

Yoga Program

The order of teaching method

3 Steps before starting

1. Prayer or Meditation or Relaxation (2 min)
2. Take 5 or 7 deep breaths
3. Nasiga Mudra – Breathing through one nostril (5 or 7 x)

12 Steps in Yoga

1. Joint Rotation or Subtle Yoga
2. Kabal Phati
3. Breathing Exercise (5 steps)
4. Surya Namaskar or Sun Salutation
5. Bastrika Prana Yama (breathing exercise)
6. Belly Exercise (3 steps) or Manduya Kriya)
7. Lying on the belly postures
8. Lying on the back postures
9. Sitting Yoga postures
10. Standing postures
11. Nadi Sudhi Prana Yama (72000 nadis = vessel cleaning)
12. Meditation

Restriction of Yoga Practice

1. All the Yoga postures and Prana Yamas should be practiced on empty stomach
2. Don't practice yoga during menstruation period
3. If you practice yoga in the evening you should do min. 4 hours after lunch
4. After practicing yoga for 30 min don't eat or drink anything
5. In the morning if you want to drink tea, coffee or water after 30 min you can practice yoga.
6. For yoga practice wear loose clothing.
7. When practicing yoga don't think about the outside world. Concentrate on your breath and body.

3 Steps before starting

(sit in comfortable pose, cross-legged)

1. two minutes prayer or relaxation
2. take a deep breath - 5 x / 7 x
3. **Nasiga Mudra** (nose symbol) - 10 x / 7 x
Breath with one nostril then change to other nostril



- middle finger → down
- index finger → down
- thumb, ring finger, little finger → up

First Step in Yoga

Joint Rotation (Subtle Yoga)

5 x each side

stretch legs, hands on the side

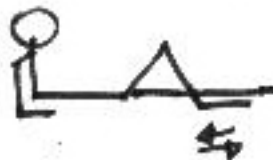
(after 3 days teach breathing techniques)

- stretch your **toes** (up and down)



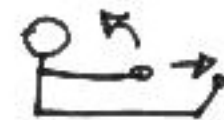
- then **ankle** (up and down)
then ankle rotation (change direction)

- then bend your **knee** (right then left)



the hip:

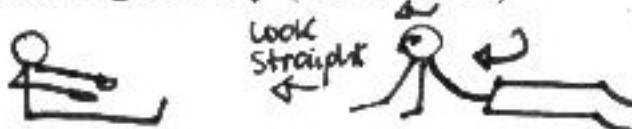
- stretch your arms out lift your arms up to your head – breath in
- move your hands to touch your toes – breath out



spinal posture:

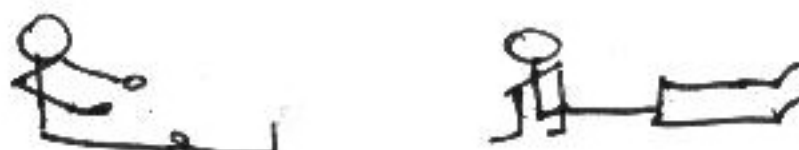
1st Part

- move both arms to your side
- twist the hip to the maximum
- position hand next to your hip and further in the front in line with your legs and hip
- look straight away (rotate head)



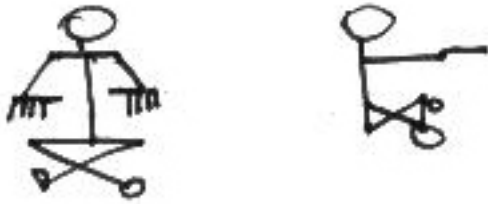
2nd Part of spinal posture

- touch the ground with your forehead



Comfortable pose (Sukhasan)

- Stretch your hands out straight
- Keep a gap between fingers
- Stretch fingers like a stick, strong, maximum strength – breath in
- Make a fist – breath out



Wrist rotation:

- Up rotation – breath in
- Down rotation – breath out
- Both hands simultaneously

Elbow bending:

- Stretch elbows – breath in
- Touch your shoulders – breath out



Shoulder rotation:

- Keep your hands on shoulder
- Rotate both shoulders / arms
- Both sides, both directions 5 x each



Upper part of lungs:

- Keep both hands on your shoulders
- Move elbows upwards next to head / lift elbows – breath in
- Move elbows down – breath out



Middle part of lungs:

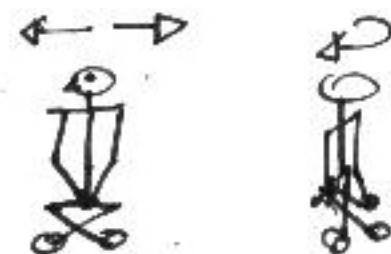
- Join your hands together
- Fold both hands in front of chest and make fist – breath out
- Slowly move hands out to your sides – breath in



Neck:

Part 1 (3 x)

- Slowly rotate head to the right – breath out
- Slowly rotate head to the middle – breath in
- Slowly rotate head to the left – breath out



Part 2

- Look up – breath in
- Look down – breath out



Part 3 (very slowly)

- Neck rotation up - Breath in
- Down - breath out
- Try to touch your chest with chin



Lower part of lungs

- Lie down, stretch your arms - breath in
- Try to touch your toes - breath out.



Dead Body Pose (Sava Asan, Yoga Nidra or Sleep)

After joint rotation you can relax in this pose.

- Legs should be apart
- Hands facing up
- Arms away from body freely
- You can close your eyes
- 5 min rest



Joint rotation finished.

Getting up after resting

- Stretch right hand up above head
- Move left hand and leg to the right side and push upwards



Sheetali Pranayama (coolness, breathing for hot climate)

- In comfortable / diamond pose
- Roll your tongue sideways
- Breath in - through rolled tongue
- Breath out - through nose
- Close your eyes

U
tounge-shape

Second Step in Yoga

Kabal Phati (skull cleaning)
(first 2 – 3 days lying down)

- lie down
- make fist
- concentrate on navel part
- naturally breath in
- forcefully breath out (close mouth)
- close your eyes
- 3 x as long as you can, depending on power of lungs
- take a rest between each round

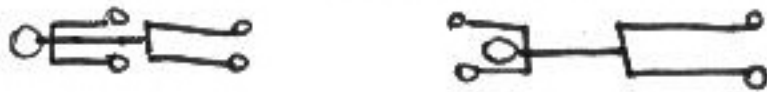
Third Step in Yoga

Breathing exercises (Swasana Kriya)

10 x each exercise, 2 min rest after each step
(3 days later teach in comfortable sitting position)

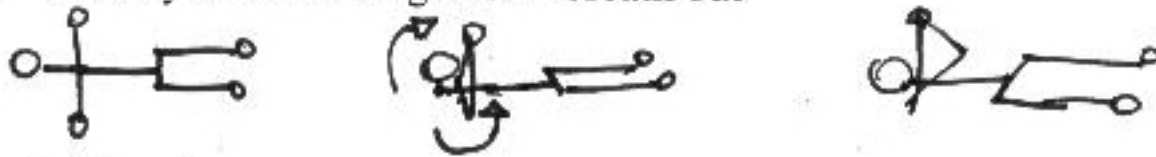
1st part

- lie down straight, arms next to you - breath in
- slowly lift both arms up simultaneously above your head and touch the ground - breath out
- bring back your hands to touch the ground next to your hips – breath in



2nd part

- Keep your hands at shoulder level and stretch out – breath in
- Move your hands together – breath out



3rd and 4th part

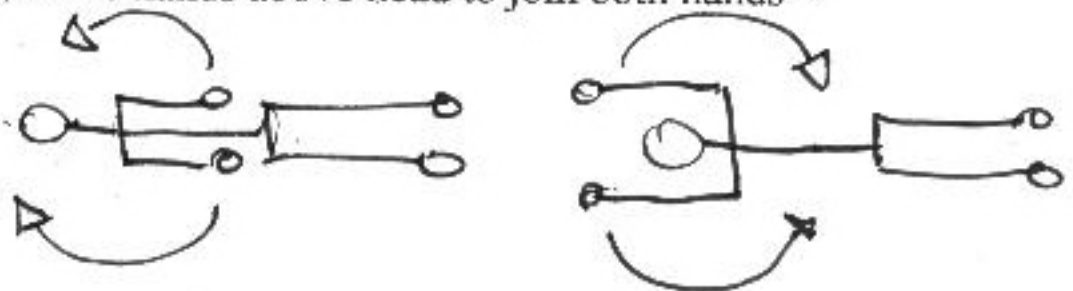
- Corner to Corner
- Make a fist
- Join fist together – breath out
- Move apart – breath in
- Then change sides



5th part

- lie down in straight line with arms touching your hips – breath out
- make a circle around your head, move hands above head to join both hands – breath in

Take rest! **Dead body pose**

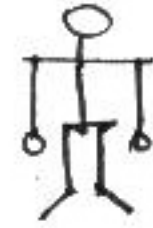


Fourth Step in Yoga

Sun Salutation (Surya Namaskar)

1st part

- Stand straight
- Arms touch thighs
- Heals together
- Short distance between toes (V-shape)



2nd part

- arms up shoulder level – breath in



3rd part

- put hands together (Like praying) – breath out



1st position

- breath in - move hands above your head
- stretch backwards, maximum stretch



2nd position

- try to touch forehead on your knees
- place hands next to feet (side)



3rd position

- breath in – stretch one leg backwards
- one foot can stay in the middle between shoulders
- look up and stretch your spine



4th position

- breath out – stretch both legs standing on toes
- body's full weight on toes and both hands
- look straight
- whole body flat and straight like a slope (stick)



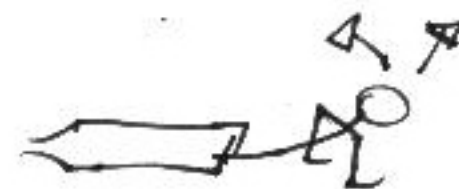
5th position

- breath out – knees, chest, chin touch the ground



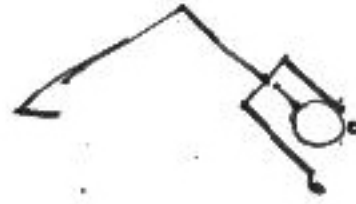
6th position

- breath in – maximum bend backwards
- head bent backwards
- look up
- spine stretch backwards
- legs stretch
- toes touch on both feet



7th position

- breath out – V-shape
- keep legs and arms straight



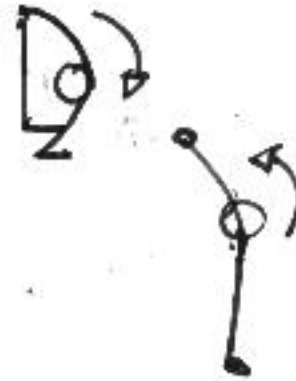
8th position

- breath in – same as third position



9th position

- breath out – same as second position



10th position

- breath in – same as first position

Fifth Step in Yoga

Bastrika Prana Yama (breathing exercise)

for purification of body, toxins

3 rounds, 12 x each, 30 sec. rest after each)

during rest: keep palms open showing up, don't open eyes

- sit in diamond pose (toes together, sit on your heels)
- make fist
- forcefully breath in through nostrils only)
- lift your hands forcefully up
- open your fist at same time

- breath out forcefully
- pull hands down, make fist

- 30 sec rest – keep hands on your knees
- eyes shut
- concentrate on energy flow through-out your body

- after completion of 3rd round – keep eyes shut
- slowly lie down in dead body pose as long as required



wait until everybody is ready – yoga is for relaxation, not stress

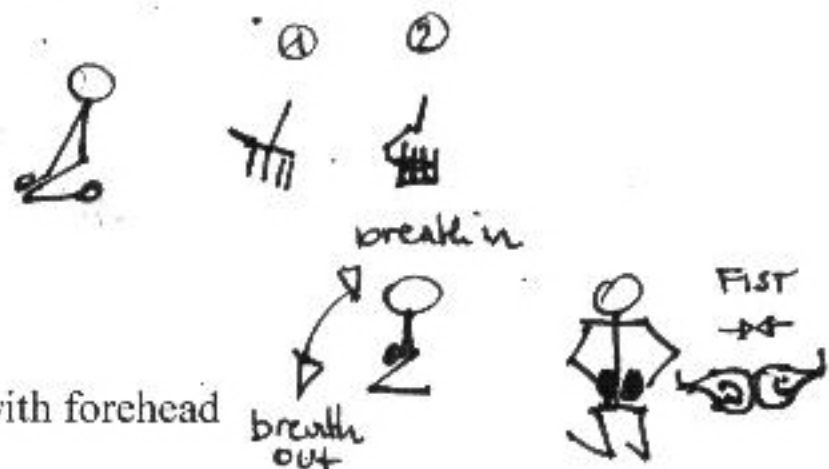
Sixth Step in Yoga

Belly exercise - Manduga Krya (3 stages)

Pressing stomach, stimulation of internal organs and digestion, menstruation problems, diabetes

1st part

- In diamond pose
- Make a fist (thumb inside)
- Put fists on your thighs, close to belly
- Fist is under belly button
- Fist touches other fist
- Breath out – move head to the floor and touch with forehead
- Press stomach in
- 5 x daily



2nd part

- same position (diamond pose)
- make fist (thumb outside)
- fist on both hands
- put fist on top of thighs
- not touching each other, one on each thigh
- next to belly button
- breath out - touch forehead on ground
- breath in – look up
- 5 x



3rd part

- put hands above navel
- on top of each other
- breath out – try to touch the ground with your forehead
- breath in – come back up and look straight



Seventh Step in Yoga

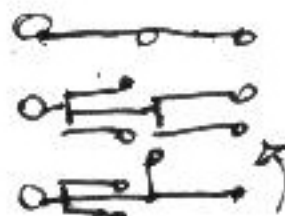
Preliminary / Preparatory Asanas – lying on your back

Take rest after each pose

lying on your back – Merudendasan (No 11) – 3 stages

1st part

- move each leg 90 degrees up 5 x



2nd part

- breath in - lift each leg 60 degrees
- try to look at toes



- hold leg up as long as you can – take normal breath
- breath out – put leg down
- 3 x each leg

3rd part

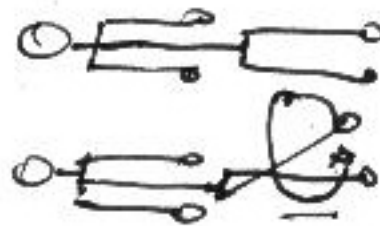
- both legs together at heel
- breath in – up
- breath out – down



4 – 7 part for flexibility of hip

4th part

- leg rotation at hip
- touch heel on floor
- try to make a big circle
- breath in – leg up
- breath out – leg down
- then same leg other directions
- then other leg
- then rest



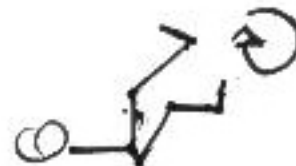
5th part

- after rest both legs together
- make a big circle
- touch with heel the floor



6th part

- cycling
- big rounds
- touch toes on floor
- then opposite cycling direction



7th part

- both legs together cycling
- both directions



Pavana Muktasana (air release) (8 – 9 part)

Very good for releasing air from stomach or belly

8th part

- bend your knee till you touch the top of your chest
- hold it with both hands
- breath out – touch your forehead at knee
- breath in – put your head down
- then change legs
- 5 x each



9th part

- both legs together

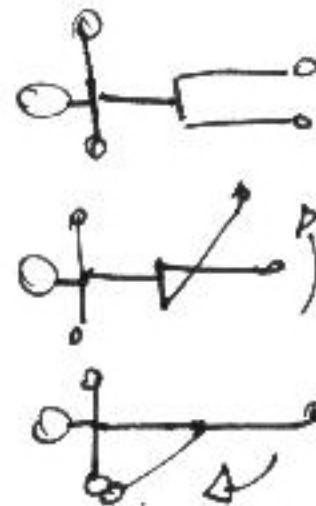


Jadan Parivarthasan (10 – 12 part)

Gas trouble, gastric problem

10th part

- breath in – lift one leg
- breath out – touch your left toes at right fingers
- try not to bend the knee
- look at the other hand to twist body if you like
- then other side



11th part

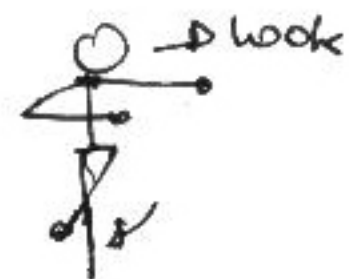
- both legs
- breath in – lift legs
- breath out – touch fingers of opposite hand



12th part

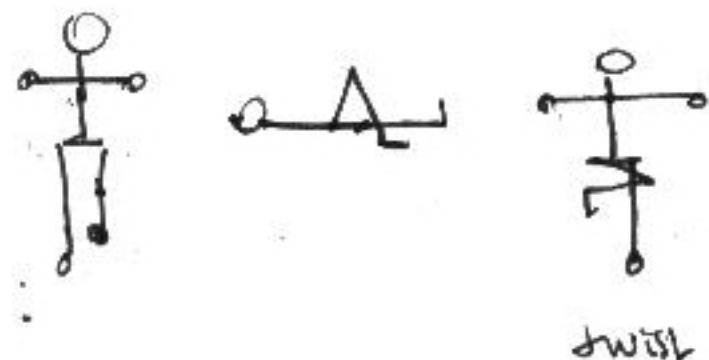
spinal twist

- move one arm on your chest
- look at fingers of stretched hand
- move leg to the other side twisting your spine to opposite direction



deeper level of spinal twist

- keep arms at shoulder level straight
- try to keep both shoulders down on the ground
- bend one knee
- move the knee to the opposite side (twist)
- keep toes to the ground
- look at opposite hand



Eight Step of Yoga

Preliminary Asanas – Lying on your front

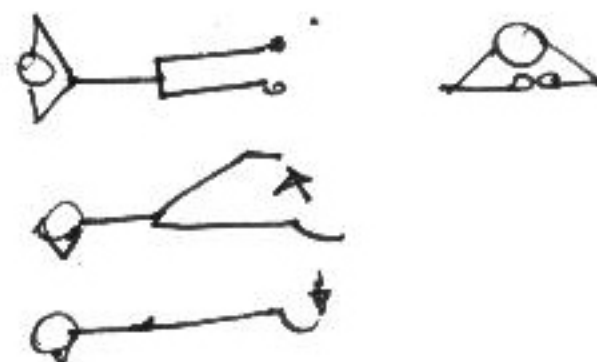
(5 postures)

1st posture

Relaxation pose of lying on your front – Makarasan (resting position)

- Put your hands together
- Lean with chin on hands
- Breath in – lift leg, don't bend knee
- Breath out – move leg to the ground
- 5 x each

(preliminary for N23, Salabhasan (1 – 4 steps))



2nd posture

- breath in – move one leg straight up
- support with other leg on your knee
- change legs
- 2 x



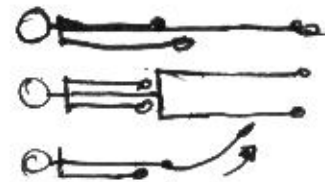
3rd posture

- breath in – lift leg to maximum and hold as long as you can
- then other leg
- 3 x



4th posture

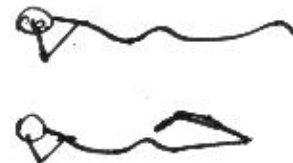
- insert hand underneath thighs
- breath in - lift both legs up together
- breath out – both legs on the ground



5th posture

Makarasan

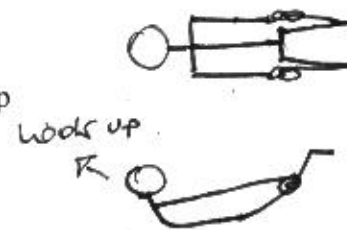
- Ly down straight
- Both your elbows together at maximum stretch
- Holding your head underneath the chin
- Breath in – bend knees
- Try to touch heel on bum, both legs together
- Breath out – stretch legs
- 5 or 10 x



6th posture

preliminary bow pose (Dhahnrasan)

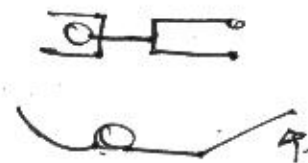
- legs apart
- chin on the floor
- both knees bent up
- holding ankles with both hands
- breath in – try to lift, push legs straight, look up
- thighs off the ground
- pushing as straight as you can
- breath out – go back down to floor



7th posture

preliminary boat pose (Navasan)

- lying straight, chin on floor
- try to lift both arms and legs at the same time
- look up
- breath in – hands and feet up
- breath out – hands and feet down

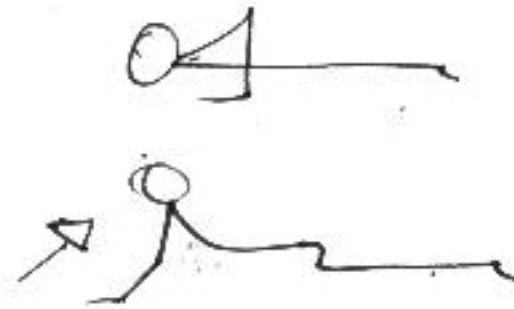


- breath out – hands and feet down

8th posture

preliminary cobra / snake pose (Bhujangasan)

- breath out - lie straight both legs together
- arms by your sides, head straight
- breath in – lift body till navel
- don't lift hip off the ground

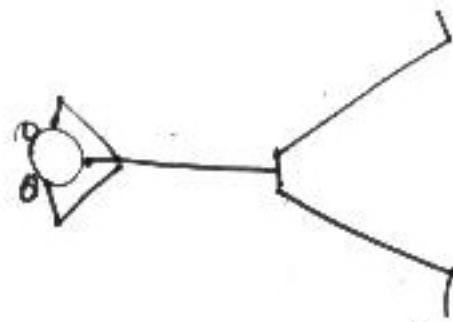


9th posture

(Nakrasan) Relaxation - crocodile posture

- chin on floor
- forehead resting on arms (crossed)
- heel on the floor
- concentrate on breathing and belly movement (up and down)

after each posture 2 – 3 min rest



Preliminary Postures of Padma (Lotus) Asana

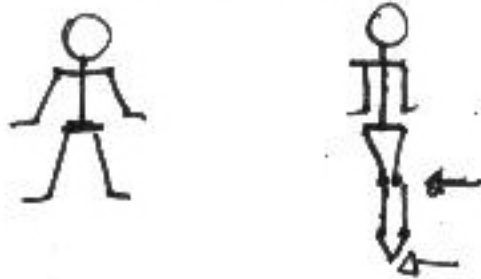
1st part

- Bend knee
- Put it on your other thigh
- Hold it at the knee with both hands
- Press knee up to chest and down to ground
- Then change legs
- 10 x



2nd part

- put knees together and toes together



3rd part

- try to touch with the toe on the ground
- both directions
- right and left side
- change leg
- 5 x or 7 x



4th part

butterfly posture

- hold your feet with your hands
- move your thighs up and down (flying)
- sometimes try to touch your toes with forehead (butterfly drinking nectar)
- the fly again



5th part

cradle stretch

- hold your leg like a baby in a cradle
- move your leg right and left
- leg is straight then change leg
- 10 x each



6th part

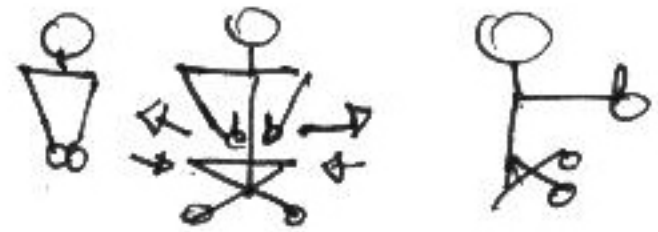
- in half lotus position
- try to lift one leg up and down
- holding it at the ankle and the toes



Eye exercise (5 steps)

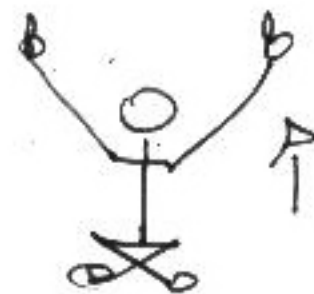
1st part: Netra Vyayam

- Sit in comfortable pose (Sukha Asan)
- Make a fist with thumb sticking out
- Join both fists together in middle of body
- Move right arm to right side
- Left arm to left side
- Don't turn your head
- Follow the thumb with your eyes



2nd part

- arms apart
- lift your arms up to head level
- breath in – look at your thumb nail on one side
- breath out – look at tip of nose
- breath in – look at other thumb



3rd part

- breath in – look at thumb
- breath out – look at third eye
- breath in – look at other thumb
- 5 x



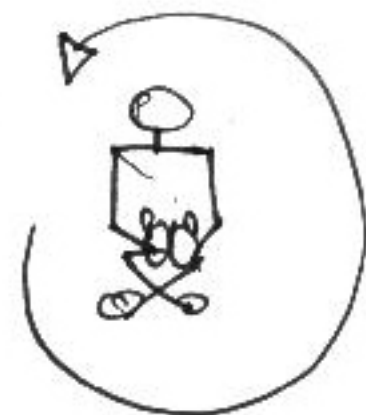
4th part

- with the fist and thumb
- lift one hand above head level
- and one hand on the ground
- in the middle part of your body
- look up and down on the thumbs



5th part: eye rotation

- close your hands (wie bei Gegruesset seist du Maria)
- with thumbs up
- rotate your arms
- follow with eyes
- change direction



6th part

- slowly move your thumbs together close to your nose
- stretch arms out and follow your thumbs



7th part

- close your eyes
- put your palm on your eyes
- feel the flow of positive energy from the universe



Yoga Postures

Lying on the belly Yoga Postures

Cobra / snake pose or Bhujangasan or Sarpasana (no 16)

Advanced:

- touch back of head with toes

Salabasana (No 23)

Advanced:

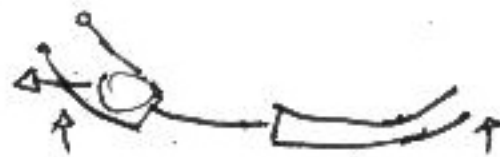
- make fist
- push legs up
- try to touch head with toes



Bow pose or Phunurasan (no. 25)

Advanced:

- try to touch with your toe your head
- take one foot by the big toe between index finger and middle finger and pull
- then try other leg
- then both legs together



Boat Pose or Navaasan

Stick pose or Deanda Asan

Advanced:

- with bent elbow
- lift body off ground
- Stretch body forwards
- Arms at 90 degrees



Dragon pose or Vakrasana

1st and 2nd part 5 x

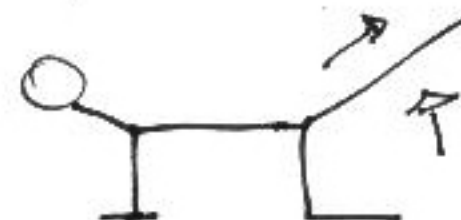
Part 1

- Breath out – touch knee at forehead



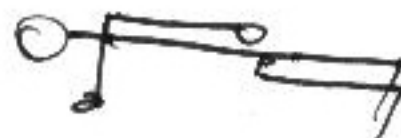
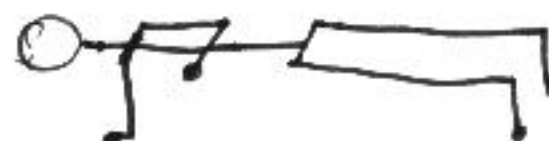
Part 2

- Breath in – stretch leg as long as you can to maximum
- Finally stay as long as you can in that pose



Balanced Pose or Sondulan Asan

- Stretch your arm, push up flat
- Move one arm on your bum
- Then change



Lying on the back Yoga Postures

Wheel pose or Chakra Asan (no 13)

Merudhanda Asan (no 18)

- Put legs down – breath out

Pavana Mukta Asan

- With both hands hold both knees
- Try to touch knees with forehead
- Advanced: touch chin n your knee



Nava Asan or Reverse of Boat Pose

- Eyes, hands and toes on one level



Vipareetakarani or Shoulder Strength (no 19)

Plouge Pose or Hala Asana (no 21)

Matsya Kridasana or Fish Pose (no 22)

- In lotus, sukha / comfortable pose or legs stretched and heales together
(can be done in 3 different poses)

Sitting Yoga Postures

Rabit Pose or Sasaka Asana (No 30)

- Breath in – diamond pose, hands up
- Breath out – hands down



Camel Pose or Ushtra Asana (no 29)

- Advanced: head touches feet



Janusers Asan or Knee to Head (no 15)

Pachamota Asan (no 14)

Cow Pose or Gomukh Asan (No 33)

Vakra Asan or Edge Pose (No 17)

- In your right hand hold your right toe
- Turn to look away
- Change position, other side



Half Fish Pose or Ardhamalsendra Asan (No 32)

Standing Yoga Postures

Imaginary Chair Pose or Utkada Asana

- Keep feet at shoulder level
- Breath in – lift hands to shoulder level
- Breath out – move bum down to sit
- Breath in – bum up
- Breath out – hands down

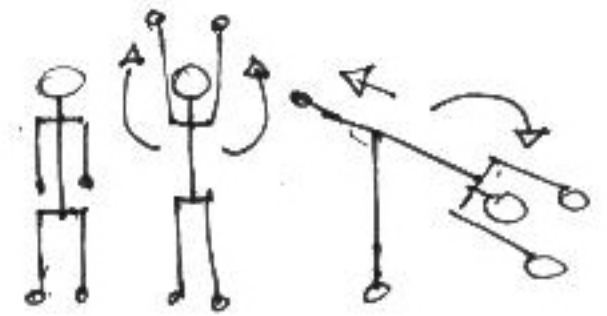


Utan Asan (no 5)

Pendulam Pose or Do la Asana (no 9)

T-Pose or Sama Konasan (no 6)

- Breath in – both arms up sideways, next to head
- Breath out – bend full body forwards and stretch one leg out
- Both arms stretched out pointing forwards
- Hands like a gun together pointing



Tree Pose or Vrisha Asana (no 11)

Trikona Asana or Triangle Pose

- Breath in – both arms up
- Breath out – move one arm to touch your toes while looking up at hand that moves up



Pada Angushta Asan or Leg Stretching Pose (No 36)

Meditation Techniques

Peace Meditation / Shanti Meditation

Root Chakra Meditation

(Anja chakra to the Dhanam Chakra)

Taking energy from 3rd eye to root chakra

- every Friday

3rd Eye Meditation

taking energy from root chakra to the 3rd eye

- every day

Vipassana

Till enlightenment

Ana Pana

1st stage

- breath out, count 1 – 10 (5 min)

2nd stage

- breath in, count 1 – 10 (5 min)

3rd stage

- concentrate on area below the nostril
- your breath as it is, comes in and goes out (5 min)

4th stage

- watch out for any sensations in the tip of the nose

Metta Bavana (creation)

(giving love and kindness, positive thinking, to others, all living beings in the universe)

Notes

Prana Mudra (energy symbol)

Thumb, little and ring finger together at top on left hand

Aswani Mudra (horse symbol)

(Joint problems)

Good for all joints, creates lubricant for joints, keeps you young

Diamond pose or Vajrasana

Close eyes, put hands on thighs, full attention to anus muscles, contract and release anus muscle



Shakti Bandha Asanas

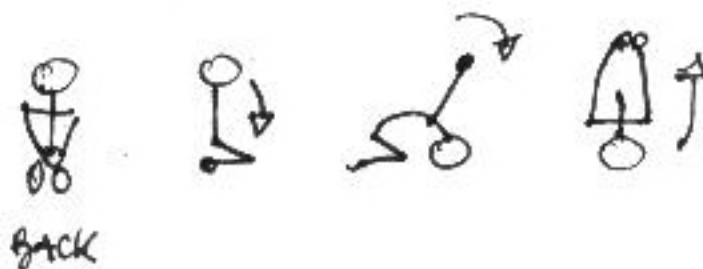
(Heart problems)

Diamond pose

Close hand behind your back

Slowly bend forward to touch ground with forehead

Move hands up at the same time



Yoga mudra

Sit in comfortable pose or lotus pose (very effective)

Cross hands behind your back

Bend body forwards to touch the ground with forehead



Humming Bee Branayama or Bramary Brasanyama

Sit in Sukha Asan

Close your eyes

Take a deep breath

Put your thumb in your ears

Make "mmm" (=humming bee sound)

Good for brain, creates vibrations in your brain

Ujayi Branayama

Breathing through throat muscles

Sit in Sukha or Vagra (diamond) pose

Part 1

Close your eyes

Feel the difference between the breathing through the nostril and the mouth

With open mouth

Breathe in through your throat

Then with closed mouth

Breathe in through your nostrils

What do you feel?

Part 2

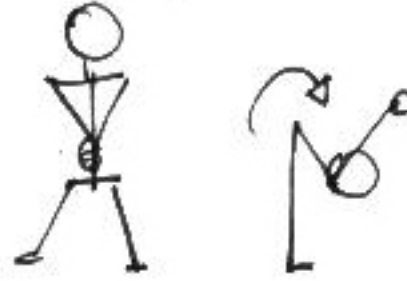
Close your mouth

Try to feel the coolness when breathing in through the nostril in your throat

Standing Asanas

Dwi Konasan or Triangle Pose (no 7)

- Spread your legs
- Close your arms behind your back
- Breath out
- Breath in – straight



Lying on the floor Asanas

Supta Vajrasan

- Diamond pose
- Camel pose
- Advanced stage of camel pose:
- Touch head on ground



Wheel Pose

Preliminary exercise: Standing

- Hold your hips
- Rotate hips



Yoga

- 1st stage
- move backwards



2nd stage

- touch the ground with both hands



3rd stage

- bend you elbows in 90 degrees angle
- look at the floor
- move head as close as possible to your feet
- try to lift one leg



4th stage

- hold your feet



5th stage

- move your head through your feet and hold as long as possible

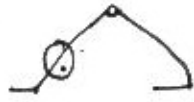


Relaxation Pose

Child Pose or Balasan



Dog Pose or Swanasana (No 26)



Pigeon Pose or Kapotasana

- In diamond pose
- Move one leg back, stretch
- Then bend knee, leg up
- Hold with one hand one toe
- Then with both hands



ബ്രഹ്മമുദ്ര



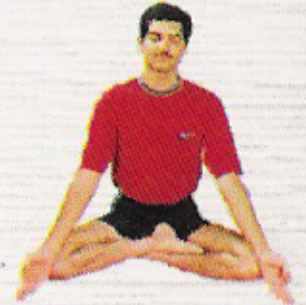
പ്രാണായാമ



ഗോമുഖാസന



സിദ്ധാസന



ഉദിയാൻ ബന്ധ



വക്രാസന



അർധമത്സ്യോദാസന



സ്വസ്തികാസന



നൗകാസന



പവൻ മുക്താസന



സപ്ത വജ്രാസന



തോലാംഗുലാസന



കുക്കുടാസന



ഉൽക്കടാസന

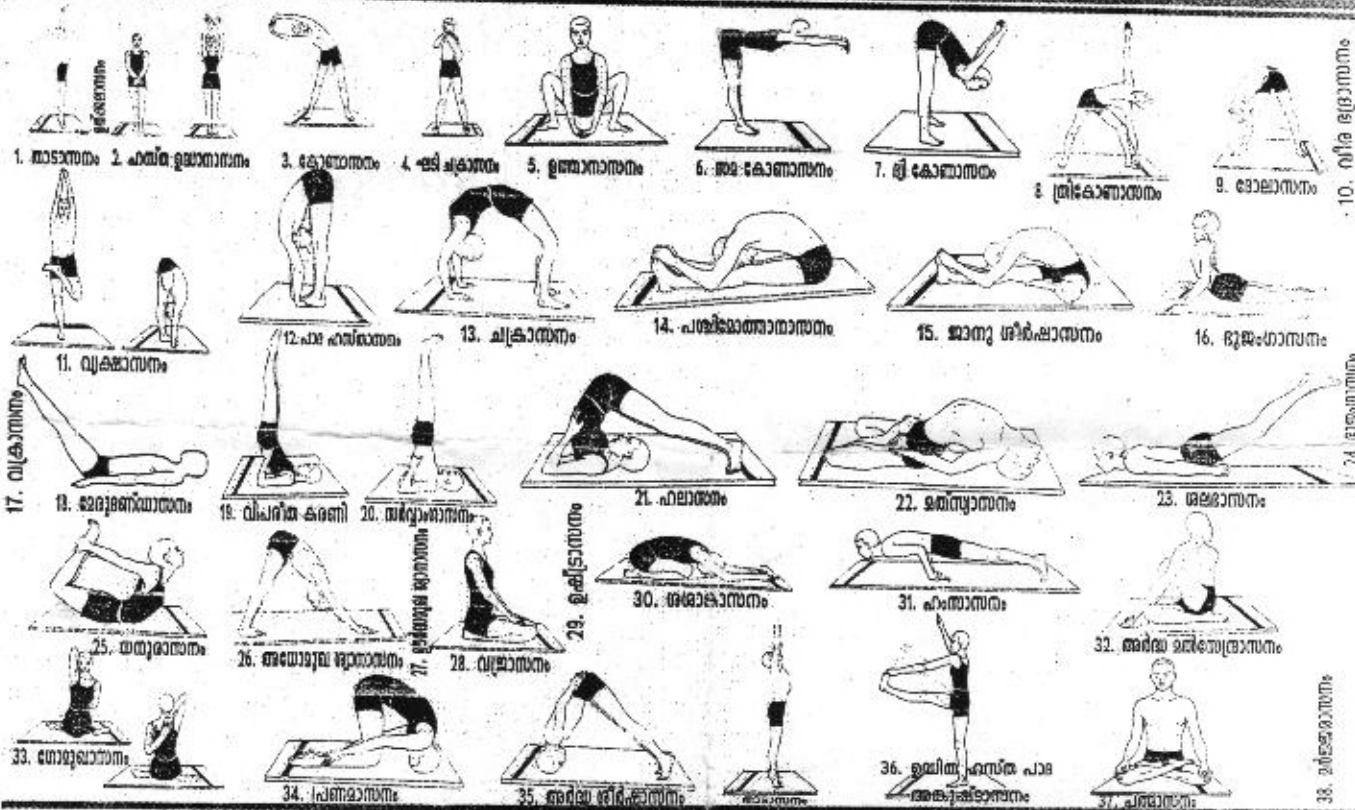
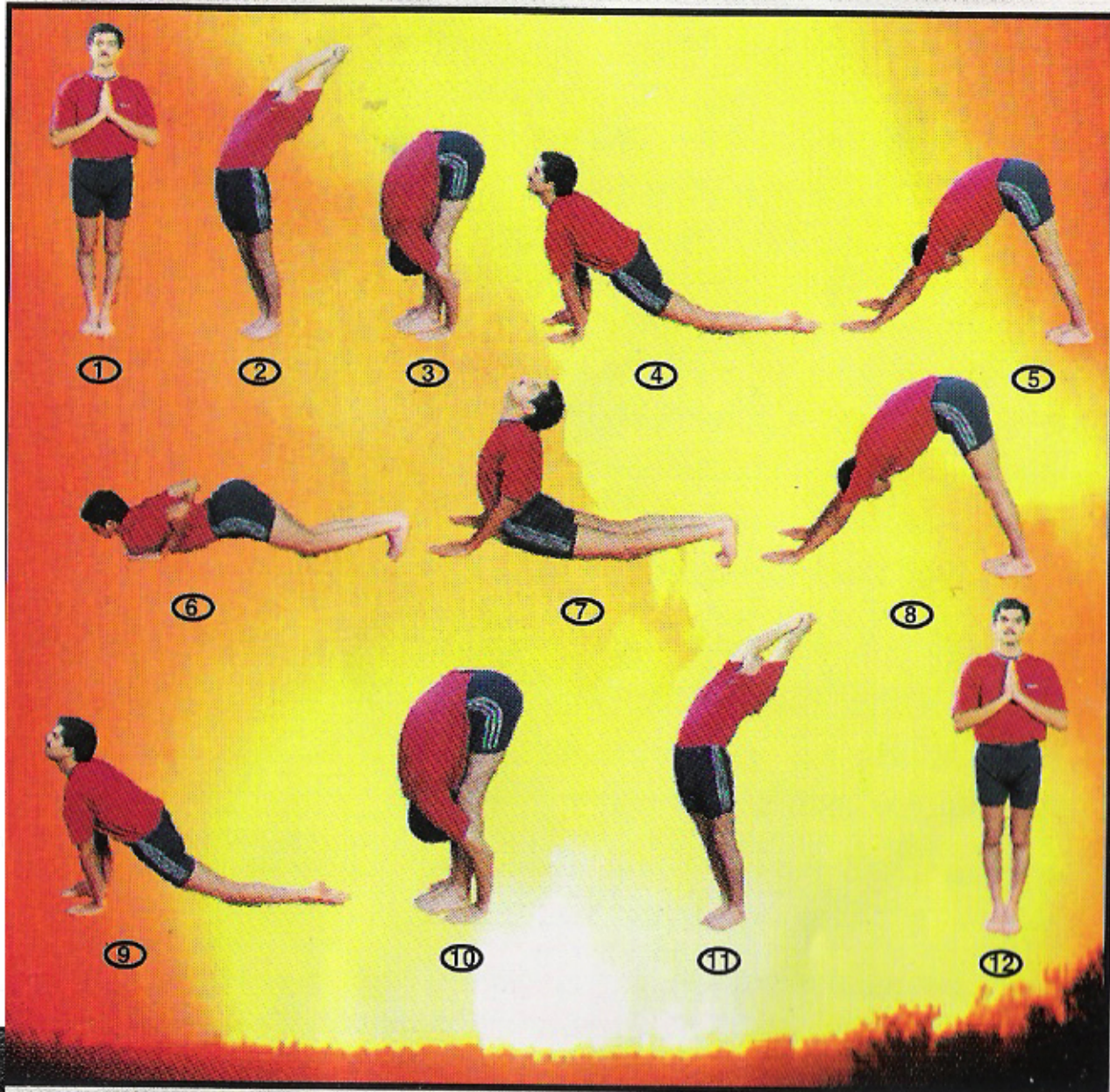


ഗർഭാസന



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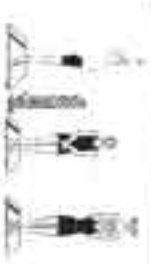




10. നീളം ദ്രോണം

24. ദൃഢം

38. ഉപദേശം



1. Ծառաձև 1. Կրճիկ կատարում



2. Կրճիկ կատարում



3. Կրճիկ կատարում



4. Գրկ քայլում



5. Գրկադրում



6. Խոշ կրճիկ կատարում



7. Այլ կրճիկ կատարում

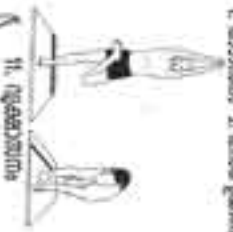


8. Երկնակապարդ կատարում



9. Բարձր կատարում

«Գրկադրում» զյուր 10.



11. Ուղեգնում



12. Առ-ձեռք կատարում



13. Այլ կատարում



14. Կրճիկադրում կատարում



15. Ծառիկ քայլակատարում



16. Բարձր կատարում



17. Ուղեգնում



18. Կրճիկադրում



19. Շրջանի ճեղք 20. Խոշ կատարում



21. Կրճիկ կատարում



22. Գրկադրում



23. Կրճիկ կատարում



24. Կրճիկ կատարում



25. Կրճիկ կատարում



26. Կրճիկ կատարում



27. Կրճիկ կատարում



28. Կրճիկ կատարում



29. Կրճիկ կատարում



30. Կրճիկ կատարում



31. Կրճիկ կատարում



32. Կրճիկ կատարում



33. Կրճիկ կատարում



34. Կրճիկ կատարում



35. Կրճիկ կատարում

«Կրճիկադրում» 36.

Salambhasana

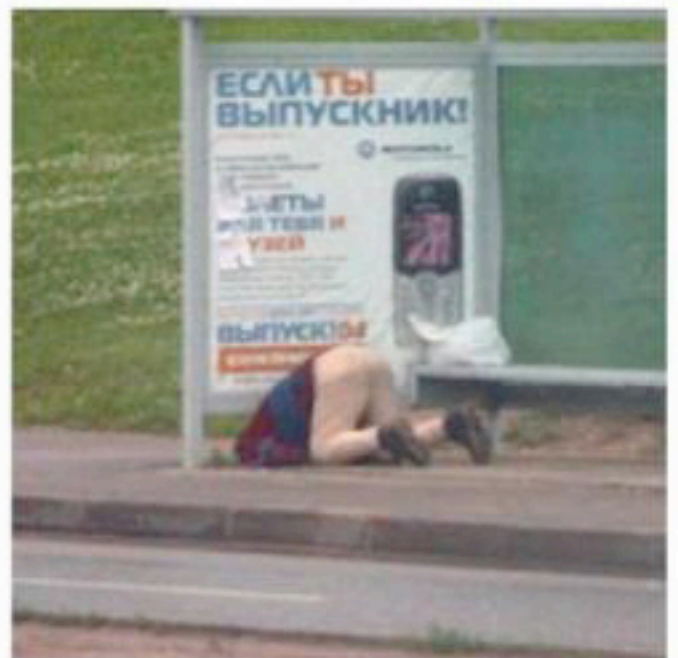
An effective means for strengthening the back of the torso, legs, and arms in preparation for the deeper backbends.



DOSENG.ORG

Balāsana

Balāsana is a restful pose that can be sequenced between more challenging asanas.



DOSENG.ORG

Dolphin

A nice shoulder-opening. Also strengthens the core, arms, and legs.



DOSENG.ORG

Setu Bandha Sarvangasana

The bridge pose calms the brain and rejuvenates tired legs.



DOSENG.ORG

Marjaryasana

This pose provides a gentle massage to the spine and belly organs.



DOSENG.ORG

Ananda Balasana

This pose gently brings a greater awareness to the hip joints.



DOSENG.ORG

Savasana

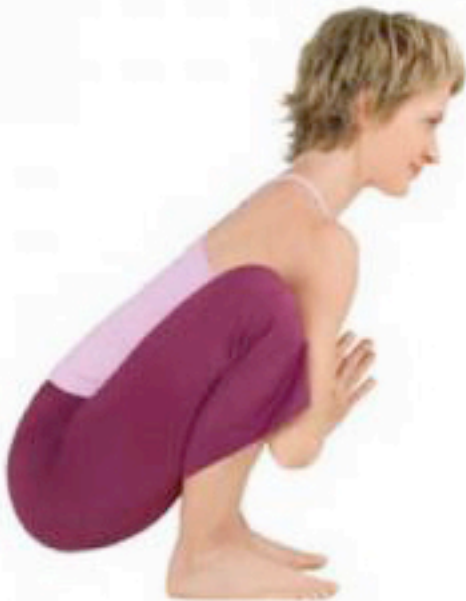
Savasana is a pose of total relaxation--making it one of the most challenging asanas.



DOSENG.ORG

Malasana

This pose stretches the ankles, groin, and back torso. If your heels don't reach the floor, rest them on a folded blanket.



DOSENG.ORG

Halasana

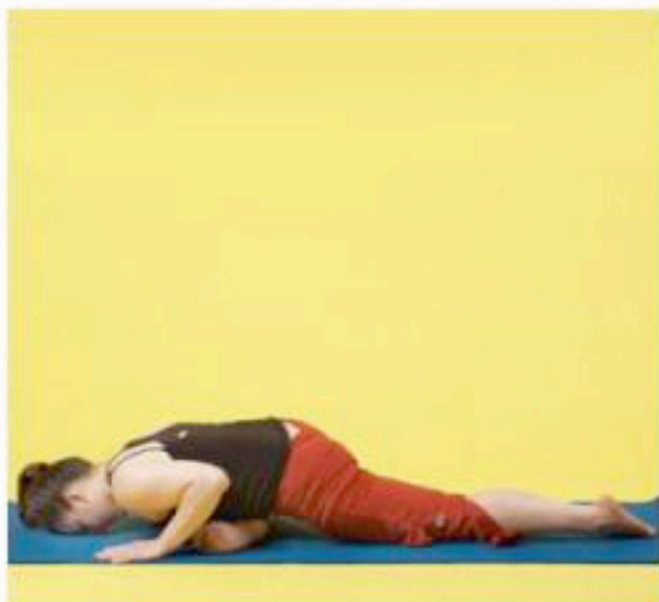
Plow Pose reduces backache and can help you get to sleep.



DOSENG.ORG

Pigeon Pose

Tone your body, improve your flexibility and de-stress your mind.



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