

YOGIC PRACTICES FOR HEALTHY LIVING





Ardha Cakrāsana

Helps to improve concentration, strengthens leg muscles and alleviates the rheumatic pain



postural disorders



Helpful in obesity, constipation, dyspepsia and



Kati Cakrāsana Reduces back and neck pain & helps

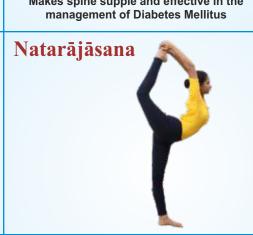
to tone waist muscles



Makes spine supple and effective in the



Tones the muscles of the heart. Helps to improve digestion and reduce the fat on the waist and hips



Helps to improve concentration. Bring balance between body and mind. Prevent calcium to form around the shoulders

षटुकर्मणा शोधनं च आसनेन भवेददुढम्। मुद्रया स्थिरता चैव प्रत्याहारेण धीरता।। प्राणायामाल्लाघवं च ध्यानात्प्रत्यक्षमात्मनः। समाधिना निर्लिप्तं च मुक्तिरेव न संशयः।। ॥घे.सं 1.10,11॥ The Şaţkarma purify the body; Āsana strengthen (it); Mudrā brings about steadiness; Pratyahāra results in calmness; Prāṇāyāma leads to lightness; Dhyāna gives realization of the Self and Samādhi leads to isolation which is verily liberation.



Helps to increase flexibility of spine, good

in the management of back pain

Induces mental calmness and tranquility. Helps to improve digestion

Helps to reduce stress and anger. Relieves

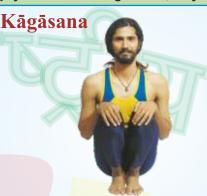
constinution, back pain and tones up reproductive organs



Good for strengthening the pelvic floor muscles



Good for Meditation. Helps in the management of sciatica and sacral infections



Useful posture for Satkarma. Good for relieving constipation



Helps to relieve anger and tension, thereby induces tranquility

Paścimottanāsana



improves flexibility of spine and helps to keep the body supple

Supta Vajrāsana



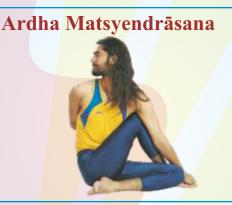


Effectively helps to manage Cervical Spondylosis, Diabetes Mellitus and Respiratory disorders

Śalabhāsana



Very good in the management of Br, Asthma and Cervical Spondylosis



Strengthen the spine; beneficial for adrenal glands, liver and spleen; helps in management of diabetes and obesity



Strengthens the abdominal muscles. Good in the managment of obesity and skin diseases



Strengthens the abdominal muscles; useful in high BP and sciatica pain



Setubandhāsana

Strengthens the lower back and pelvic organs and helps to relieve backache



Strengthens the lower back and pelvic muscles & organs and help to relieve neck & backache



Good for weight management and prevent respiratory diseases



Helps to improve digestion and eliminate constipation

Matsyāsana



Helps in balancing naval centre and improve digestion

Śavāsana



and hypertension



lelps in relieving eye or ear ailments, migraine, and stress related headaches. Beneficial in menstrual disorders



helpful in treatment of Hernia, Piles, Uterine prolapses



Halāsana

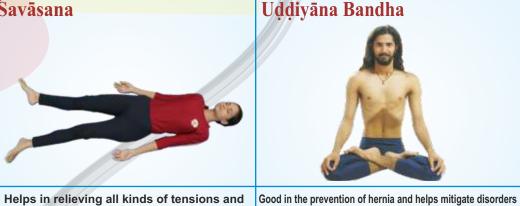
Makes spine flexible and improves the functions of Thyroid Glands



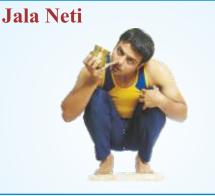
Effective in throat disorders, helpful in Asthma, Uterine problems and relieve back pain



gives complete rest to both body and mind



related to digestive system and prevents cardiac disorders



Beneficial in overcoming Nasal Allergies and helps improve respiration



Helps overcome migraine and improve eyesight



respiratory diseases



Helps maintain positive health and improve vitality and longevity



Helps bring mental calmness and good in the management of stress



Bring quietness and peace to mind. Helps overcome anger, passion and fear

वपुःकुशत्वं वदने प्रसन्नता नादस्फूटत्वं नयने सुनिर्मले। अरोगता बिन्दुजयोऽग्निदीपनं नाडीविशुद्धिईठसिद्धि लक्षणम्।। ।। ह. प्र. ॥.७८॥ Slim body, smiling face, clarity of voice, brightness in eyes, freedom from disease, control over semen, proper digestion and purification of the Nāḍi are the indicators of success in Haṭha Yoga



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