pose is the basic standing pose

- Now start by standing straight and keeping both your feet together
- Slowly raise your hands slightly with your palms facing your thighs
- Keep your both the feet's firmly together
- Expand your chest and head steady

Relaxations pose for standing Posture: Shithila Tadasana

After completing any standing exercise or asana a relaxation pose called Shithila Tadasana should be taken

- Stand straight and keep your legs apart freely
- Let your hands hang free and relax your body with normal breathing
- Keep your eyes closed and observe the changes in your body

GUIDELINES FOR PERFORMING BREATHING PRACTICES IN SITTING POSTURE

Starting position or Sthiti for Sitting Posture: Dandasana)

- Sit with both legs stretched with heels together
- Place the palms on the floor by the side of the buttocks
- Keep the spine, neck and head erect
- Close the eyes

Shithila (Relaxation) for sitting posture: Shithila Dandasana

- Sit with legs stretched apart and relax.
- Slightly incline the trunk backwards, supporting the body by placing the hands behind.
- Fingers point backwards.
- Let the head hang freely behind or rest on either side of the shoulder.
- Gently close the eyes.



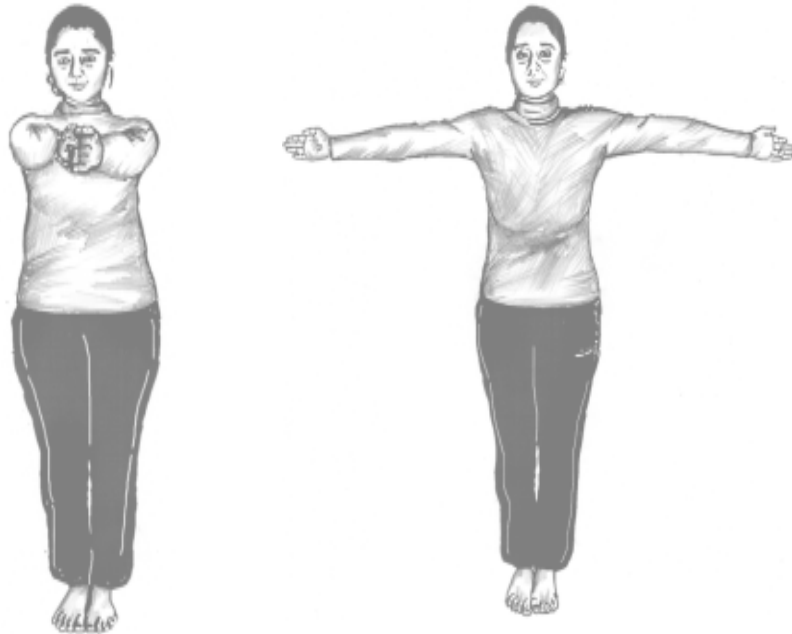
Notes



Notes

I. REVISION OF BASIC BREATHING PRACTICES

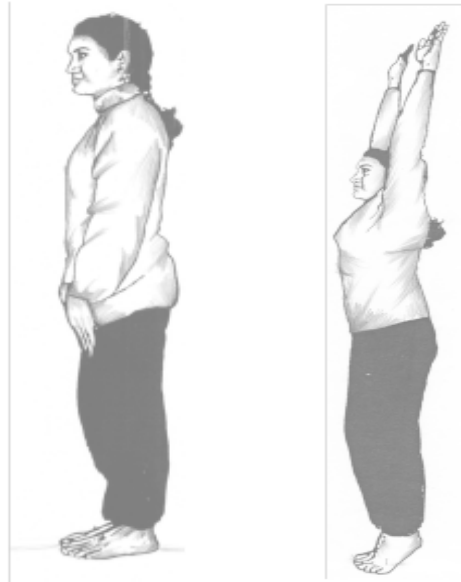
HANDS IN AND OUT BREATHING:



HANDS STRETCH BREATHING

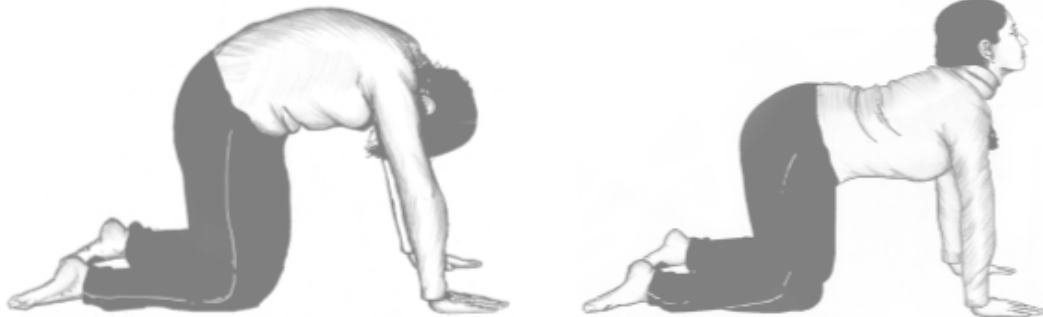


ANKLES STRETCH BREATHING



Notes

TIGER BREATHING



DOG BREATHING





Notes

RABBIT BREATHING



II. SOME MORE ADVANCE BREATHING PRACTICES STRAIGHT LEG RAISE BREATHING

Stage I: Alternate legs

Sthiti: Supine Posture

Practice

- While inhaling slowly raise the right leg without bending the knee, as far as comfortable (up to 90 degree if possible)
- 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 rounds



It is important to note here that :

- If you need, you can keep the arms by the side of your body with the palms facing the floor at any convenient position or at shoulder level



- 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
- Even if you can, do not raise the leg beyond 90 degree
- Perfectly synchronize the breathing with leg movements
- Maintain perfect breath awareness during the practice

Stage II: Both legs

Sthiti: Supine Posture

Practice

- As you get stronger, you can do the leg raising exercise with both legs. Avoid this exercise if you have low back pain
- Lie on the back with the legs together, hands stretched out over the head, biceps touching the ears and palms facing the ceiling
- While inhaling slowly raise both the legs without bending at the knees, as far as comfortable (up to 90 degree, if possible)
- While exhaling return the legs to the floor as slowly as possible.
- Perform 5 rounds.



It is important to note here that :

- In case of both legs, as you exhale and bring down the legs,



Notes

there will be a tendency for them to fall down too rapidly as they come close to the floor. So use strength and have control over the movement.

SETUBANDHÁSANA BREATHING

Sthiti: Supine

Fold both the legs, placing the heels on the ground near to the buttocks.

Practice

- While inhaling raise the buttocks and the trunk up as far as you can
- While exhaling slowly lower them down to the floor
- This is one round. Repeat five rounds.



It is important to note here that :

- Let hands and the feet be firmly placed on the ground throughout the practice
- Feel the stretch in the lumbar region while going up and release of the stretch while coming down
- Synchronize breathing with your movement

NAVÁSANA BREATHING EXERCISE

Sthiti: Supine

Practice

- Bring the hands by the side of the body

- Inhale deeply and raise the legs, head and trunk off the ground
- Keep the legs at an angle of about 30 degree to 35 degree



- from the floor and the top of the head in line with the toes. Simultaneously, raise the hands at the shoulder height parallel to the ground
- Look towards the toes
- Exhale slowly and lower the legs, head and trunk
- Repeat the practice ten times
- Relax in Shavāsana.

It is important to note here that :

- In the final position the balance of the body rests on the buttocks and no part of the spine should touch the floor
- Do not hold the breath during this practice

BHUJANGÁSANA BREATHING**Sthiti: Prone****Practice**

- While inhaling raise the head and trunk up to the navel with minimum support of the palms
- While exhaling slowly bring the trunk and head back to starting position
- This is one round. Repeat ten rounds

**Notes**



Notes

It is important to note here that :

- If possible, keep the hands at the back with the fingers interlocked. But you must not exert yourself
- Synchronize movements and breathing eyes closed

SHALABHÁSANA BREATHING

Starting Position: Prone

- Lie down on your abdomen, legs together, hands stretched out over the head and chin touching the floor.
- Make fists of your hands with thumbs tucked in and place them underneath the thighs.



Practice

- While inhaling, this time raise both legs together as far as you can
- While exhaling bring them back on to the floor slowly
- This is one round.
- Practice ten rounds.



It is important to note here that :

- Take firm support of your fists while raising one leg or both legs



- Accordingly, place the fists so that you can take maximum support
- Do not bend the knees at all
- In case of ArdhaShalabhásana, the leg on the floor should be relaxed and straight
- Do not strain or exert yourself
- Eyes closed, synchronize movements with breathing

NAUKÁSANA Breathing

Sthiti: Prone

Practice

- Inhale and simultaneously raise the trunk, head, the stretched out arms and legs off the ground, keeping the legs and the arms straight
- The body is supported on the abdomen only. This position looks like a boat
- Exhale and return to Sthiti
- This completes one round. Continue ten rounds



III. BENEFITS AND PRECAUTIONS

Breathing practices are

- Which brings breath awareness
- Which helps in normalizing the breath rate and to make the breathing uniform, continuous and rhythmic
- Increases the lung capacity



Precautions

- Practice the exercises stepwise
- Count the steps slowly and perform the same with attention
- Check the performance of each step before increasing the speed
- Learn to synchronize each step in a group
- Increase the number of repetitions depending on your capacity

4.4 SURYA NAMASKAR

Surya means 'Sun' and Namaskara means 'Salutation'. It is basically saluting the Sun through postures. Surya Namaskara is a series of 12 physical postures. These postures stretch various muscles and spinal column and give flexibility to the whole body. This is usually done both at sunrise and sunset, facing the Sun, after chanting the following verse:

"Hiranmayena Pátrena satyasyápihitam Mukham
tat tvam Püshan Apávrnou satya Dharmáya Drúshtaye"

Meaning

Like a lid to a vessel, O Sun, your golden orb covers the entrance to Truth. Kindly open the entrance, to lead me to truth. Imagine the beautiful raising sun.

There are 12 steps or counts. Each stage of Süryanamaskár is accompanied by regulation of breath. Each round of Süryanamaskára is done after the utterance of 'Omkár' with the appropriate 'Beeja mantra', along with the corresponding name of Sun god in the following sequence:



- Om HráM Mitráya Namah
Om Hrim Ravaye Namah
Om Hrüm Süryáya Namah
Om Hraim Bhánave Namah
Om Hroum Khagáya Namah
Om Hrah Püshne Namah
Om HráM Hiraiyagarbháya Namah
Om Hrèm Maricaye Namah
Om Hrüm Ádityáya Namah
Om Hraim Savitre Namah
Om Hroum Arkáya Namah
Om Hrah Bháskaráya Namah

I. TWELVE STEPPED SURYANAMASKÁRA

Sthiti: Tádásana

Namaskara Mudra

- Stand erect with legs together. Bring the palms together to namaskára mudrá



CLASS-VII



Notes

Step 1: HASTHA UTTHANASANA

- Take the hands above the head while inhaling and bend the trunk backwards



Step 2: PADAHASTASANA

- Bend the body forward while exhaling. Touch the forehead to the knees
- Keep the palms on the floor on either side of the feet



Step 3: ASHWA SANCHALANASANA (Galoping like Horse)

- In this step breathe in and kick the right leg back
- Push the buttock forward and downward so that the left leg is perpendicular to the ground
- Look up

**Notes****Step 4: CHATURANGA DANDASANA**

- In this step, exhale and take the left leg also back, resting only on palms and toes
- Keep the body straight from head to toes inclined to the ground
- Take care to keep the neck in line with the back
- This pose strengthens the arms and wrists

**Step 5: SHASHANKASANA**

- Rest the knees on the ground, pull in the stomach and abdomen and sit back resting the buttocks resting on the heels
- Then relax the shoulders, neck and head. Make an attempt to rest the forehead on the ground without altering the position of the palms and toes
- Exhale as you rest the forehead on the floor
- Then relax in normal breathing





Notes

Step 6: ASHTANGA NAMASKARA

- While inhaling, bend the legs at the knees and rest them on the floor with buttocks resting on the heels without altering the position of the palms and toes
- Exhale as you rest the forehead on the floor
- Then relax in normal breathing
- While exhaling without shifting the positions of hands and toes, glide the body forward and rest the forehead, chest, hands, knees and toes on the ground. Raise the buttock off the ground.



Step 7: BHUJANGASANA

- Inhale, raise the head and trunk making the spine concave upwards without lifting the position of the hands and feet
- Arch the back as far as you can until the elbows are straight
- Keep the knees off the ground



Step 8: PARVATASANA

- While exhaling, raise the buttocks, push the head down, push the body back until the heels touch the ground without shifting the position of hands and feet



Step 9: SHASHANKASANA

- Without altering the position of the palm and toes bend the legs at the knees and rest them on the mat
- Rest the buttocks on the inside surface of the feet with heels touching the sides of the hips
- Rest the forehead on the mat
- Breathing: Inhale and Exhale.



Notes

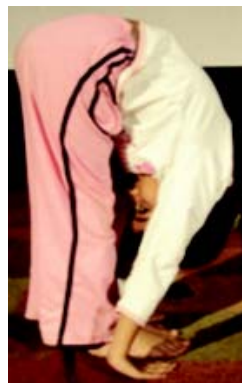
Step 10: ASHWA SANCHALANASANA

- Inhale and bring the right leg in between the two hands
- Arch the back concave upwards as in step 3 until the right leg is perpendicular to the ground



Step 11: PADAHASTASANA

- Exhale and bring the left foot forward next to the right foot and reach down with your upper body to touch the forehead to the knees as in step 2





Notes

Step 12: HASTHA UTTHANASANA

- While inhaling, come up bend back with hands above the head. Come back to sthiti
- This completes one round of Surya Namaskara. Repeat 3 rounds
- Close your eyes and relax and feel the effulgence of the sun entering the body
- To enhance the relaxation, chant 'Om' and feel the vibrations



II. BENEFITS AND PRECAUTIONS

- Suryanamaskara when done by facing our body towards the morning, rising sun helps our body to observe the vitamin D from the rays, strengthens our bones and also helps for clear vision
- Suryanamaskara improves the flexibility of body muscles, especially leg, back, chest and buttock muscles. It is found that by practicing Suryanamaskara regularly can significantly increase hand grip, strength and endurance
- Obese person can significantly reduce their weight with the help of Surya namaskara.
- Suryanamaskara combines Yogasanas and Pranayama. It comes in between Sithilikara? a Vyayama and Yogasanas.
- It strengthens the back and helps balance the metabolism. It stimulates and balances all the systems of the body, including the reproductive, circulatory, respiratory and digestive systems.

- Its influence on the endocrine glands helps to balance the transition period between childhood and adolescence in growing children.
- Synchronizing the breath with the physical movements of Suryanamaskara ensures that the practitioner, at least for a few minutes daily, breathes as deeply and rhythmically as possible, increasing mental clarity by bringing fresh, oxygenated blood to the brain.

**Notes****Precautions**

- Do not practice beyond your capacity.
- The practice of Suryanamaskara should be immediately discontinued if a fever, acute inflammation, boils or rashes occur due to excess toxins in the body.

**INTEXT QUESTIONS 4.3**

1. Surya Namaskara is a series of physical postures.
2. Surya Namaskara combines and

**WHAT HAVE YOU LEARNT**

In this lesson you revised and practiced Shitilikarana Vyayama, Sukshma Vyayama, and Breathing Practices and revised Surya Namaskara with its benefits and precautions.

In Shitilikarana Vyayama you have learnt Sit ups, Bhunamana Stretch, Half butterfly, full butterfly and Bhujangasana and Parvathasaka

In Sukshma Vyayama you have learnt Anguli Shakthi Vikasaka, Bhujabhanda Shakthi Vikasaka, Jangha Shakthi Vikasaka, Pindali Shakthi Vikasaka (Calves) and Kaponi Shakthi Vikasaka



Notes

In Breathing practices, you have Straight Leg Raise Breathing, Setubandhāsana Breathing, Navāsana Breathing Exercise, Bhujangāsana Breathing, Shalabhāsana Breathing, Naukāsana Breathing.

You will also learn more benefits and precautions about Surya Namaskara.



TERMINAL QUESTIONS

1. What is the Initial sthiti and Relaxation sthiti for Sithilikarana Vyayama?
2. How does Suryanamaskara benefit us?
3. What are the benefits of Sukshma Vyayama?
4. What are the benefits of Breathing Practices?



ANSWERS TO INTEXT QUESTIONS

4.1

1. Tadasana
2. Various joints

4.2

1. Breathing awareness and concentration on the specific joints
2. Tadasana

4.3

1. 12
2. Yogasanas and Pranayama