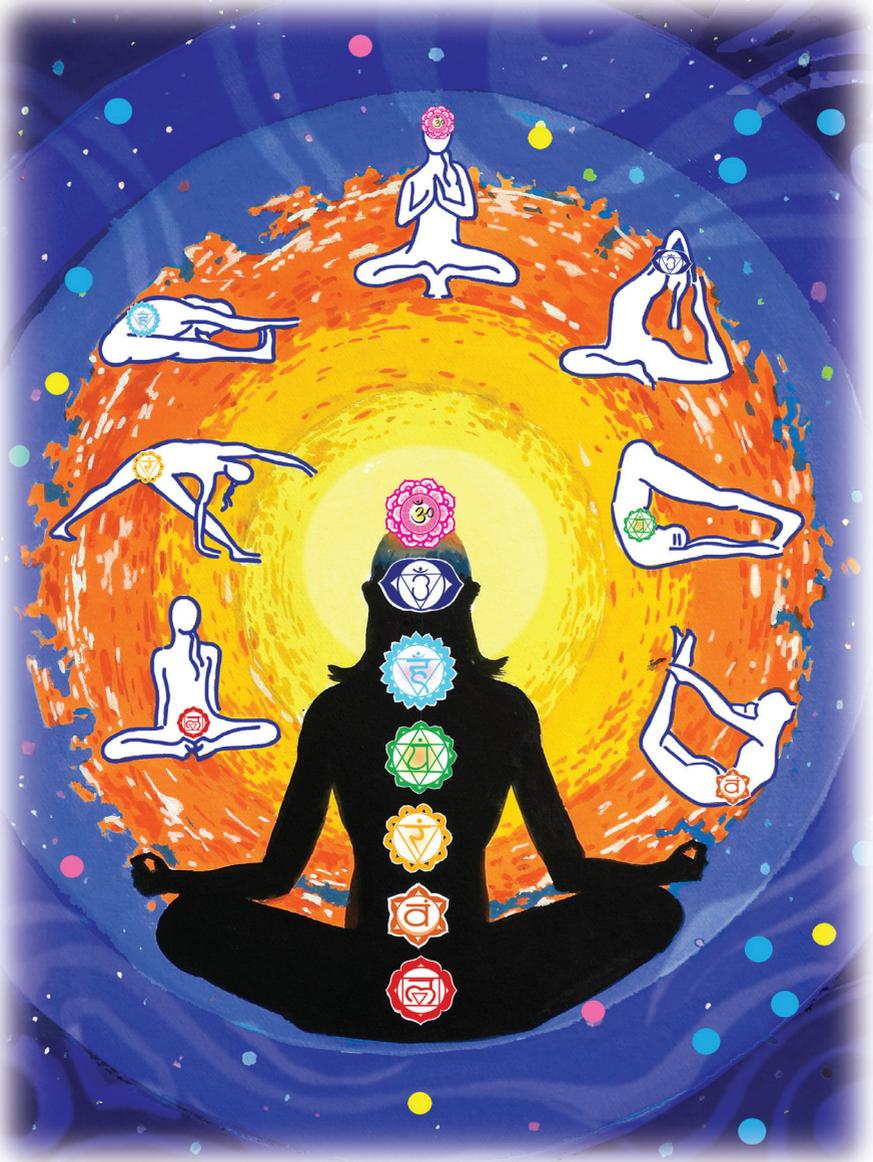


# YOG DARSHAN



2026

ANCIENT WISDOM FOR MODERN LIVING

## ACKNOWLEDGEMENT

We thank

Dr. Brijendra Rehi

Ms. Niddhi Singh

For their help with the write-up  
for this booklet.



## Pradip Burman

Dear Friends,

I am proud to introduce the “*YOG DARSHAN*” calendar — a reflection of our commitment to promoting holistic health and harmony. In today’s fast-paced world, where our lives are dominated by phones and electronic devices, we often lose touch with ourselves and the natural rhythm of life. **YOG offers us a way back — a path to reconnect with our inner self, restore balance, and experience true peace and clarity.**

This year’s **YOG Darshan** calendar and accompanying booklet beautifully bring together **12 āsanas, 12 prānāyāms, and the 7 chakras**, guiding you to align your body’s energy with the universal flow for optimum health and potential. Each posture and practice has been thoughtfully chosen to be simple, effective, and accessible — even for beginners.

I encourage you to take a few moments each day to embrace these practices. Let **YOG** be your companion on the journey toward mindfulness, vitality, and harmony with nature.

**Pradip Burman**

Chairman, Mobius Foundation  
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## Gautam Partho Roy

Dear Friends,

Creating the artwork for “*YOG DARSHAN*” has been an inspiring and deeply personal journey. As I painted each āsana, prānāyāma, and chakra, I found myself not just illustrating forms — but experiencing the essence of *YOG* itself.

Through the process, I discovered that *YOG* is not merely about movement or posture; it is a dialogue between the body, mind, and spirit. Each brushstroke became a moment of reflection, teaching me patience, balance, and awareness. The colours, forms, and energies of the paintings are inspired by the harmony that *YOG* brings into one’s life.

This experience has transformed my own understanding of well-being and creativity. I hope that these artworks encourage you to explore *YOG* — to connect with yourself, with nature, and with the quiet strength that lies within us all.

### **Gautam Partho Roy**

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## 1. INTRODUCTION TO YOG AND ITS SPIRITUAL SIGNIFICANCE

Everything in this universe, whether physical or spiritual, is made up of basic elements that eventually return to their original source. This natural cycle is governed by an unchanging universal law: **all things emerge from nature and must ultimately return to it.** Whether we call this source God, or Absolute, or the universal energy, the truth remains the same—everything comes from and returns to this one ultimate reality.

This raises a profound question: Is returning to the Absolute a higher state of existence? Indian philosophy, especially through the science of YOG, answers yes. **The desire to merge with the Absolute is at the heart of Indian spiritual tradition, and YOG is the primary path to achieve this union.** This idea is deeply expressed in the teachings of Lord Krishna in the *Shrimad Bhagavad Gita*.

### What is YOG?

The word *YOG* comes from the Sanskrit root *yuj*, meaning “to unite” or “to join.” YOG is a **spiritual practice aimed at bringing harmony between the mind, body, and soul.** Its ultimate goal is to unite individual consciousness with universal consciousness, leading to self-realization and liberation (*moksha*). Through YOG, one experiences peace, joy, and a life of balance and gratitude.

### Maharishi Patanjali’s Definition of YOG

Maharishi Patanjali, an ancient sage who systematized YOG philosophy, defines YOG as the “**control of the fluctuations of the mind**” (*YOGS citta-vritti nirodha*). The mind (*chitta*) is naturally restless, filled with thoughts and emotions that distract us from seeing reality clearly.

Patanjali teaches that the mind itself is not the true self; rather, it carries the intelligence of the soul but is not the soul. The mind operates in three states:

- *Tamas* (darkness or inertia)
- *Rajas* (activity or passion)
- *Sattva* (balance or clarity)

When the mind attains *sattva*, it becomes calm and clear, allowing us to perceive the truth. **YOG** means calming these mental disturbances to realize our true nature beyond the mind.

### **YOG in the Bhagavad Gita**

The Bhagavad Gita, a sacred Indian text, explains **YOG** through the dialogue between Lord Krishna and Arjuna. Krishna teaches that **YOG** is about performing one's duties without attachment to the results, maintaining balance in success and failure. He says:

*"Perform your duties with YOG, renouncing attachment and staying balanced in success and failure. Such equanimity is called YOG."* (Bhagavad Gita 2.48)

This means true **YOG** is acting with dedication but without selfish desire for rewards (Karm **YOG**).

### **The Four Paths of YOG**

The Gita describes four main paths of **YOG**, each suited to different kinds of people:

1. **Karm YOG (Path of Selfless Action):**  
Doing your work without expecting rewards, seeing actions as offerings to Absolute. *"You have the right to act, but not to the results."* (Bhagavad Gita 2.47)
2. **Bhakti YOG (Path of Devotion):**  
Loving and surrendering completely to the Absolute through faith and devotion. *"To those who worship Me with love, I give the understanding to come to Me."* (Bhagavad Gita 9.22)
3. **Gyan YOG (Path of Knowledge):**  
Seeking wisdom through self-study and realizing the self beyond body and mind.  
*"One devoted to knowledge quickly attains supreme peace."* (Bhagavad Gita 4.39)

#### 4. **Dhyana YOG (Path of Meditation):**

Controlling and calming the mind through meditation to achieve inner stillness.

*"For one who controls the mind, the mind is the best friend; for one who doesn't, it is the worst enemy." (Bhagavad Gita 6.6)*

Each path aims for the same goal: union with the Absolute and liberation.

### **The Ancient Roots of YOG**

YOG has been practiced in India for over 5,000 years. Lord Shiva is traditionally considered the first yogi (Adiyogi). Ancient artifacts show yogic postures, and the Vedas (ancient scriptures) discuss breath control and meditation.

Over centuries, spiritual leaders like Adi Shankaracharya, Gorakhnath, and Guru Nanak helped shape YOG. In modern times, Swami Vivekananda, Paramahansa Yogananda, and B.K.S. Iyengar have made YOG popular worldwide, emphasizing its spiritual and health benefits.

### **The Sacred Sound: OM**

OM is the universal sound symbolizing the universal vibration that permeates all existence. It represents the union of the physical, astral, and causal bodies. Chanting or meditating on Om helps align the practitioner with this cosmic energy and serves as a doorway to liberation.

### **Ashtanga YOG: The Eight Limbs**

Patanjali describes YOG as an eight-step path called Ashtanga YOG that leads to spiritual awakening:

1. **Yam (Moral Restraints):** Non-violence, truthfulness, non-stealing, self-control, and non-attachment.
2. **Niyam (Personal Disciplines):** Cleanliness, contentment, discipline, self-study, and surrender to Absolute.
3. **Asana (Postures):** Physical positions that prepare the body for meditation.
4. **Pranayama (Breath Control):** Regulating the breath to control energy.
5. **Pratyahara (Withdrawal of Senses):** Detaching from external distractions.

6. **Dharana (Concentration):** Focused attention on a single point or idea.
7. **Dhyana (Meditation):** Continuous meditation to deepen awareness.
8. **Samadhi (Enlightenment):** The state of union with the Divine.

These steps purify the body and mind, leading to self-realization.

### **Hatha YOG and Guru Gorakhnath**

Hatha YOG focuses on physical postures (asanas), breath control (pranayama), and meditation to balance body and mind. Guru Gorakhnath, a great yogi of the Nath tradition, taught that the body contains spiritual energy channels that Hatha YOG purifies, awakening inner spiritual power like Kundalini.

### **Kriya YOG and Kundalini YOG**

- **Kriya YOG** is a spiritual practice involving breath control and purification to accelerate spiritual growth. Popularized by Paramahansa Yogananda, it helps awaken inner awareness and requires guidance from a qualified teacher.
- **Kundalini YOG** aims to awaken the dormant spiritual energy (Kundalini) at the base of the spine. This energy rises through **seven chakras** (energy centers), cleansing and balancing them to achieve spiritual enlightenment.

### **How YOG Supports Modern Life**

YOG is not only a spiritual path but also a practical tool for health and well-being:

- **Mental Health:** Reduces stress and anxiety, improves focus, stabilizes emotions, and builds resilience.
- **Personality Development:** Enhances self-awareness, confidence, inner peace, and adaptability.
- **Physical Health:** Improves flexibility, strength, stamina, detoxifies the body, and corrects posture.

By practicing YOG regularly, individuals can live balanced, sustainable lives, fostering harmony within themselves and with the world around them.

In this booklet, three major forms of YOG are covered—**Yogasans, Pranayam,** and **Chakras**—which together form an integral part of YOG Darshan.

# YOGASAN



## 2. YOG Aasan: Definition, Techniques, Benefits, and Precautions

YOG Aasan refers to the physical postures or poses practiced in YOG to strengthen, stretch, and align the body while promoting mental focus and relaxation. The word “Aasan” means “seat” or “posture,” emphasizing stability, comfort, and mindful awareness in each position. YOG Aasans are foundational to Hatha YOG and are considered essential for preparing the body and mind for deeper practices like pranayam and meditation.

The practice of YOG Aasan is ancient, documented in classical texts such as the Hatha YOG Pradipika and Gheranda Samhita, and forms one of the eight limbs of Ashtanga YOG. Regular practice helps harmonize body, mind, and breath while supporting overall health and spiritual development.

### Techniques and Guidelines

- Perform Aasans on a YOG mat or clean, flat surface to ensure stability and comfort.
- Wear loose, breathable clothing to allow free movement.
- Practice on an empty stomach, ideally in the morning or evening, avoiding heavy meals 3 - 4 hours prior.
- Maintain awareness of the breath, coordinating it with movement where applicable.
- Start with simpler poses like Tadasana or Sukhasana and gradually progress to advanced postures under guidance.
- Hold each posture with focus and ease, avoiding strain or pain.
- End the session with Shavasana for relaxation and integration.

### Benefits

YOG AASANS improve flexibility, strength, and posture, enhance blood circulation, and support joint and spine health. They calm the mind, reduce stress, and improve concentration. Additionally, Aasans help regulate digestion, energize the body, and prepare the practitioner for meditation and pranayam, promoting overall physical, mental, and spiritual well-being.

### Precautions

Avoid performing Aasans if you have recent injuries, severe joint problems, or medical conditions without consulting a healthcare professional or trained YOG instructor. Do not force the body into painful positions, and progress gradually. Pregnant women should follow specialized guidance. Temporary muscle soreness may occur, which is normal, but persistent pain should be checked.

YOG Aasan is a holistic practice that, when performed mindfully, strengthens the body, balances the mind, and enhances life energy.

# YOGASAN



Energizes the entire body, improves blood circulation, and enhances overall flexibility and vitality.

# 1. Surya Namaskar (Sun Salutation)

Surya Namaskar is a foundational yogic sequence combining breath, movement, and mindfulness through 12 flowing postures (asanas). It energizes the body, enhances flexibility, strengthens muscles, and calms the mind. Each movement is synchronized with inhalation or exhalation, creating a rhythmic, meditative flow.

## Steps of Surya Namaskar:

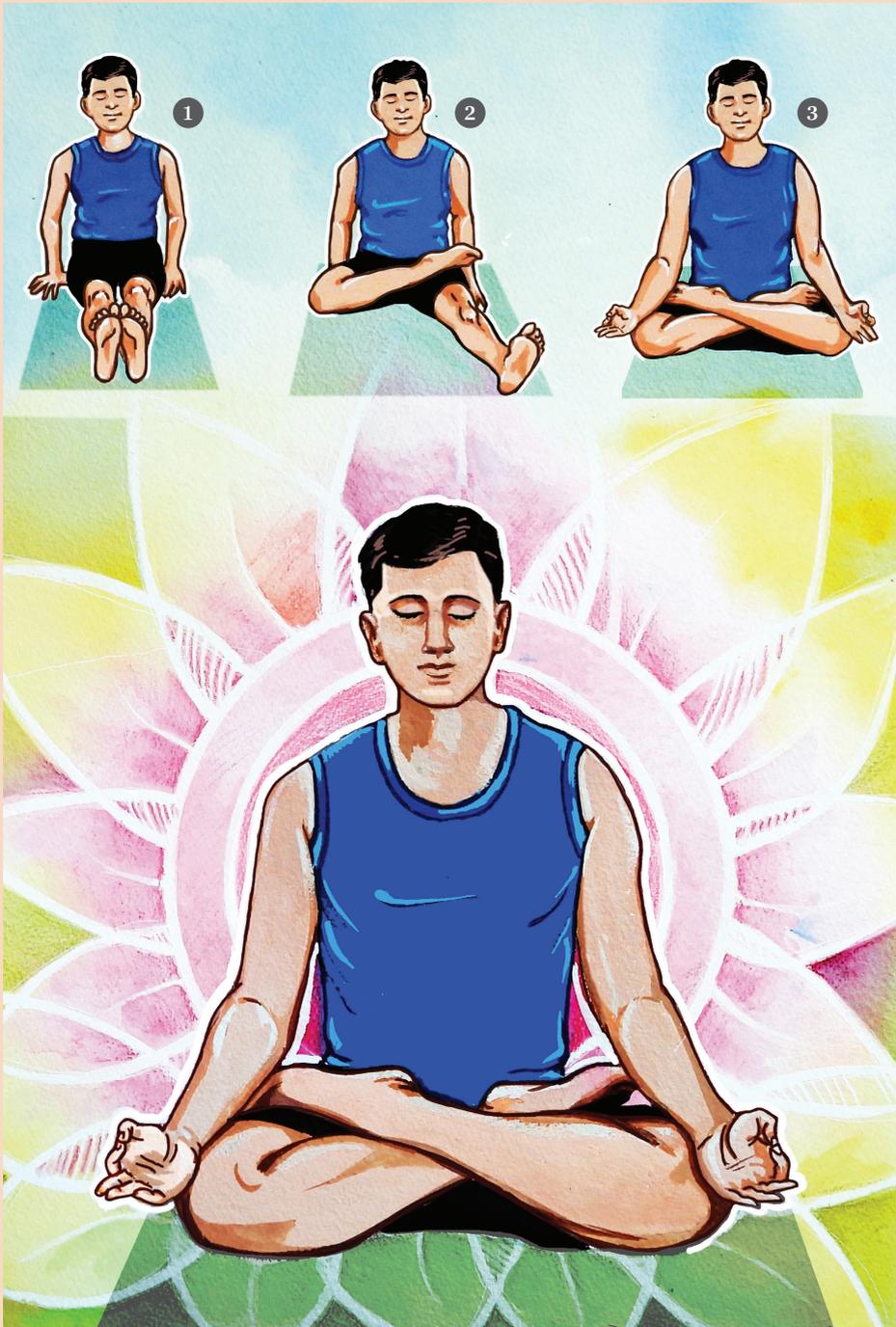
1. **Pranamasan (Prayer Pose)** – Stand with palms together at the chest. Exhale.
2. **Hast Uttanasan (Raised Arms Pose)** – Inhale, lift arms overhead, and arch back slightly.
3. **Hast Padasan (Hand to Foot Pose)** – Exhale, bend forward, and touch the floor with hands.
4. **Ashwa Sanchalanasan (Equestrian Pose)** – Inhale, step the right leg back, look forward.
5. **Phalakasana (Plank Pose)** – Exhale, step the left leg back, body in a straight line.
6. **Ashtanga Namaskara (Eight-Limbed Pose)** – Lower knees, chest, and chin to the floor. Inhale.
7. **Bhujangasana (Cobra Pose)** – Slide forward, lift chest. Exhale.
8. **Adho Mukha Svanasana (Downward-Facing Dog)** – Inhale, lift hips, form an inverted V.
9. **Ashwa Sanchalanasan** – Exhale, bring right leg forward between hands.
10. **Hast Padasan** – Inhale, bring left leg forward, bend down.
11. **Hast Uttanasan** – Exhale, rise up with arms overhead.
12. **Pranamasan** – Return to the initial standing pose.

Repeat the sequence with the left leg leading in steps 4 and 9 to complete one round.

## Benefits:

Surya Namaskar strengthens muscles and joints, improves flexibility, and boosts circulation. It supports digestion, detoxifies organs, and balances the endocrine system, aiding hormonal health. Mentally, it calms the nervous system, enhances focus, and reduces stress. A daily practice promotes overall wellness by harmonizing body, breath, and mind.

# YOGASAN



Helps relieve physical, nervous, and emotional stress while enhancing digestive fire and strengthening joints.

## 2. Padmasan (Lotus Pose)

Padmasan, or Lotus Pose, is a classical seated posture widely used in meditation and pranayama. **It symbolizes spiritual growth, much like a lotus flower rising above muddy waters.** This pose promotes stillness, focus, and energy balance, making it ideal for deep meditation and yogic practices.

### Technique:

1. Sit on the floor with your legs stretched out.
2. Bend your right leg and place your right foot on your left thigh, sole facing upward.
3. Then, bend your left leg and place your left foot on your right thigh.
4. Both knees should touch the ground, and your heels should be close to your lower abdomen or navel.
5. Keep your spine straight and shoulders relaxed.
6. Rest your hands on your knees in a mudra or, for an advanced version, reach behind your back and hold each big toe.
7. Gently tuck your chin in (Jalandhar Bandh) and gaze at the tip of your nose to maintain inner focus.

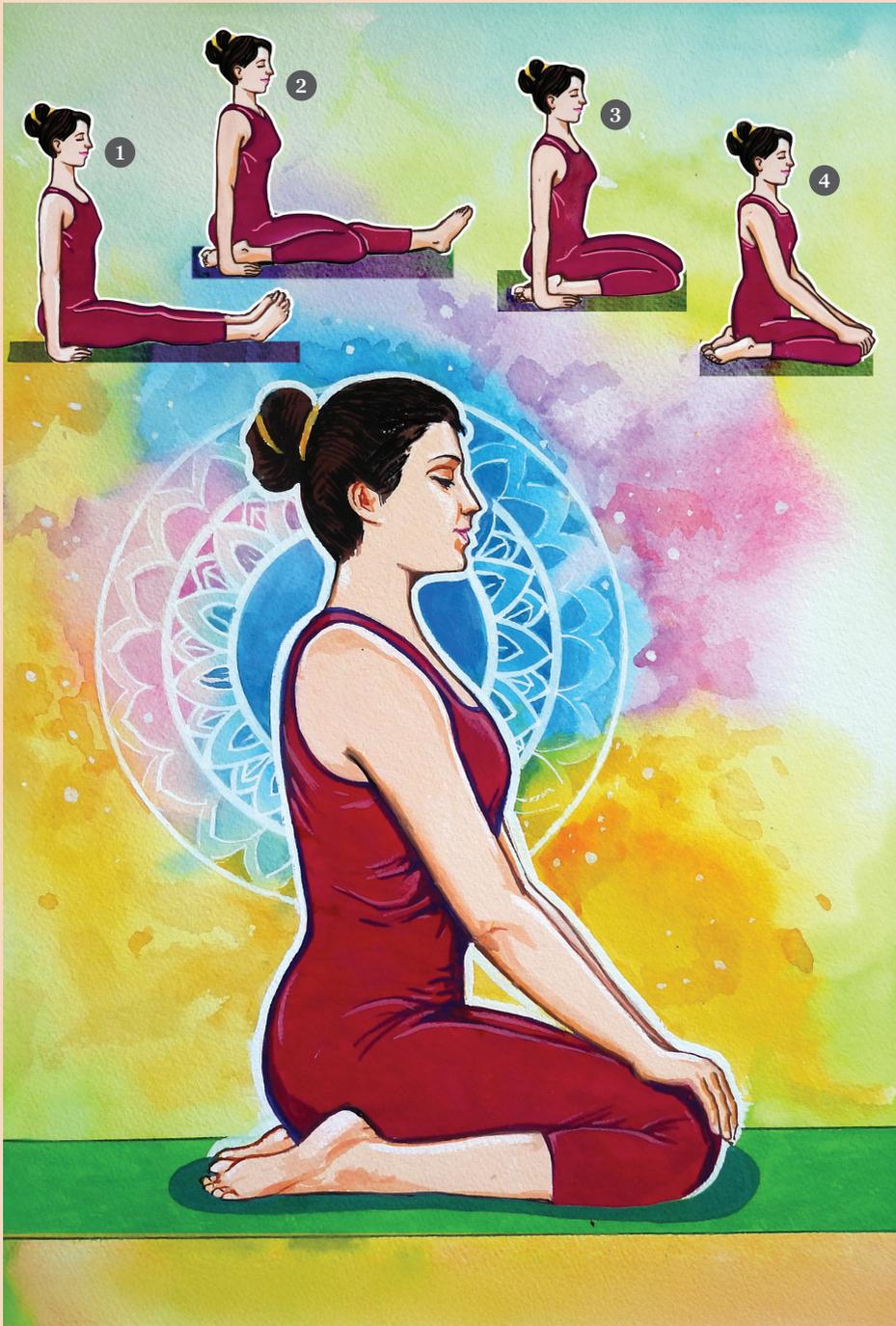
**Note:** If placing both feet on opposite thighs is difficult, start with one foot and gradually work up to full Padmasan.

### Benefits:

**Padmasan calms the mind, deepens breath control, and supports concentration during meditation.** It stimulates the spine, pelvis, abdomen, and bladder. This posture helps improve digestion, reduce stress, and relieve conditions such as constipation, rheumatism, lumbago, and skin problems. It supports heart and lung function, purifies the blood, and activates the **Muladhara Chakra**, directing vital energy (Apana) upward. With regular practice, it enhances inner strength, energy flow, and spiritual awareness.

Padmasan is best practiced regularly with patience and proper alignment, especially for those aiming to progress in meditation and pranayama.

# YOGASAN



Improves digestion, relieves acidity, and strengthens the lower back and pelvic muscles.

### 3. Vajrasan (Thunderbolt or Diamond Pose)

Vajrasan is a simple yet powerful kneeling **yoga** pose known for its calming and digestive benefits. The name comes from the Sanskrit word *Vajra*, meaning “thunderbolt” or “diamond,” symbolizing strength and resilience. Though easy to perform, this posture supports both physical health and mental clarity, making it ideal for meditation and daily practice.

#### Technique:

1. **Kneel** on the floor with your knees together and feet slightly apart.
2. **Sit back** so your buttocks rest comfortably on your heels. Your thighs should lie over your calves.
3. **Straighten your back**, relax your shoulders, and place your hands on your thighs or in a meditative mudra.
4. **Breathe slowly and deeply** through your nose, staying mindful of each breath.
5. **Duration:** Start with 2–5 minutes and gradually increase to 10–15 minutes.

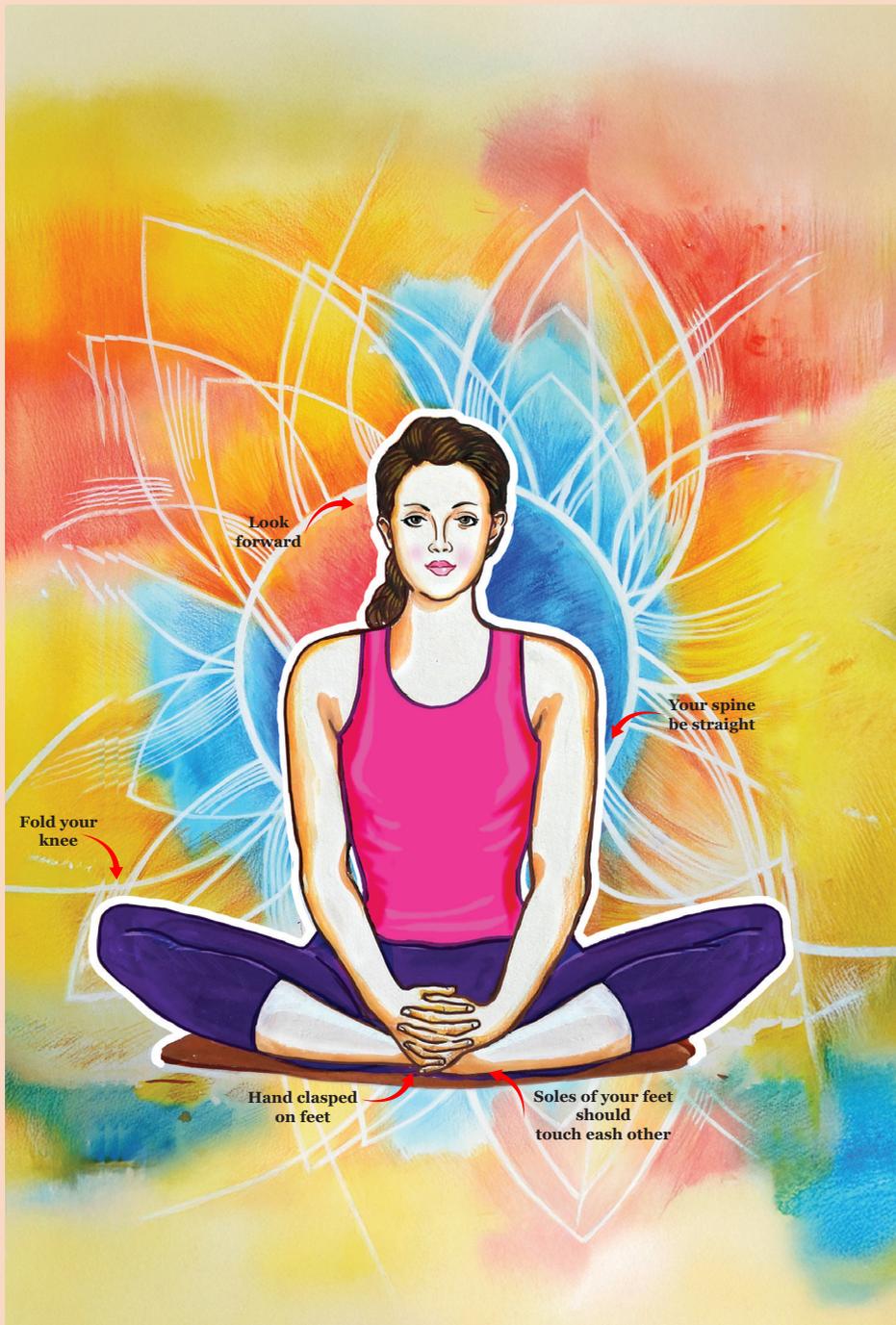
**Tip:** If needed, place a cushion or folded blanket between your calves and thighs for added comfort.

#### Benefits:

- **Improves Digestion:** Practicing Vajrasan after meals promotes digestion by increasing blood flow to the stomach and aiding the release of digestive enzymes. It can help prevent acidity, bloating, and constipation.
- **Calms the Mind:** Activates the parasympathetic nervous system, promoting relaxation and reducing anxiety. It also stimulates the vagus nerve, supporting emotional balance.
- **Supports Posture and Spinal Health:** Helps align the spine and strengthen the lower back, reducing discomfort from poor sitting habits.
- **Boosts Focus and Mindfulness:** Its stable posture is excellent for meditation, encouraging mental clarity and awareness.
- **Balances Hormones:** Regular practice helps regulate stress hormones, contributing to emotional stability and better mood.

**Daily Use:** Practicing Vajrasan for 5–10 minutes after meals can aid digestion and calm the nervous system.

# YOGASAN



Opens the hip joints, improves flexibility, and calms the mind by reducing stress.

## 4. Bhadrasan (Gracious Pose)

Bhadrasan, or Gracious Pose, is a comfortable and stable seated posture ideal for meditation and pranayama. Mentioned in classical yogic texts like the *Hath Yoga Pradipika*, it promotes calmness, focus, and a strong connection to the body's foundation. It is especially effective for activating the **Muladhara (Root) Chakra**, supporting feelings of stability and inner grounding.

### Technique:

1. Sit on a **yoga mat** or folded blanket for comfort.
2. Bend both knees and bring the feet inward so the **heels rest beside the perineum**—right heel on the right, left on the left.
3. **Turn the feet backward** (unlike in Butterfly Pose, where they face forward).
4. **Hold your ankles or feet** with both hands.
5. Keep the **spine straight**, shoulders relaxed.
6. Direct your gaze to the **tip of the nose (Nasikagra Drishti)** to aid focus.
7. Breathe slowly and deeply, staying in the pose for as long as comfortable. Gradually increase the duration with regular practice.

### Benefits:

#### Mental & Emotional:

- Calms the nervous system and sharpens concentration.
- Encourages a meditative state and inner stillness.
- Supports grounding through root chakra activation, promoting emotional stability.

#### Physical:

- Strengthens and tones the nerves and blood vessels in the legs.
- Improves circulation and stimulates natural **Moolabandh** (root lock).
- May help relieve constipation, arthritis, obesity, and imbalances in bile (*pitta*) and phlegm (*kapha*).

#### Energetic:

- Activates **Apan Vayu**, the downward-moving energy responsible for elimination and grounding.
- Aids in preparing the body for **Kundalini awakening** through lower chakra engagement.

Bhadrasan is excellent for beginners and can be safely practiced daily for mental clarity and physical balance.

# YOGASAN



Strengthens the spine and shoulders while improving lung capacity and relieving back tension.

## 5. Gaumukhasan (Cow Face Pose)

Gaumukhasan, or Cow Face Pose, is a seated **yoga** posture known for its unique shape—resembling a cow’s face. The name comes from Sanskrit: *go* (cow), *mukh* (face), and *asana* (pose). It offers a deep stretch for the hips and shoulders, promoting flexibility, focus, and emotional balance. Gaumukhasan is described in ancient yogic texts like the *Gheranda Samhita* and is used in both physical and meditative **yoga** practices.

### Technique:

1. Sit with your spine upright and legs extended forward.
2. Bend your knees and stack them, with the **right knee directly over the left**.
3. Place the **left foot beside the right hip**, then cross the **right foot over**, placing it beside the left hip.
4. Raise your **left arm overhead**, bend the elbow, and bring the hand down the back.
5. Bring your **right arm behind your back** from below and try to **clasp your left hand**.
6. Use a **yoga strap** if your hands don’t meet comfortably.
7. Keep your **spine tall** and **shoulders relaxed**.
8. Breathe deeply and hold the pose for 30 seconds to 1 minute.
9. **Release gently** and repeat on the opposite side.

**Modification Tips:** If needed, place a cushion or folded blanket between your calves and thighs for added comfort.

- Sit on a folded blanket if hips feel tight or knees don’t stack.
- Use a strap between the hands to avoid shoulder strain.

### Benefits:

- Opens **hips, thighs, ankles, chest, shoulders, and triceps**.
- Improves **posture, flexibility, and spinal alignment**.
- Stimulates the **kidneys** and may help relieve **sciatica pain**.
- Activates the **Swadhisthana (Sacral)** and **Anahat (Heart) Chakras**, enhancing creativity and emotional balance.
- Calms the mind, making it effective for **stress relief** and **meditation**.

Gaumukhasan is excellent for improving body awareness and emotional release through physical stillness and stretch.

# YOGASAN



Stimulates the abdominal organs, improves posture, and increases spinal flexibility.

## 6. Dhanurasan (Bow Pose)

Dhanurasan, or Bow Pose, is a powerful backbend that resembles a drawn bow. The name comes from the Sanskrit *dhanu* (bow) and *asana* (pose). This dynamic posture stretches the entire front body while strengthening the back, stimulating internal organs, and increasing energy.

### Technique:

1. **Lie on your stomach**, arms at your sides, chin resting on the floor.
2. **Bend both knees**, bringing heels close to your buttocks.
3. **Reach back with both hands** and grasp your ankles (not the tops of your feet).
4. **Inhale deeply** as you lift your chest and thighs off the floor, pulling your legs up and back.
5. Balance on your abdomen and keep your **gaze upward**.
6. **Hold the pose** for 15–30 seconds while breathing steadily.
7. **Exhale and slowly release** your legs, lowering your chest and thighs back to the floor.
8. **Repeat 3–5 times**, resting briefly between rounds.

**Advanced Tip:** With practice, keep knees, thighs, and feet close together for better alignment.

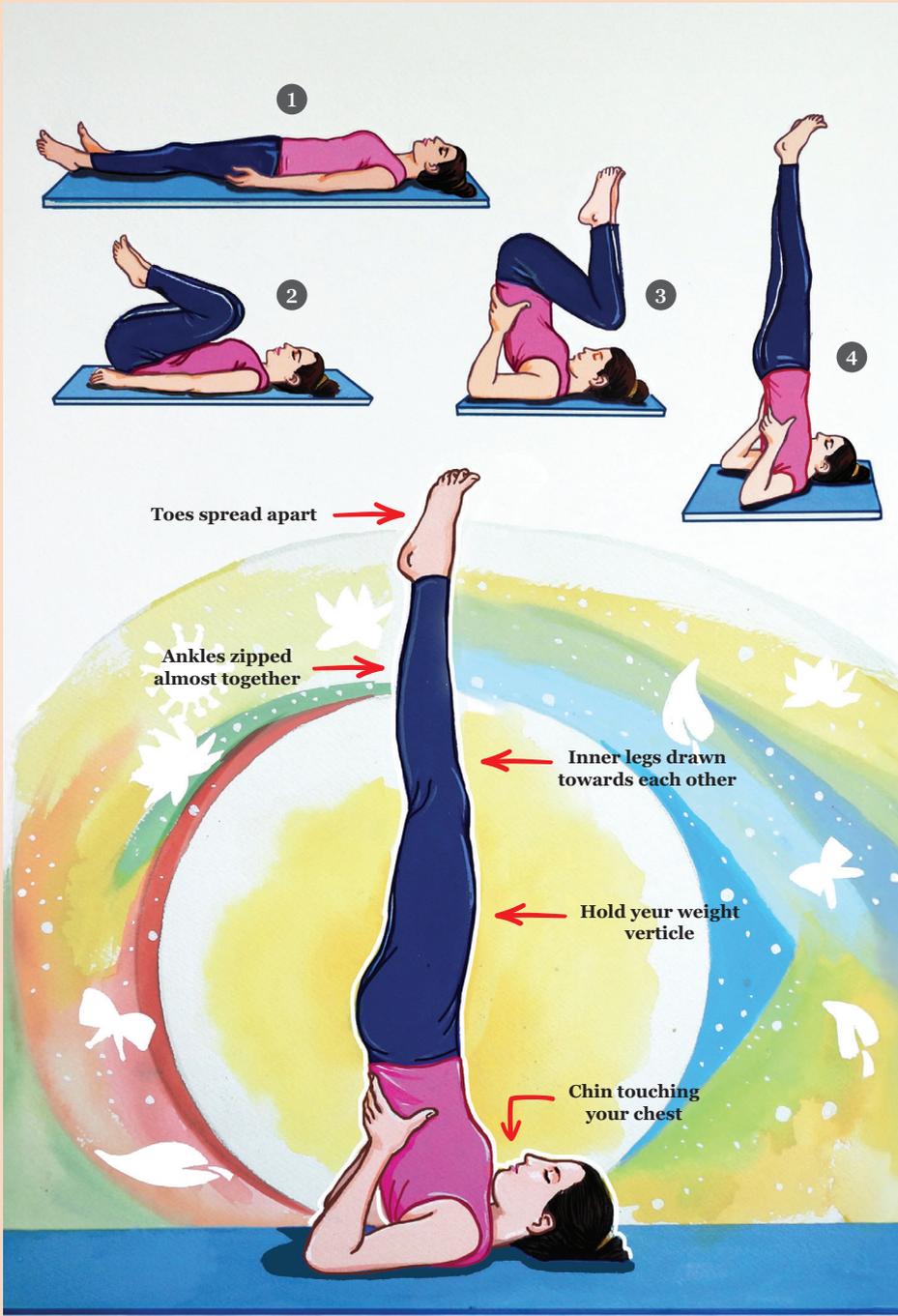
**Caution:** Avoid this pose if you have back or neck injuries, high blood pressure, heart problems, dizziness, or during pregnancy and menstruation.

### Benefits:

- **Activates the Manipur Chakra** (solar plexus), boosting energy and confidence.
- **Improves digestion** by stimulating abdominal organs like the liver, pancreas, and intestines.
- **Reduces belly fat** and tones abdominal muscles.
- **Enhances circulation** and aids in detoxification.
- **Strengthens the spine** and tones the nervous system.
- **Supports reproductive health** and may ease menstrual discomfort (avoid during menstruation).
- **Increases Prana (life energy)**, leaving you energized and focused.

Dhanurasan is an invigorating pose that blends strength, flexibility, and internal activation for total-body wellness.

# YOGASAN



Enhances blood flow to the brain, supports thyroid health, and improves overall body balance.

## 7. Sarvangasan (Shoulder Stand Pose)

Sarvangasan, or Shoulder Stand, is a foundational **yoga** pose that translates to "the posture for all parts of the body." Derived from Sanskrit—*Sarva* (all), *Anga* (limbs), and *Asana* (pose)—this inversion posture benefits the body holistically, enhancing physical health, mental clarity, and energetic balance.

### Technique:

1. **Start Position:** Lie flat on your back with your arms beside you, palms facing down.
2. **Lift the Legs:** Slowly raise both legs to a 90° angle, keeping them straight with toes pointing upward.
3. **Support the Back:** Press your palms into the floor and lift your hips. Support your lower back with both hands—thumbs toward the navel, fingers spread on the hips.
4. **Form the Pose:** Use your shoulders and arms (not your neck or head) to lift the entire body vertically. Align the body in a straight line from shoulders to toes.
5. **Breathe:** Breathe gently and deeply. Maintain the pose for 20 seconds to 2 minutes, depending on comfort.
6. **Release:** Slowly bend the knees, lower your hips with hand support, and gently bring your back and legs down to the floor. Rest in **Shavasana**.

### Tips:

- Keep the **neck straight**; do not turn your head during the pose.
- Practice **on an empty stomach** and avoid doing it after intense activity.

### Benefits:

- Increases blood flow to the **brain, face, and scalp**
- Enhances **oxygen supply**, vitality, and energy levels
- Strengthens **muscles**, improves **posture**, and boosts **core stability**
- Stimulates the **thyroid and parathyroid glands**
- Aids digestion, relieves **constipation**, and supports nutrient absorption
- Promotes **mental clarity**, emotional balance, and spiritual connection

### Precautions:

Avoid if you have **neck pain, high blood pressure, glaucoma, recent surgery**, or during **menstruation**. Beginners should practice under guidance.

# YOGASAN



Boosts spinal mobility, improves digestion, and massages the abdominal organs.

## 8. Ardh Matsyendrasan (Half Lord of the Fishes Pose)

Ardh Matsyendrasan is a seated spinal twist named after the yogic sage Matsyendranath. The Sanskrit name combines *Ardha* (half), *Matsya* (fish), and *Indra* (lord). This gentle yet deep twist energizes the spine, improves digestion, and promotes inner balance. It's ideal for enhancing flexibility, detoxification, and mental clarity.

### Technique:

**Practice on an empty stomach** or at least 3–4 hours after eating. Warm up your spine and hips beforehand.

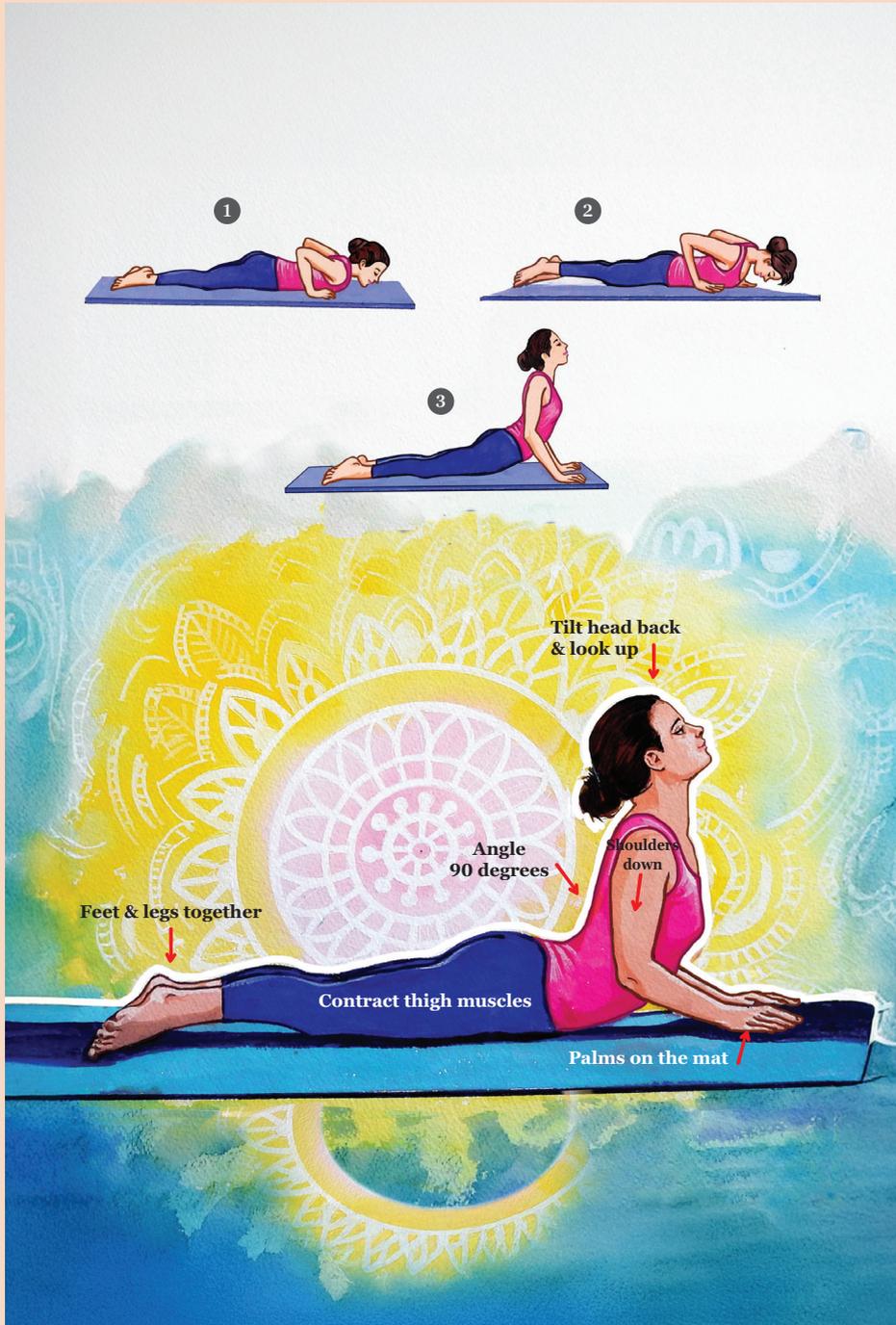
1. **Sit upright** with both legs extended forward.
2. **Bend your right knee** and place the right foot outside your left thigh.
3. **Position the left leg** either straight or folded near the right hip (as per comfort).
4. **Twist the torso:**
  - o Inhale to **lengthen the spine**.
  - o Exhale and **twist to the right**, bringing the **left elbow outside the right knee**.
  - o Place your **right hand behind** you for support.
  - o Gently press the elbow against the knee or hold the right foot to deepen the twist.
5. **Hold the pose** for 20–30 seconds, breathing deeply. With each inhale, lengthen the spine; with each exhale, deepen the twist.
6. **Release gently** and repeat on the other side.

### Benefits:

- **Spinal Health:** Improves flexibility and posture.
- **Digestive Aid:** Stimulates the liver, pancreas, and intestines.
- **Detoxification:** Enhances organ function and toxin release.
- **Sciatica & Menstrual Relief:** Eases lower back and abdominal discomfort.
- **Blood Sugar Balance:** May aid in regulating glucose through pancreas stimulation.
- **Respiratory Support:** Expands lung capacity.
- **Mental Clarity:** Calms the mind and relieves stress.

**Precautions:** Avoid if you have a **herniated disc**, **recent spinal injury**, or **severe back pain**. Consult a healthcare provider or certified yoga instructor if unsure.

# YOGASAN



Strengthens the spine, expands the chest, and helps relieve stress and fatigue.

## 9. Bhujangasan (Cobra Pose)

Bhujangasan, or Cobra Pose, is a classical Hatha **yoga** posture that imitates a serpent raising its hood. The name comes from Sanskrit: *Bhujanga* (snake) and *Asana* (pose). Practiced often in **Surya Namaskar**, it is known for its energizing and therapeutic effects—especially on the spine, digestion, and nervous system. It also helps activate the **Kundalini energy** located at the base of the spine.

### Technique:

#### Traditional Bhujangasan:

1. Lie on your **stomach**, legs extended, feet hip-width apart.
2. Place **palms under the shoulders**, elbows close to the body.
3. Inhale and **lift the head, chest, and upper abdomen** using your back muscles.
4. Keep **pelvis grounded**, elbows slightly bent, and shoulders away from the ears.
5. Hold the pose for a few breaths, then exhale and slowly lower down.

#### Utthit Pada Bhujangasan (Raised Leg Variation):

- From the cobra position, **raise one straight leg** without bending the knee.
- Keep the other leg grounded; alternate or hold for a few breaths.

#### Saral Hast Bhujangasan (Straight Arms Variation):

- Perform as in the traditional pose but **fully extend the arms**.
- Arch the back deeper and gaze upward.

**Tip:** For beginners or back discomfort, try **Baby Cobra**—keep elbows bent and lift the chest only slightly.

### Benefits:

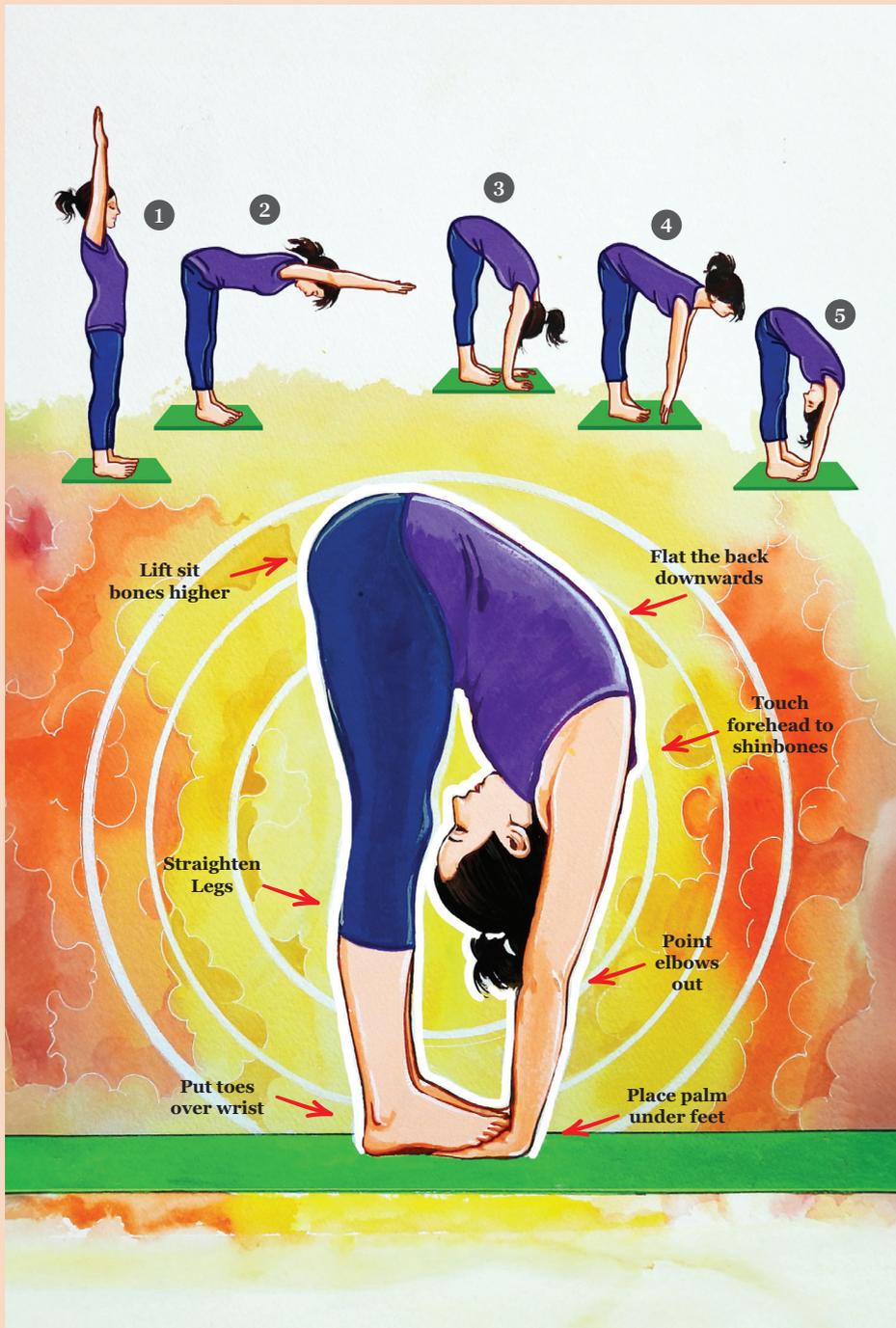
- **Traditional Pose:** Improves posture, relieves back pain, aids digestion and breathing.
- **Raised Leg Variation:** Strengthens glutes and lower back; activates liver and spleen.
- **Straight Arm Variation:** Tones the waist, reduces belly fat, and increases spine flexibility.

**Precautions:** Avoid if you have:

- Carpal tunnel syndrome, Recent abdominal or spinal surgery, Shoulder or arm injuries or Pregnancy.

Bhujangasan is a rejuvenating posture that strengthens the body and awakens vital energy when practiced mindfully.

# YOGASAN



Increases hamstring flexibility, improves blood flow to the head, and reduces mental tension.

## 10. Padahastasan (Hand-to-Foot Pose)

Padahastasan, or Hand-to-Foot Pose, is a foundational forward bend in **yoga** and part of the Surya Namaskar (Sun Salutation) sequence. The name comes from Sanskrit: *Pada* (foot), *Hast* (hand), and *Asana* (pose). It involves bending forward from standing to touch the feet with the hands, providing a deep stretch along the back body.

### Technique:

1. **Start:** Stand tall in Tadasana (Mountain Pose) with feet together and arms relaxed.
2. **Relax:** Close your eyes briefly and focus on your breath, evenly distributing weight on both feet.
3. **Forward Bend:**
  - o Inhale deeply.
  - o Exhale and bend forward from the hips (not the waist), letting your upper body flow down naturally.
4. **Hand Placement:**
  - o Place your palms on the floor or slide them under your feet, toes pressing against your wrists.
  - o If you can't reach the floor, hold your ankles or calves.
5. **Alignment:**
  - o Keep legs straight but avoid locking knees.
  - o Relax your neck and let your head hang.
  - o Lengthen your back with each exhale.
6. **Breathing:** Take slow, deep breaths while holding the pose.
7. **Release:** Inhale to rise back up, keeping your spine straight.

### Benefits:

- Increases flexibility in hamstrings, calves, hips, and spine.
- Stimulates digestion, reducing bloating, gas, and constipation.
- Boosts metabolism and helps reduce belly fat.
- Calms the nervous system, easing stress and anxiety.
- Improves blood circulation, benefiting skin and hair.
- Strengthens spinal nerves and enhances focus.
- Relieves nasal and throat congestion.
- Alleviates migraine symptoms, especially in women.

Avoid Padahastasan if you have severe back injuries, sciatica, heart disease, high blood pressure, abdominal hernia, pregnancy (especially later stages), or acute migraines. For migraine relief, practice regularly but avoid during severe episodes unless approved by a healthcare provider.

Padahastasan is a grounding, rejuvenating pose that connects body and mind through mindful stretching and breath.

# YOGASAN



Strengthens the legs and core while enhancing balance, stability, and digestion.

## 11. Trikonasan (Triangle Pose)

Trikonasan, or Triangle Pose, is a fundamental standing **yoga** posture named from the Sanskrit words *trikon* (triangle) and *asana* (pose). The body forms a triangle shape in this asana, which helps improve balance, flexibility, and strength.

### Technique:

1. Stand upright with feet together and arms relaxed at your sides.
2. Step your feet 1 to 2 feet apart, based on comfort.
3. Raise both arms sideways to shoulder height, parallel to the floor.
4. Keeping legs straight, gently bend your torso to the left side.
5. Place your left hand on your left foot, shin, or the floor—whichever feels comfortable.
6. Extend your right arm straight up toward the ceiling, so both arms form a straight line (about 180 degrees).
  - o Alternative: Stretch your right arm over your head in line with the ear, forming a 90-degree angle between arms.
7. Hold the pose for 5–10 seconds, breathing normally. Focus on balance and keeping your chest open.
8. Inhale to lift your torso back to center and lower your arms to the sides.
9. Bring your feet together and return to standing.
10. Repeat the same steps on the right side.

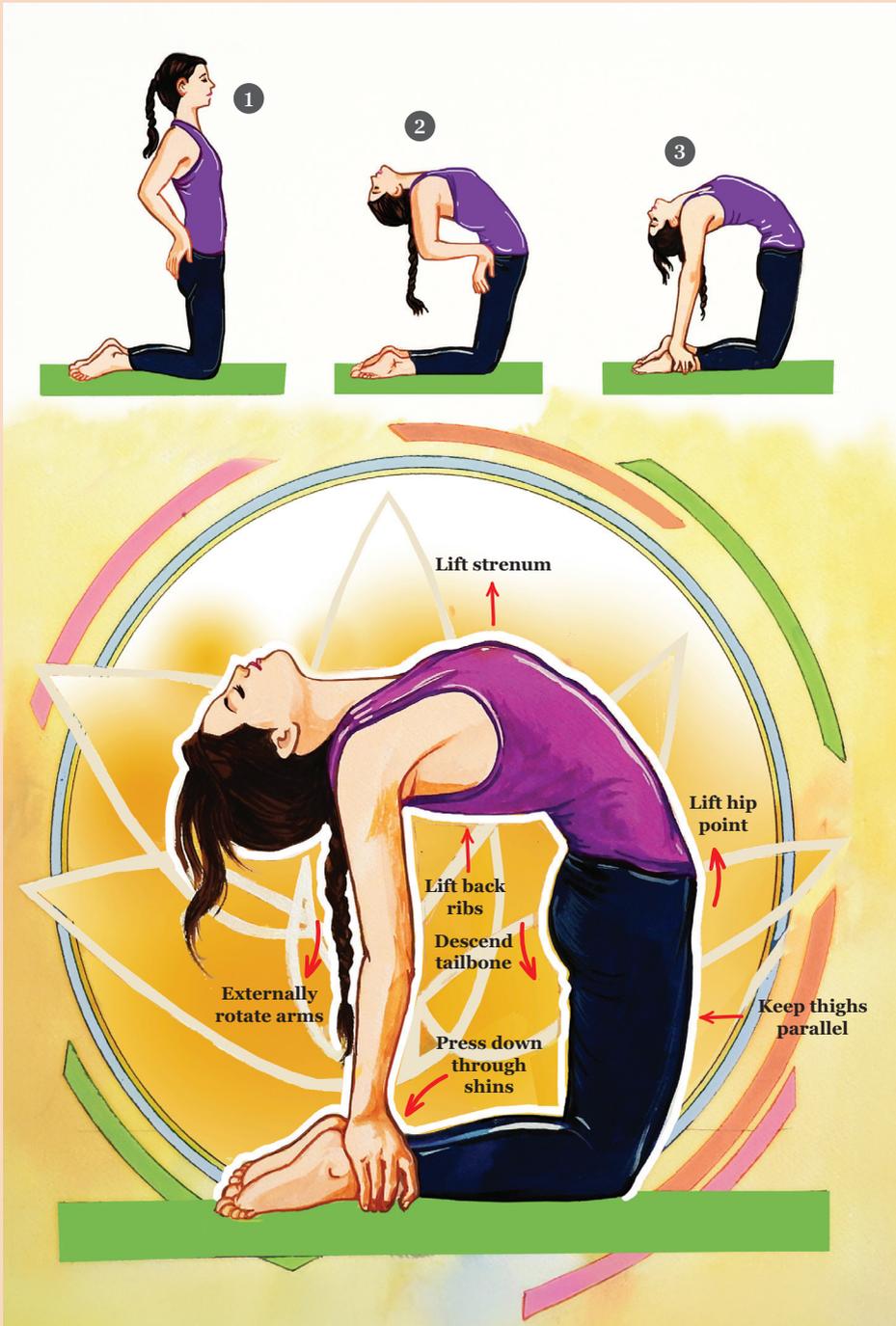
### Benefits:

- Strengthens legs, hips, and buttocks.
- Improves balance, stability, and core strength.
- Massages abdominal organs, aiding digestion.
- Relieves back and neck tension gently.
- Supports proper spinal alignment and posture.
- Encourages growth and height development in children.
- Increases flexibility in the torso, spine, and hamstrings.

### Precautions:

Avoid if you have chronic back pain, slipped discs, or spinal injuries without expert guidance. Keep a slight bend in the knees to prevent strain—do not lock them. Move slowly within your comfort to avoid overstretching. Trikonasan is a balanced, energizing pose that strengthens and stretches the body while calming the mind.

# YOGASAN



Opens the chest and lungs, improves posture, and reduces fatigue and mild back pain.

## 12. Ushtrasan (Camel Pose)

Ushtrasan, or Camel Pose, is a deep backbend named after the Sanskrit word *Ushtr* meaning camel, symbolizing strength and resilience. This heart-opening pose stretches the front body and improves spinal flexibility while promoting courage and emotional release.

### Technique:

1. Begin kneeling on the floor with knees hip-width apart and thighs perpendicular to the ground.
2. Place your hands on your hips with fingers pointing downward. Engage your core and lengthen your tailbone toward the floor.
3. Inhale deeply and lift your chest upward.
4. Exhale slowly and lean back, reaching for your ankles. If you can't reach, place your hands on your lower back or use **yoga** blocks next to your feet for support.
5. Push your hips forward, gently extending your spine. Keep your neck neutral or drop your head back only if comfortable.
6. Hold the pose for 15–30 seconds while breathing deeply and steadily.
7. To release, bring your hands back to your hips, lift your torso, and return to a kneeling position.

### Preparation:

Warm up with spine, shoulder, and hip flexor stretches like Cat-Cow, Cobra (Bhujangasan), and Child's Pose (Balasana). Practice deep breathing throughout.

### Benefits:

- Improves spinal flexibility and strengthens back muscles.
- Opens the chest, boosting lung capacity and respiratory health.
- Stimulates digestion and abdominal organs.
- Enhances posture and body awareness.
- Relieves mild back pain and reduces stress.
- Supports hormonal balance and circulation.
- Eases menstrual discomfort by stretching abdominal muscles.

### Precautions:

Avoid Ushtrasan if you have recent neck or back injuries, high or low blood pressure, dizziness, vertigo, or recent abdominal or heart surgery. Always consult a qualified instructor if unsure.

# PRANAYAM



### 3. Pranayam: Definition, Techniques, Benefits, and Precautions

Pranayam is the ancient yogic practice of controlling and regulating the breath to balance the life force (*pran*) within the body. The word “Pranayam” combines *pran* (life energy) and *ayama* (expansion or control), meaning the extension or control of vital energy through breathing.

The practice dates back thousands of years, mentioned in the *Bhagavad Gita* and classical texts like *Hatha YOG Pradipika* and *Gheranda Samhita*. It is one of the key limbs of Ashtanga YOG, aimed at purifying the body, calming the mind, and enhancing spiritual awareness.

#### Techniques and Guidelines

- Always breathe through the nose, with gentle, smooth inhalations and exhalations.
- Practice pranayam ideally in the morning or at sunset, in a clean, quiet place with fresh air.
- Sit comfortably in steady poses like Siddhasana, Sukhasana, or Padmasana, keeping the spine straight.
- Perform pranayam after your YOG asanas and before meditation, ending with relaxation in Shavasana.
- Practice on an empty stomach, waiting 3–4 hours after eating.
- Wear loose, natural-fiber clothing and maintain good hygiene.

#### Benefits

Pranayam improves lung function, enhances oxygen supply, and balances the nervous system. It calms the mind, reduces stress, and helps regulate digestion. It also supports the body's energy flow, promoting overall health and spiritual growth.

#### Precautions

Avoid pranayam if you have serious health issues like asthma, heart disease, high blood pressure, diabetes, or neurological disorders, unless under expert supervision. Do not overexert yourself or hold your breath beyond comfort. Some temporary effects like tingling or warmth may occur during detoxification but should fade. Consult a qualified teacher if symptoms persist.

Pranayam is a powerful, mindful practice that, when done correctly, nurtures physical vitality and mental clarity.

# PRANAYAM

1. Inhale Left



2. Exhale Right, Inhale Right



3. Exhale Left, repeat at 1



Calms the nervous system, balances both brain hemispheres, and improves lung capacity.

# 1. Anulom Vilom

## (Alternate Nostril Breathing or Nadi Shodhana Pranayam)

**Definition:** Anulom Vilom is a calming breathing technique that balances the body's energy channels—Ida and Pingala nadis—by breathing alternately through each nostril. It helps harmonize the mind and body.

### Step-by-Step Technique:

1. **Sit comfortably** in a cross-legged pose like Sukhasana or Padmasana with a straight spine.
2. **Right hand position:** Use your right thumb to close your right nostril.
3. **Inhale** slowly and deeply through the **left nostril** for about 2 seconds.
4. **Close both nostrils** using the thumb and ring finger, and hold your breath for about 4 seconds (optional for beginners).
5. **Release the right nostril**, keep the left nostril closed, and **exhale** through the **right nostril** for 2 seconds.
6. Now, **inhale** through the **right nostril** for 2 seconds.
7. **Close both nostrils** again, hold the breath for 4 seconds.
8. **Release the left nostril**, keep the right nostril closed, and **exhale** through the **left nostril** for 2 seconds.
9. This completes **one round**.
10. Repeat this cycle, starting with the left nostril for 10 rounds.

With practice, increase inhalation, exhalation, and breath retention times, keeping them equal, and hold the breath for double the duration.

### Benefits:

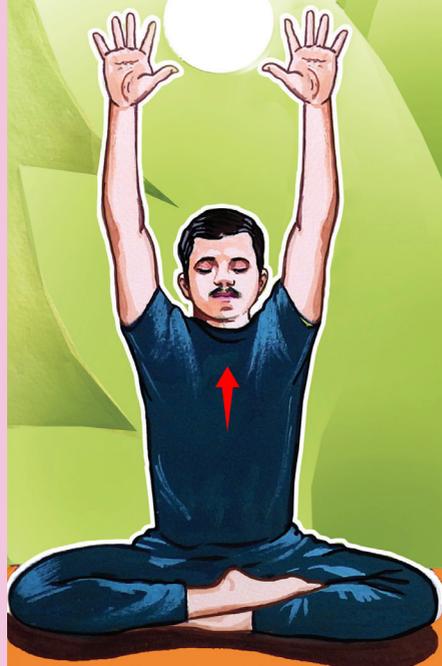
- Reduces stress, anxiety, and depression.
- Improves respiratory health, easing asthma and bronchitis.
- Supports heart health and controls blood pressure.
- Balances emotions, reducing anger and frustration.
- Enhances memory and mental clarity.
- Balances the body's doshas (Vata, Pitta, Kapha).
- Helps regulate metabolism and aids weight management.
- Assists in controlling diabetes.

### Precautions:

- People with heart problems, high or low blood pressure, and pregnant women should avoid breath retention.
- They can practice normal inhalation and exhalation without holding the breath.
- Practice under guidance if unsure or new to pranayam.

# PRANAYAM

**Inhale:** Take a deep breath in through your nose, filling your lungs completely.



**Exhale:** Exhale forcefully through your nose, contracting your abdominal muscles.



Energizes the body, boosts oxygen flow, and strengthens the respiratory system.

## 2. Bhastrika (Bellows Breath)

**Definition:** Bhastrika is a powerful breathing exercise that involves forceful, rhythmic inhalations and exhalations, similar to the pumping action of a blacksmith's bellows. It energizes the body and cleanses the respiratory system.

### Step-by-Step Technique:

1. Sit comfortably in a cross-legged posture like Sukhasana or Padmasana. Keep your spine and head straight.
2. Rest your hands on your knees in Gyan Mudra (thumb and index finger touching) or Chin Mudra.
3. Take a deep breath in through your nose, expanding your abdomen and diaphragm fully.
4. Exhale forcefully through your nose, pulling your abdomen inwards and upwards quickly.
5. Immediately inhale forcefully again, expanding your belly and chest.
6. Continue this forceful inhalation and exhalation at a steady pace for 10 breaths (one round).
7. After 10 breaths, take a deep, slow inhale, then exhale slowly and completely.
8. Rest for a few moments. Repeat the cycle at least 5 times.
9. Breathe rhythmically and keep the inhalation and exhalation duration equal. Gradually increase the speed as you become comfortable.

### Benefits:

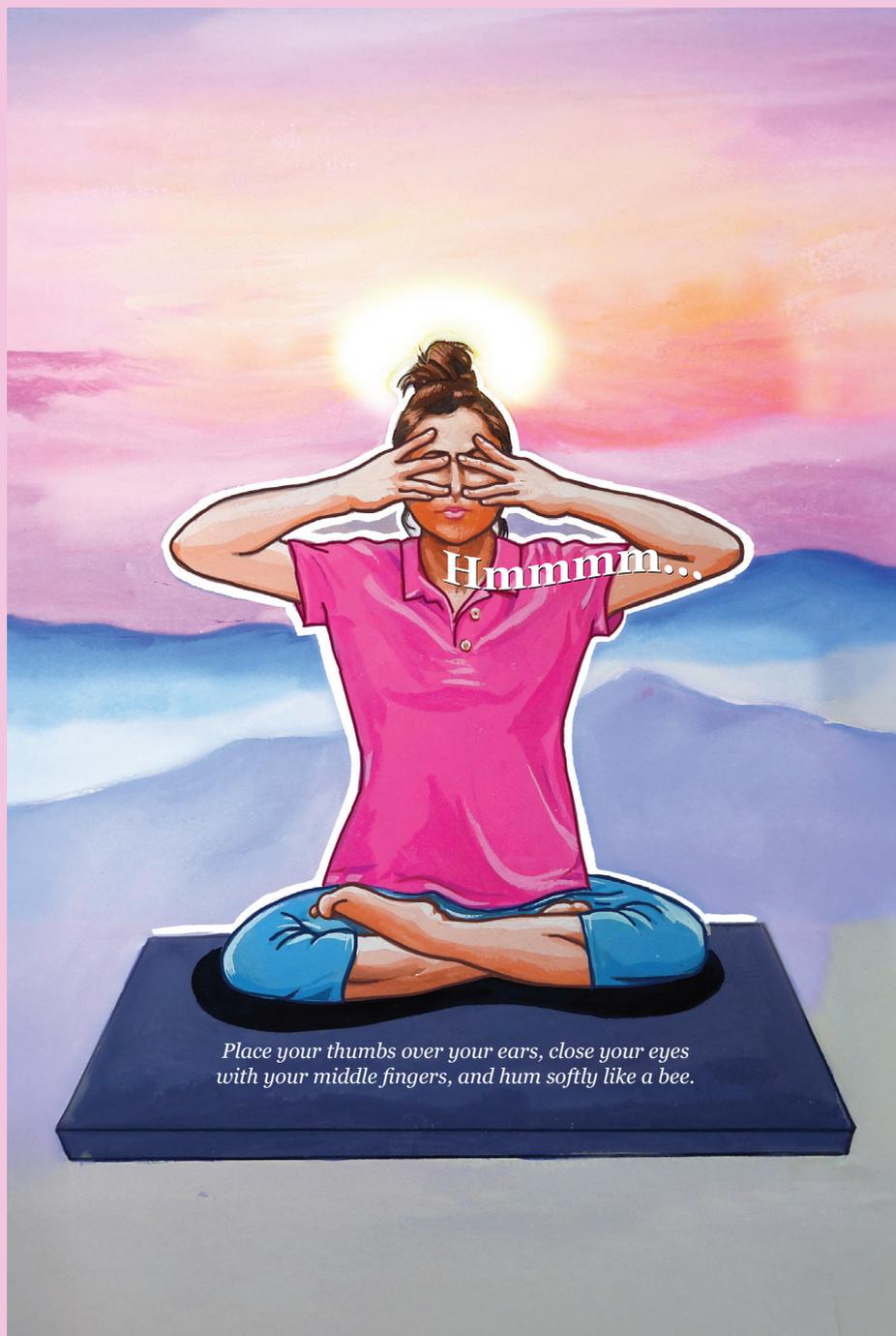
- Purifies the blood and improves skin complexion.
- Burns toxins and balances the three doshas: Vata, Pitta, and Kapha.
- Increases oxygen intake and improves lung capacity.
- Supports healthy digestion and metabolism.
- Clears throat congestion and reduces phlegm.
- Boosts energy and mental clarity.

### Precautions:

- Avoid if you have high blood pressure, heart disease, hernia, gastric ulcers, epilepsy, or vertigo.
- People with asthma, bronchitis, or other lung conditions should practice only under expert guidance.
- Stop immediately if you feel dizzy or uncomfortable and consult a **YOG** teacher.

Bhastrika is a dynamic pranayama that energizes the body but requires mindful practice and respect for your limits.

## PRANAYAM



*Place your thumbs over your ears, close your eyes with your middle fingers, and hum softly like a bee.*

Reduces stress and anxiety by soothing the mind through gentle humming vibrations.

### 3. Bhramari (Bee Breath)

**Definition:**

Bhramari is a calming pranayama where you produce a gentle humming sound like a bee during exhalation. This helps soothe the mind and body by creating vibrations in the head.

**Step-by-Step Technique:**

1. **Sit comfortably** in a meditation pose like Sukhasana or Padmasana. Keep your spine straight and head upright.
2. **Rest your hands** on your knees in Chin or Gyan Mudra.
3. **Close your eyes** and relax your entire body. Keep your lips gently closed with your teeth slightly apart to hear the vibrations clearly.
4. **Raise your arms**, bend your elbows, and place your index or middle fingers lightly over your ears to close them (press the earlobes without inserting fingers deep inside).
5. **Inhale deeply** through your nose.
6. **Exhale slowly and steadily**, making a soft humming sound like a bumblebee (“mmm”) from your throat. Focus on the vibration in the front of your skull.
7. **After exhaling**, inhale deeply again and repeat.
8. Perform **5 to 10 rounds** initially, increasing gradually with practice.

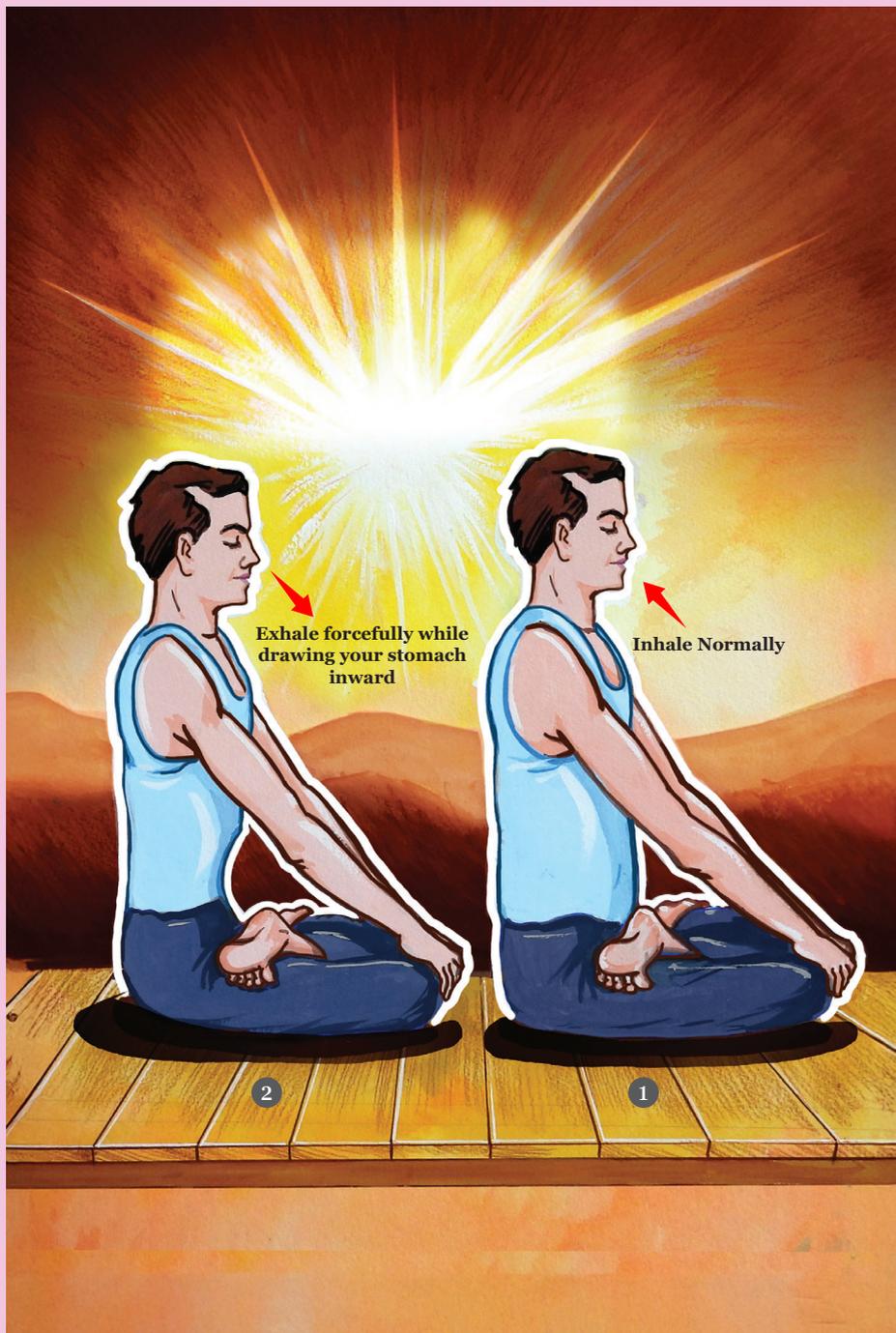
**Benefits:**

- Calms anxiety, stress, and cerebral tension.
- Reduces anger, worry, and helps with insomnia.
- Lowers blood pressure and promotes relaxation.
- Supports faster recovery of body tissues after surgery.
- Improves speech clarity and helps with throat-related issues.
- Enhances concentration by focusing on sound vibrations.

**Precautions:**

- Avoid practicing in noisy environments.
- Do not perform if you have a severe ear infection; wait until healed.
- Never practice Bhramari while lying down.
- If you feel discomfort or pain in the ears, stop and consult a teacher.

# PRANAYAM



Stimulates digestion, detoxifies the lungs, and enhances mental clarity.

## 4. Kapalbhāti (Skull Shining Breath)

### Definition:

Kapalbhāti is a cleansing breathing technique involving rapid, forceful exhalations that detoxify the lungs and abdominal organs, energizing the mind and body.

### Step-by-Step Technique:

1. Sit comfortably in a meditation pose like Sukhasana or Padmasana. Keep your spine and head straight.
2. Place your hands on your knees in Chin or Gyan Mudra. Close your eyes and relax.
3. Take a deep breath in through both nostrils, expanding your abdomen.
4. Exhale forcefully and quickly through the nose by contracting your abdominal muscles.
5. Let the inhalation happen passively as your abdomen relaxes — no effort is needed to inhale.
6. Repeat this rapid exhalation and passive inhalation cycle comfortably and rhythmically.
7. Start with **10 rapid breaths** per round. After completing 10 breaths, take a deep inhalation and a slow, deep exhalation. This completes one round.
8. Gradually increase the number of breaths and rounds as you become comfortable.
9. Finish by sitting quietly, focusing on your breath and experiencing inner calm.

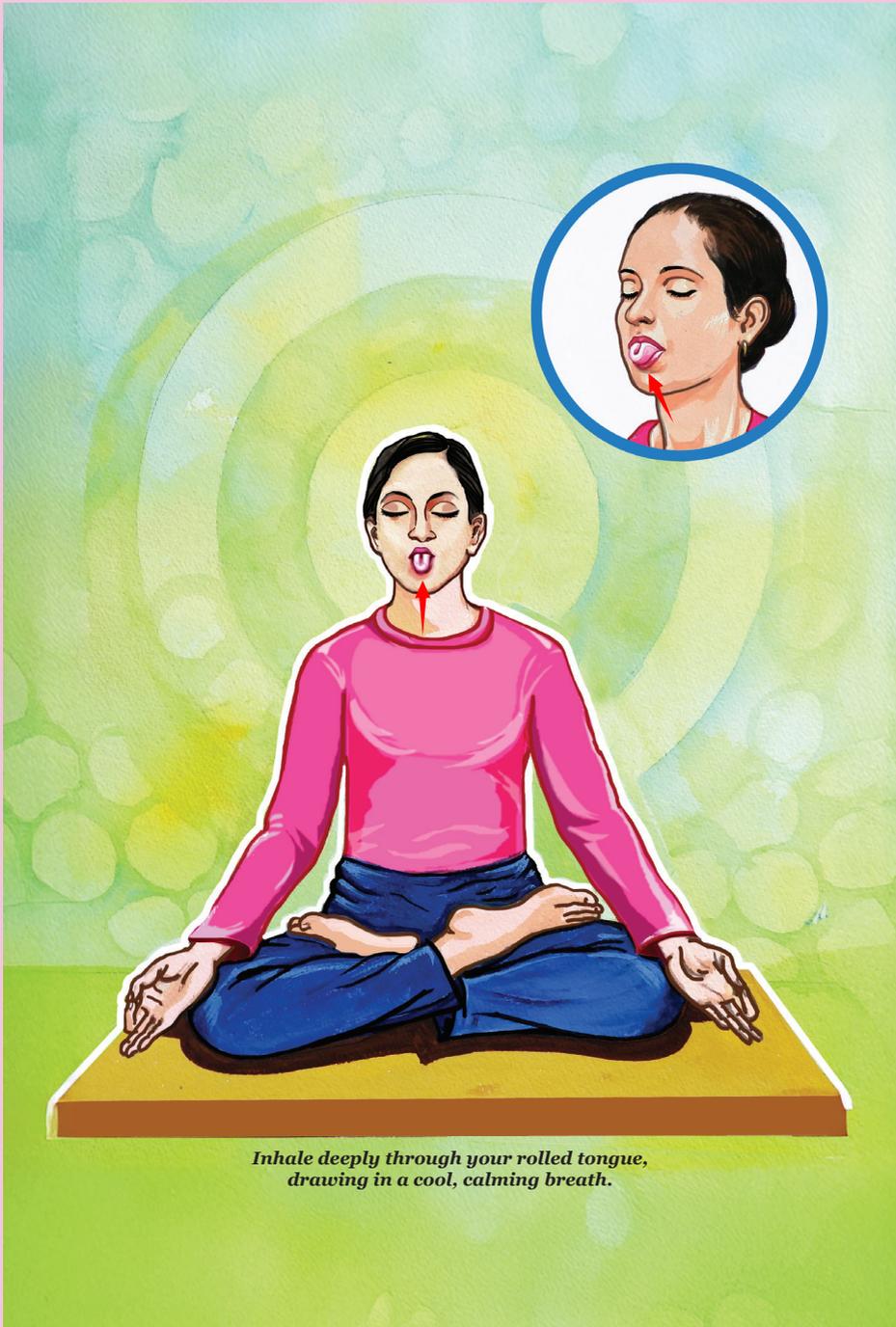
### Benefits:

- Cleanses and energizes the respiratory system.
- Stimulates and purifies energy channels (Ida and Pingala nadis).
- Boosts mental clarity and alertness.
- Helps reduce lethargy and prepares the mind for meditation.
- Aids respiratory issues like asthma, bronchitis, and tuberculosis.
- Strengthens the nervous system and improves digestion.
- Can support recovery post-childbirth with proper guidance.

### Precautions:

- Avoid if you have heart disease, high blood pressure, epilepsy, dizziness, vertigo, hernia, or gastric ulcers.
- Stop immediately if you feel pain, dizziness, or discomfort. Rest before resuming gently.
- Consult a qualified **YOG** teacher if symptoms persist.
- Practice with awareness and never strain yourself.

# PRANAYAM



*Inhale deeply through your rolled tongue,  
drawing in a cool, calming breath.*

Cools the body, reduces stress, and helps regulate body temperature.

## 5. Sheetali (Cooling Breath)

**Definition:** Sheetali is a cooling breathing technique that helps lower body heat and calm the mind.

### Step-by-Step Technique:

1. Sit comfortably in a meditation posture like Sukhasana or Padmasana. Keep your spine straight. Place your hands on your knees in Chin Mudra. Close your eyes and relax your whole body.
2. Gently stick your tongue out and fold the sides upward to form a tube or straw shape. If you cannot roll your tongue, you can practice Sheetkari (explained separately).
3. Inhale slowly and deeply through the tongue tube, feeling the cool air pass over it.
4. At the end of the inhalation, withdraw the tongue back inside the mouth and close your mouth.
5. Exhale slowly and smoothly through the nose.
6. Repeat this cycle 7 to 9 times, maintaining calm and rhythmic breathing.
7. Focus on the cool sensation in your tongue and mouth during inhalation.

### Benefits:

- Provides a natural cooling effect to the body and mind.
- Calms mental and emotional excitement, promoting relaxation.
- Helps regulate body temperature and reduces feelings of heat.
- Eases muscle tension and induces mental peace.
- Can reduce blood pressure and acidity in the stomach.
- Controls hunger and thirst by creating a feeling of fullness.
- Useful as a calming practice before sleep.

### Precautions:

- Avoid practicing Sheetali in cold weather or polluted environments.
- Not recommended for people with low blood pressure, respiratory issues, heart problems, or chronic constipation.
- Those sensitive to cold or with weak digestion should practice cautiously or avoid.
- Always practice with awareness and stop if you feel discomfort.

Sheetali pranayama is a simple and effective way to cool the body and soothe the mind, perfect for hot days or when feeling overheated or stressed.

# PRANAYAM



*Padmasan –  
Inhale deep and exhale and hold*

*While holding breath  
move stomach*

Activates digestive fire, tones abdominal organs, and improves metabolism.

## 6. Agnisar Kriya (Fire Essence Action)

**Definition:** Agnisar Kriya is a cleansing **YOG** practice focused on improving digestion and strengthening abdominal muscles by stimulating internal organs.

### Step-by-Step Technique:

1. Sit comfortably in Padmasana (Lotus Pose) with a straight spine.
2. Take a deep breath in. Then exhale fully, emptying your lungs as much as possible.
3. Slightly bend forward, straighten your elbows, and press your knees down with your hands. Apply Jalandhara Bandha (chin lock) by tucking your chin toward your chest.
4. Quickly and rhythmically contract and expand your abdominal muscles (pull the belly inward and release outward) as many times as comfortable while holding the breath out.
5. Avoid using too much force to prevent strain.
6. Release the chin lock, lift your head to a neutral position, and inhale slowly and deeply. This completes one cycle.
7. Rest and breathe normally before starting the next cycle. Beginners may tire quickly but will improve with practice.
8. Gradually increase the duration and number of repetitions over time.

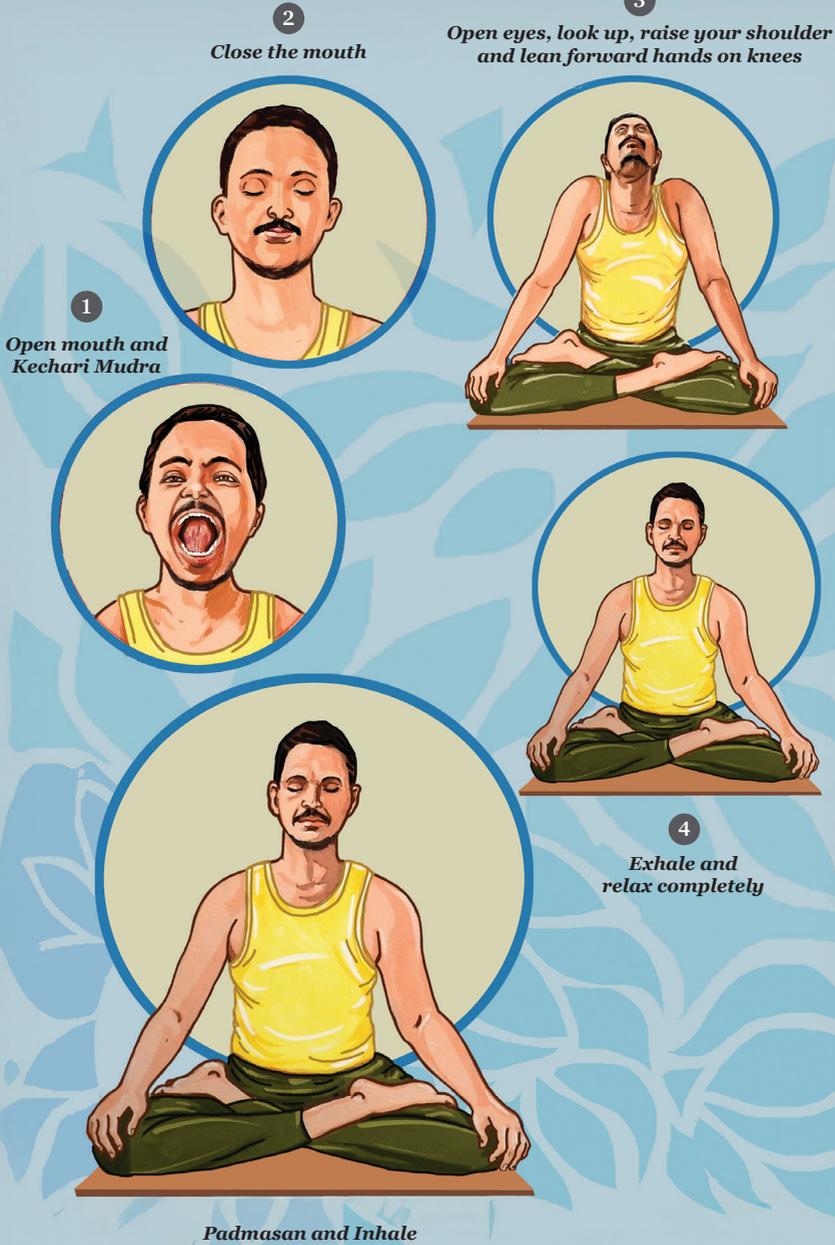
### Benefits:

- Improves digestion and increases appetite.
- Helps relieve indigestion, acidity, gas, constipation, and sluggish liver or kidney function.
- Massages and tones abdominal muscles and organs.
- Enhances nutrient absorption and cleanses the digestive system.
- Strengthens the nervous system linked to the abdomen.

### Precautions:

- Practice on an empty stomach, ideally in the morning after bowel movement.
- Avoid during summer or practice cooling pranayamas like Sheetali afterward to balance body heat.
- Not recommended for people with high blood pressure, heart problems, ulcers, thyroid overactivity, or chronic diarrhea.
- Pregnant women (beyond 3 months) should avoid; however, it is beneficial postpartum for abdominal and pelvic strength.

# PRANAYAM



Induces deep relaxation, reduces mental tension, and promotes emotional stability.

## 7. Murchha Pranayama (Fainting or Swooning Breath)

### Definition:

Murchha Pranayama is a breath-holding technique designed to induce a trance-like, meditative state by calming the mind and body.

### Step-by-Step Technique:

1. Sit comfortably in a meditation posture like Padmasana, Siddhasana, or Siddhayoni Asana with a straight spine and relaxed body.
2. Become aware of your natural, slow, deep breathing.
3. Practice **Khechari Mudra** by curling your tongue backward so the underside touches the soft palate.
4. Inhale deeply and hold the breath for a few seconds.
5. Slightly tilt your head backward and inhale slowly through both nostrils using **Ujjayi Pranayama** (a gentle constriction in the throat producing a soft sound).
6. Shift to **Shambhavi Mudra** by fixing your gaze softly between the eyebrows (Bhrumadhya).
7. Press your knees down with your hands, keep your elbows straight and arms steady.
8. Hold the breath and remain calm in this posture.
9. Slowly exhale while releasing the arm pressure, close your eyes, and gently bring your head back to a neutral position.
10. Relax completely, keeping your eyes closed for a few moments and notice the peaceful, light feeling. This completes one cycle.
11. Repeat until a mild sensation of faintness or light-headedness occurs, but do **not** push beyond this.

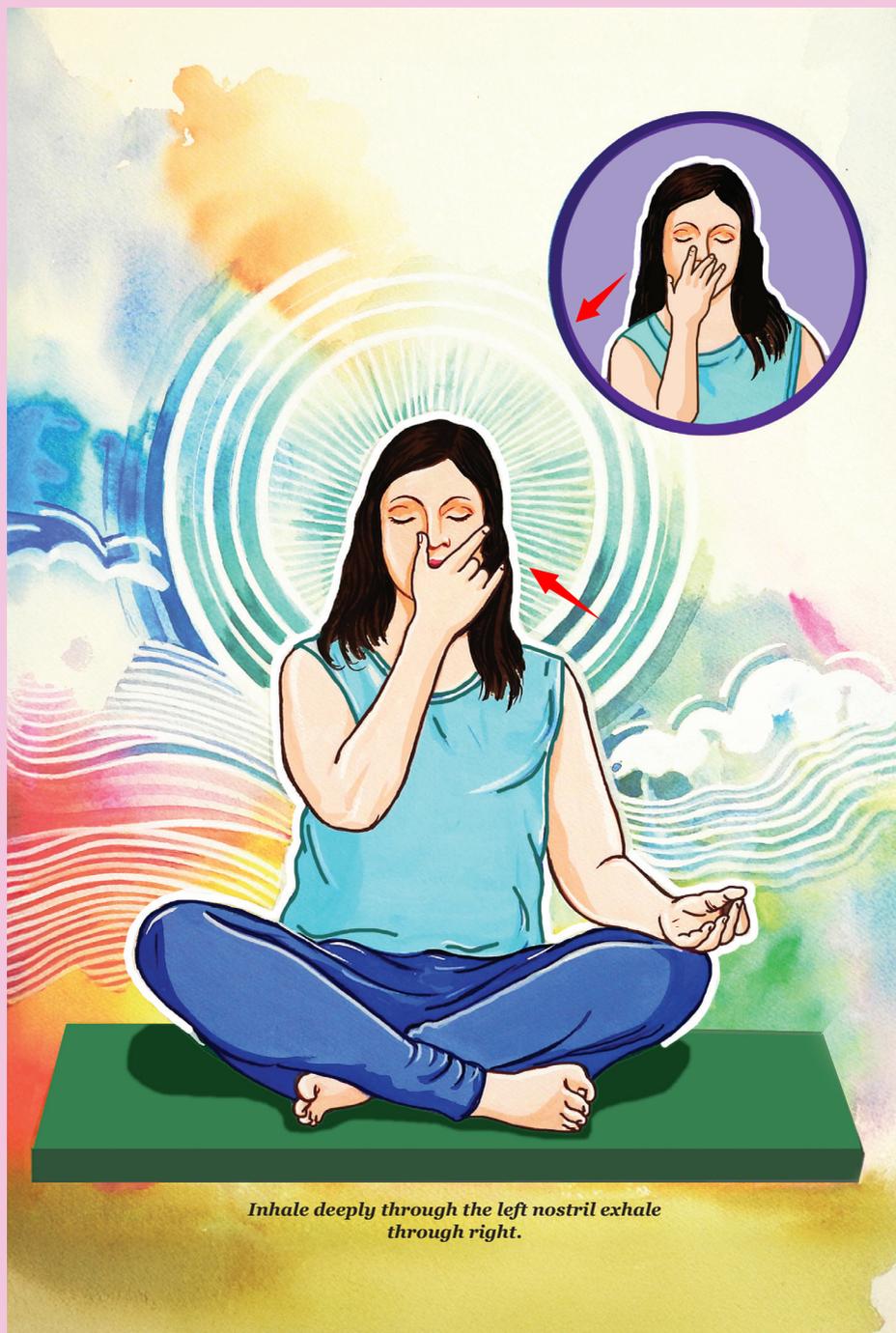
### Benefits:

- Prepares the mind for deep meditation and introspection.
- Reduces mental stress, anxiety, anger, and nervous tension.
- Helps calm the nervous system and promotes mental clarity.

### Precautions:

- Practice only under a qualified **YOG** teacher's supervision.
- Avoid if you have heart disease, high blood pressure, epilepsy, brain disorders, or carotid artery problems.
- Stop immediately if you feel you are losing full consciousness—the goal is a light, trance-like state, **not** complete unconsciousness.

# PRANAYAM



*Inhale deeply through the left nostril exhale through right.*

Cools the body, calms the mind, and reduces irritability and stress.

## 8. Chandra Bhedan Pranayama (Left Nostril Breathing)

### **Definition:**

Chandra Bhedan involves breathing only through the left nostril to activate the Ida Nadi—the cooling, calming energy channel. It promotes physical and spiritual well-being by balancing the mind and body.

### **Step-by-Step Technique:**

1. Sit comfortably in a meditation posture like Siddhasana or Padmasana. Keep your spine and neck straight.
2. Close your right nostril with your thumb.
3. Inhale slowly, deeply, and steadily through the left nostril (Ida).
4. Close the left nostril with the middle & ring finger, release the right nostril, and exhale slowly and gently through the right nostril.
5. This completes one cycle. Repeat 5 to 10 times, maintaining calm and rhythmic breathing throughout.

### **Benefits:**

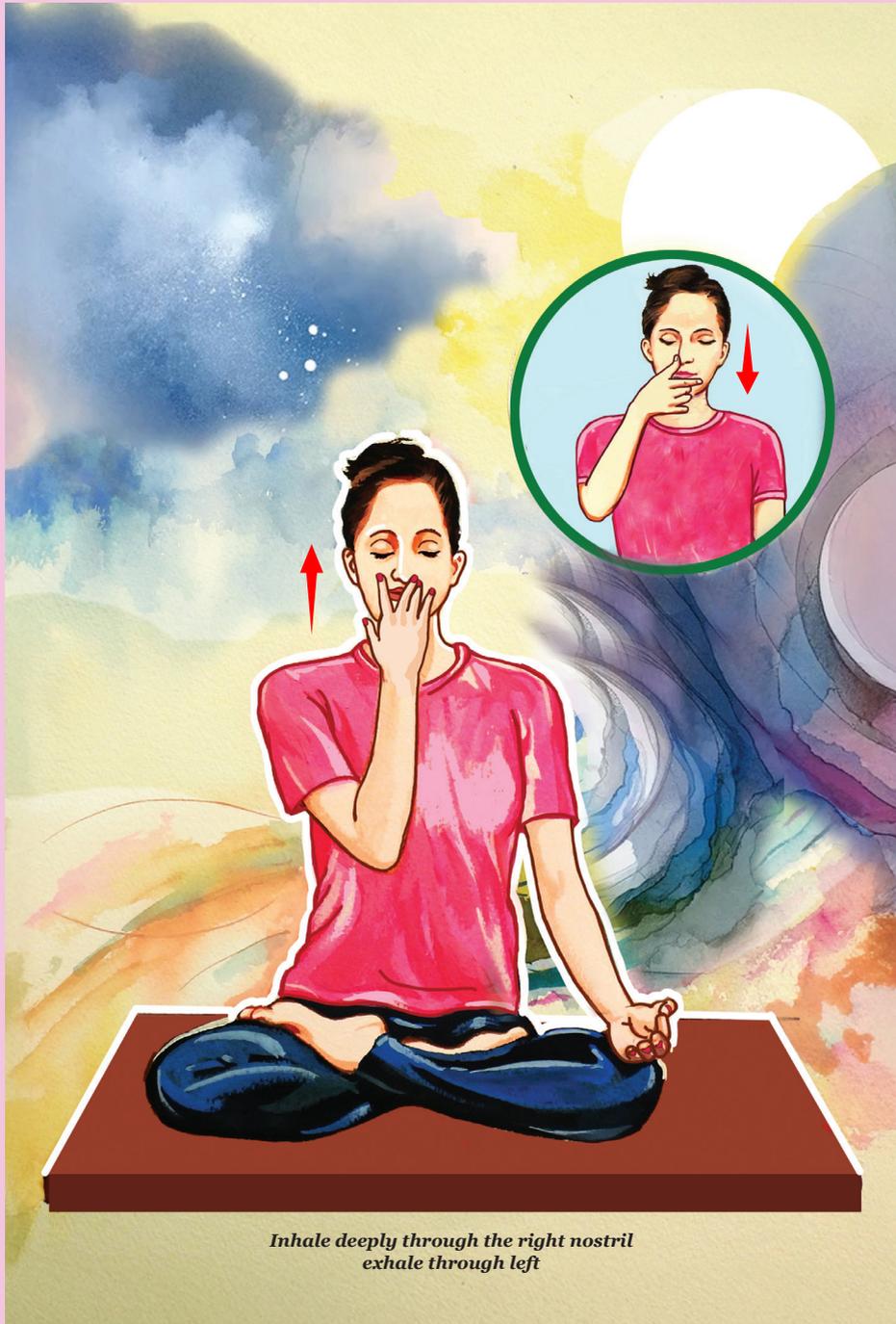
- Cools the body and calms the mind.
- Helps relieve insomnia, stress, anxiety, and anger.
- Balances excessive brain activity, improving mental clarity and stability.
- Regulates heart rate and soothes the digestive system.
- Particularly effective during hot weather or when feeling overheated.
- Promotes steady energy and mental peace, key goals of YOG practice.

### **Precautions:**

- Avoid excessive practice in cold weather or if you have a cold, flu, asthma, or respiratory issues.
- Since you inhale only through the left nostril and exhale through the right, maintain proper balance to avoid dizziness.
- Pregnant women and serious heart patients should consult a doctor before practicing.

Chandra Bhedan is a simple but powerful pranayam to cool the body and soothe the mind when practiced mindfully.

# PRANAYAM



*Inhale deeply through the right nostril  
exhale through left*

Warms the body, boosts energy, and improves digestive and metabolic functions.

## 9. Surya Bhedan Pranayama (Right Nostril Breathing)

### Definition:

Surya Bhedan is a breathing technique where you inhale and exhale only through the right nostril to stimulate the Pingala Nadi, which activates heating energy and energizes the body and mind.

### Step-by-Step Technique:

1. Sit comfortably in a meditation posture such as Siddhasana or Padmasana. Keep your spine and head straight.
2. Place your hands on your knees in Chin or Gyan Mudra. Close your eyes and relax your body. Breathe naturally until your breath becomes slow and deep.
3. Form **Nasagra Mudra** with your right hand: use your middle & ring finger to gently close the left nostril.
4. Inhale slowly and deeply through the right nostril.
5. At the end of inhalation, close both nostrils and hold the breath (Kumbhaka). Apply **Jalandhara Bandha** (chin lock) and **Moola Bandha** (root lock).
6. After a comfortable hold, release the locks in this order: first Moola Bandha, then Jalandhara Bandha.
7. Exhale slowly through the right nostril, keeping the left nostril closed.
8. This completes one cycle. Beginners should start with 10 cycles. With practice, increase to 10–15 minutes.

### Benefits:

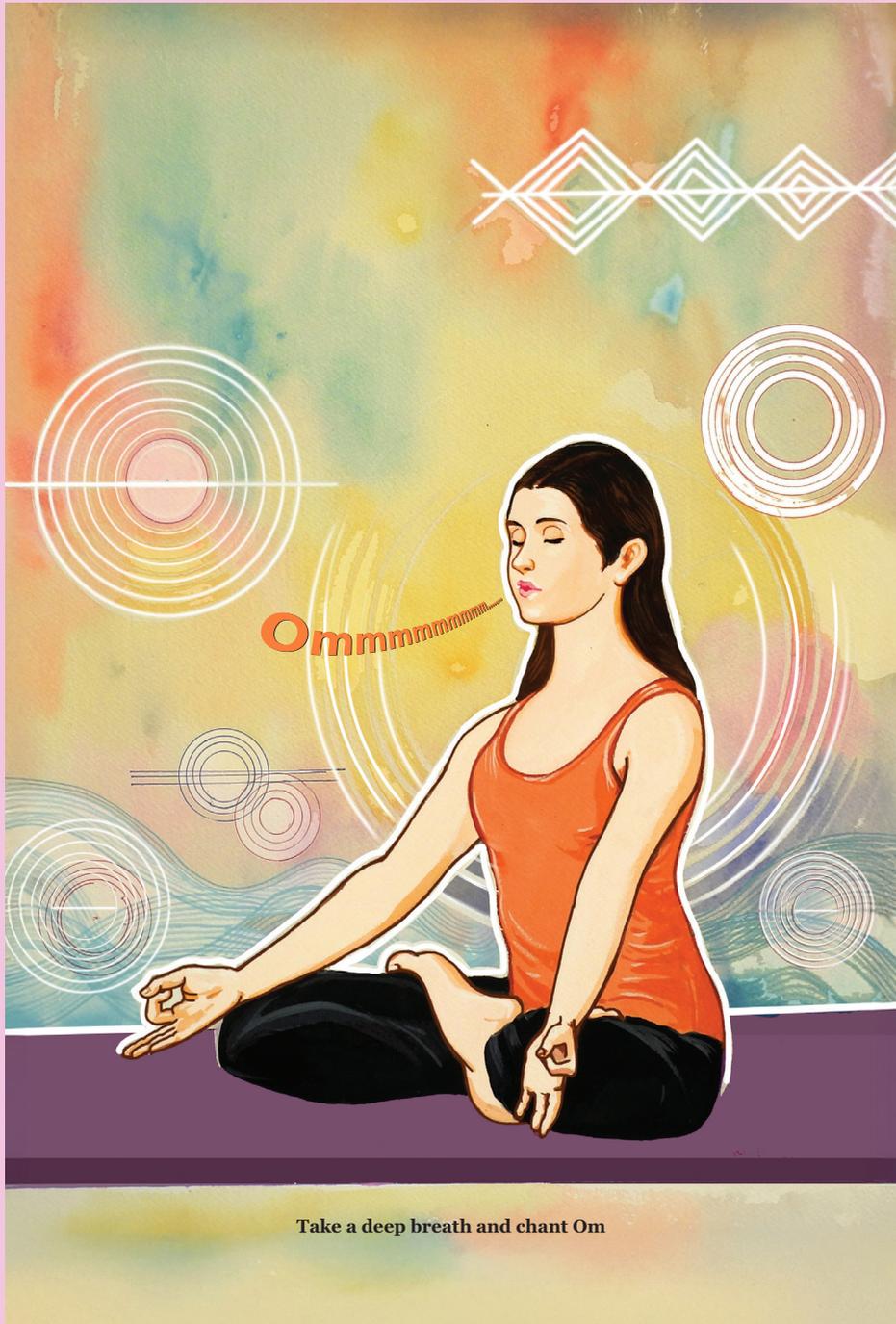
- Generates internal heat and removes excess Vata dosha.
- Activates Pingala Nadi, awakening life force and vitality.
- Helps overcome sadness and mental dullness.
- Enhances alertness and mental clarity, ideal before meditation.
- Useful in managing low blood pressure, impotence, and worm infestation.

### Precautions:

- Do not practice immediately after meals to avoid disrupting digestion.
- Avoid practicing beyond 30 minutes to prevent respiratory imbalance.
- Practice under guidance, especially if new to pranayama.
- Not recommended for people with heart disease, high blood pressure, or epilepsy.

Surya Bhedan is a powerful pranayama that energizes body and mind when practiced carefully and correctly.

# PRANAYAM



Take a deep breath and chant Om

Promotes deep relaxation, enhances concentration, and reduces anxiety through OM chanting.

## 10. Udgeeth Pranayama (Om Chanting Breath)

### **Definition:**

A calming breathing technique that involves chanting the sound “Om” slowly during exhalation to promote mental focus and inner peace.

### **Step-by-Step Technique:**

1. Sit comfortably in a meditative posture like Padmasana, Sukhasana, or Siddhasana. Keep your spine straight, shoulders relaxed. Rest your hands on your knees in Gyan or Chin Mudra.
2. Close your eyes gently and relax your whole body. Breathe naturally for a few moments to center yourself.
3. Inhale deeply through your nose, filling your diaphragm—not the chest—and allow your abdomen to expand naturally.
4. Exhale slowly while chanting the sound “Om” in one continuous tone. Emphasize the “O” for about 75% of the exhale, then finish with a short “M” sound.
5. Feel the vibrations of the chant resonating through your chest, throat, and head. Focus your mind on the sound and rhythm of your breath and chant.
6. Each round lasts about 20 seconds or as per your comfortable lung capacity. Repeat for 5 to 10 rounds, or up to 5 minutes if you have time.
7. End by sitting quietly with eyes closed, observing your natural breath and experiencing calmness.

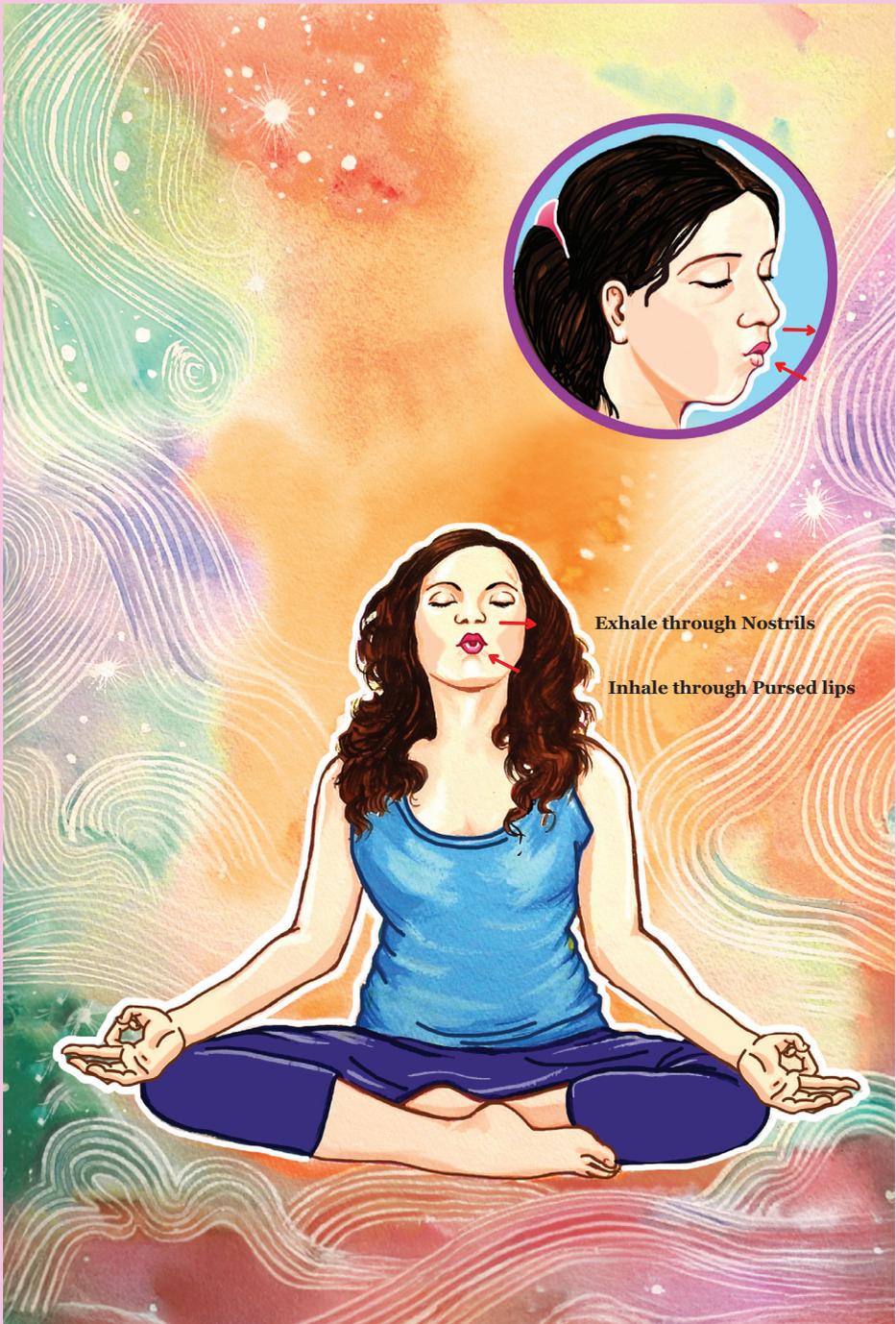
### **Benefits:**

- Reduces stress, anxiety, anger, and mental restlessness.
- Improves focus, clarity, and concentration.
- Helps relieve depression and emotional fatigue.
- Strengthens the nervous system and enhances memory.
- Aids in better sleep and managing insomnia.
- Regulates blood pressure and promotes inner peace.
- Connects personal energy with universal vibrations.

### **Precautions:**

- Practice on an empty stomach, preferably early morning with a 4-hour gap after meals. Practice in a quiet, clean, and well-ventilated space.
- People with respiratory or heart issues should start gently and consult a doctor if needed.

# PRANAYAM



Improves facial muscles, soothes the mind, and enhances focus and cooling.

## 11. Kaki Mudra (Beak-shaped Lips Breathing)

### Definition:

A cooling and focusing breathing technique where you inhale slowly through puckered lips shaped like a bird's beak, promoting calmness and digestion.

### Step-by-Step Technique:

1. **Sit comfortably with your spine and head straight.** Place your hands on your knees in Chin or Gyan Mudra. Close your eyes and relax your body.
2. Open your eyes and focus both eyes on the tip of your nose (**Nasikagri Drishti**). Try to keep your eyes steady without blinking throughout the practice.
3. **Pucker your lips** into a small beak shape, keeping your tongue relaxed inside the mouth.
4. **Inhale deeply** and slowly through these pursed lips, feeling the cool air entering.
5. Close your lips gently and exhale slowly and smoothly through your nose.
6. Continue this cycle for **3 to 5 minutes**, maintaining focus on your breath and the tip of your nose.
7. Avoid straining your eyes during the practice.

### Benefits:

- Cools the body and calms the mind.
- Reduces mental stress and helps control high blood pressure.
- Stimulates digestive secretions, aiding digestion.
- Purifies the blood and balances body temperature.
- Improves concentration through nasal gaze (Nasikagri Drishti).

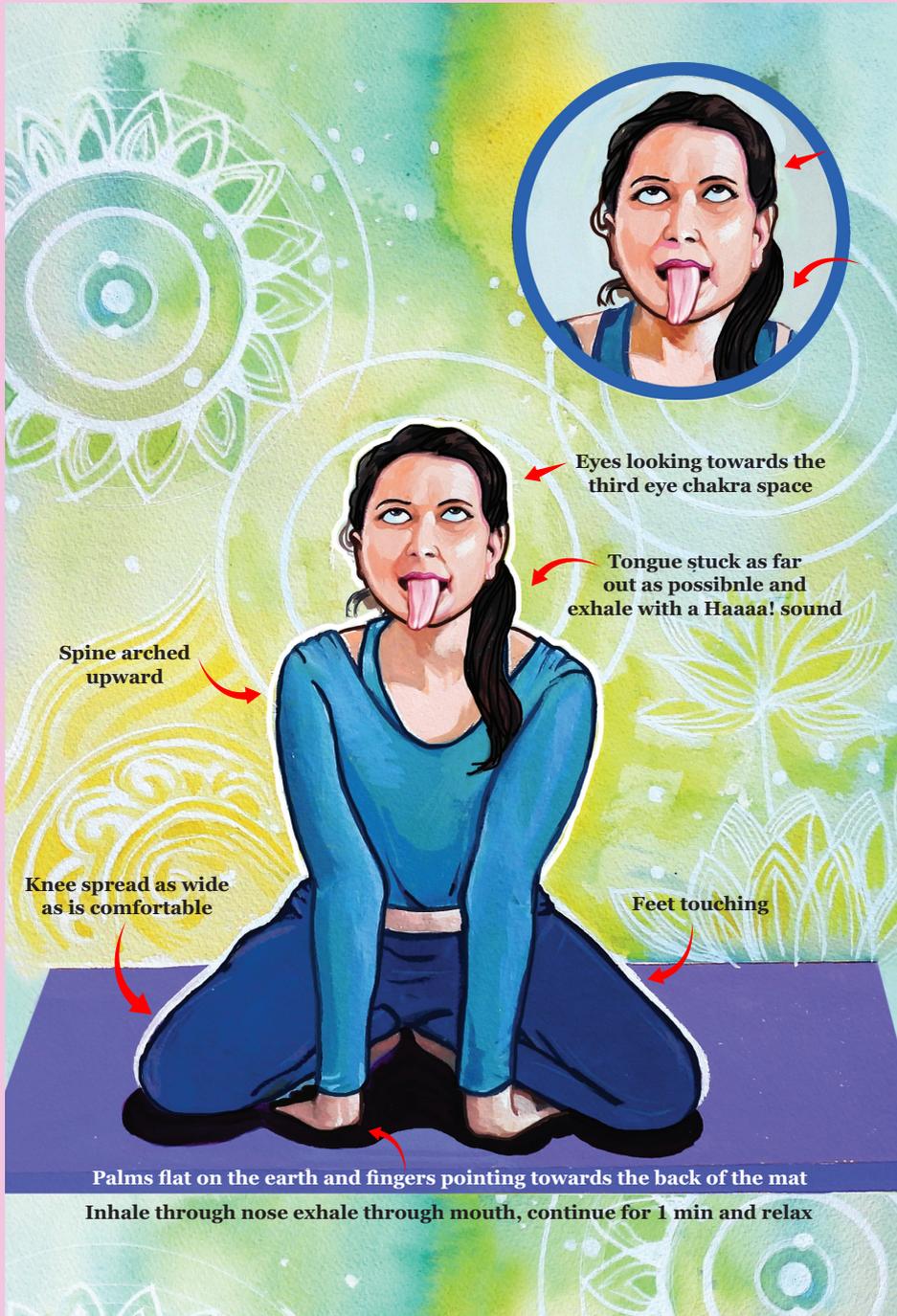
### Precautions:

- Avoid practicing in cold weather or during winter.
- Do not practice if prone to throat infections or in polluted environments.
- Not recommended for people with mental depression, low blood pressure, or chronic constipation.
- Avoid overstraining your eyes—stop if discomfort occurs.

### Note:

Kaki Mudra is best done early morning or late at night and after heat-producing pranayamas to cool and balance the body.

# PRANAYAM



Releases facial and throat tension, improves voice clarity, and reduces stress.

## 12. Simhasan (Lion's Breath)

### Definition:

A dynamic pranayam involving a loud, roaring exhale through the mouth with the tongue extended, promoting relaxation and vocal strength.

### Step-by-Step Technique:

1. **Sit in Vajrasana** (kneeling posture) or Lion Pose with knees apart. Facing east is preferable.
2. Place your **palms flat on the ground between your knees**, fingers pointing toward your body.
3. **Lean forward slightly**, keeping your arms straight, and arch your back gently. Tilt your head back to create a comfortable stretch in the neck.
4. **Close your mouth** and inhale deeply and slowly through your nose.
5. **Open your mouth** wide, stick out your tongue fully toward the chin or floor.
6. **Exhale slowly** and steadily while producing a clear, roaring sound like “aa” or “haa” from your throat.
7. After fully exhaling, close your mouth and inhale again through the nose.
8. Repeat this cycle 5 times, ideally once daily.

### Benefits:

- Strengthens the throat, vocal cords, and facial muscles.
- Releases tension in the face and neck.
- Stimulates the platysma muscle (thin muscle in the front of the neck).
- Helps improve speech for those who stutter or feel nervous.
- Calms the mind and reduces stress and anxiety.
- Enhances confidence and develops a pleasant voice.

### Precautions:

- Avoid if you have neck or spinal injuries.
- Do not practice on a full stomach; best done on an empty stomach or 3-4 hours after eating.
- If dizziness or discomfort occurs, stop and rest.
- Consult a YOG teacher if you have respiratory or throat issues.

# CHAKRAS



## 4. Saat Chakra Bhedan (षट्चक्र भेदन) or Kundalini Awakening

Kundalini awakening is a profound yogic practice deeply connected to spiritual growth. According to yogic traditions, Kundalini energy lies dormant in most people. The practice of **Saat Chakra Bhedan** aims to awaken this powerful energy and raise it through six energy centers called **chakras**. When Kundalini reaches the highest chakra, **Sahasrara**, located at the crown of the head (in the brain), the practitioner attains **YOG Siddhi**—a state of spiritual perfection.

Kundalini is often described as the ‘**Nachiket fire**’ mentioned in the Upanishads, symbolizing a secret, divine energy. Those who awaken Kundalini fully and become ‘**Tri-Nachiket**’ are believed to transcend disease, illness, and even death, reaching ultimate liberation.

Madame Blavatsky, a famous spiritual teacher, referred to Kundalini as ‘**cosmic electricity**’ or universal energy—an electric, magical force coiled like a serpent inside the body. This is why Kundalini is often called ‘**serpentine power**’.

The awakening process happens through **Chakra Bhedan Sadhana**, a yogic technique that systematically activates and purifies each of the six main chakras, allowing the energy to flow upward in a spiral motion.

### What Are Chakras?

Chakras are energy centers in the subtle body, each linked to physical, emotional, and spiritual functions. The six main chakras through which Kundalini rises are:

1. **Muladhar** (Root Chakra)
2. **Swadhisthan** (Sacral Chakra)
3. **Manipur** (Navel Chakra)
4. **Anahat** (Heart Chakra)
5. **Vishuddh** (Throat Chakra)
6. **Aagya** (Third Eye Chakra)
7. **Sahasrara** Chakra (Crown Chakra)

The seventh chakra, **Sahasrara** (Crown Chakra), is where the awakened Kundalini unites with universal consciousness.

Saat Chakra Bhedan is an advanced yogic practice and should be done under expert guidance to safely awaken this powerful energy.

# CHAKRAS



Provides grounding, stability, and a strong foundation for physical and emotional balance.

# 1. Muladhar Chakra (Root Chakra)

Muladhar Chakra is the first and foundational energy center in **YOG**. Known as the **root chakra**, it governs our physical consciousness, grounding us to the material world. This chakra provides stability, self-confidence, and courage, forming the base of our existence and security.

**Location:**

At the base of the spine, between the anus and the base of the penis.

**Colour:** Deep red (maroon), symbolizing energy, security, and vitality.

**Element:** Earth – representing stability, heaviness, and the physical aspects of life.

**Seed Mantra:** *Lam* (लं) – chanting this sound activates and awakens the energy in Muladhar.

**Related Organs and Glands:** Anus, rectum, legs, feet, bones, and adrenal glands (which regulate the body's fight-or-flight response).

**Characteristics:** This chakra governs self-defense, groundedness, a sense of security, elimination of fear, and connection to the physical world.

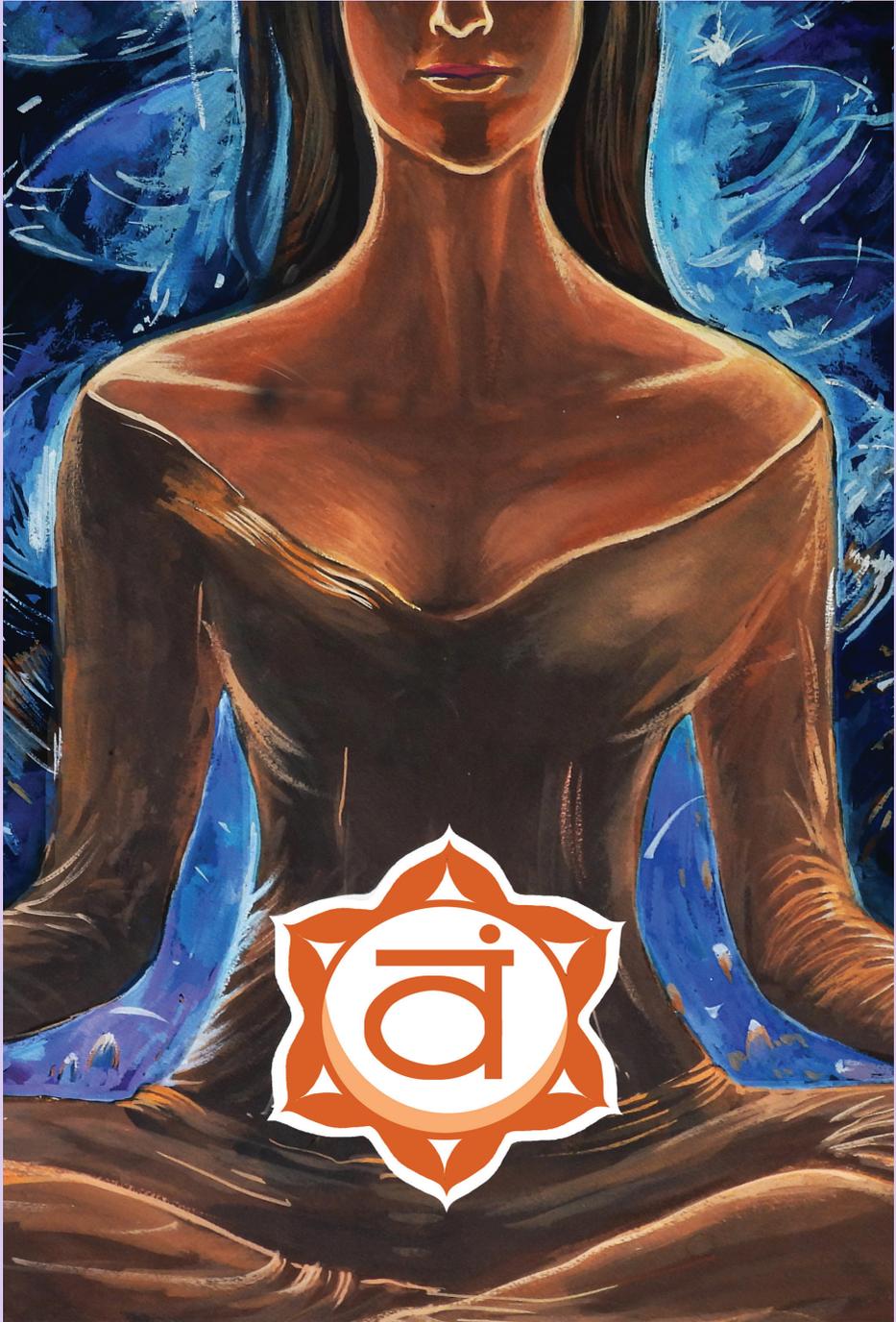
**Methods to Awaken Muladhar:**

- **Asans:** Vajrasana, Padmasana, Moolabandhasana, Parvatasana, and Tadasana help stabilize and balance the body.
- **Pranayam:** Bhastrika and Nadi Shuddhi (Anulom-Vilom) increase energy flow.
- **Meditation:** Visualize a glowing red light at the base of the spine and chant *Lam... Lam... Lam* with focused concentration.

**Precautions:**

Over-activation may cause anger, greed, or excessive material desires. Practice under the guidance of a qualified teacher for safe balancing.

# CHAKRAS



Enhances creativity, emotional expression, and healthy relationships.

## 2. Swadhisthan Chakra (Sacral Chakra)

Swadhisthan is the second energy center, linked to emotional flow, creativity, and sexual energy. It governs our ability to enjoy life, build relationships, and express artistic energy.

**Location:** About two fingers below the navel, in the genital region.

**Colour:** Orange – symbolizing energy, imagination, and transformation.

**Element:** Water (Apas) – representing emotional flexibility, flow, desire, and the essence of life.

**Seed Mantra:** *Vam* (वं) – chanting this activates creative energy and purifies emotions.

**Related Organs and Glands:** Genitals, bladder, kidneys, reproductive organs, ovaries/testes.

**Characteristics:** Creativity, emotional expression, sexual balance, self-esteem, and healthy relationships.

### Methods to Awaken Swadhisthan:

- **Asans:** Baddhakonasana (Butterfly Pose), Janushirasana, Ushtrasana, Shashankasana help open and balance this chakra.
- **Pranayam:** Nadi Shuddhi, Sheetal, and Shitkari calm the mind and body, aiding emotional regulation.
- **Meditation:** Visualize a glowing orange light below the navel while mentally chanting *Vam... Vam... Vam....* Focus on acceptance, love, and forgiveness.

### Other practices:

Meditating near water bodies and expressing emotions through writing, painting, or music supports this chakra's energy.

### Precautions:

Imbalance can cause emotional coldness or excessive sexuality. Misusing creative energy may lead to mental or social instability. Practice under guidance for balance.

## CHAKRAS



Boosts confidence, willpower, and digestive strength.

### 3. Manipur Chakra (Navel Chakra)

Manipur is the third chakra, known as the “Power Center.” It governs digestion, personal willpower, and the inner strength of the soul. This chakra is key to self-confidence, motivation, and transformation.

**Location:** Behind the navel, in the upper abdomen (solar plexus area).

**Colour:** Bright yellow — symbolizing confidence, vitality, energy, and transformation.

**Element:** Fire — representing power, digestion, metabolism, and the ability to transform energy.

**Seed Mantra:** *Ram* (ॠ) — chanting this awakens and energizes the chakra’s fire and power.

**Related Organs:** Stomach, liver, gallbladder, pancreas, and other digestive glands. It also influences the adrenal glands, which regulate stress responses.

**Characteristics:** Manipura governs self-control, willpower, decision-making, physical energy, body heat, and digestive strength. A balanced Manipur chakra fosters courage, discipline, personal growth, and mental clarity.

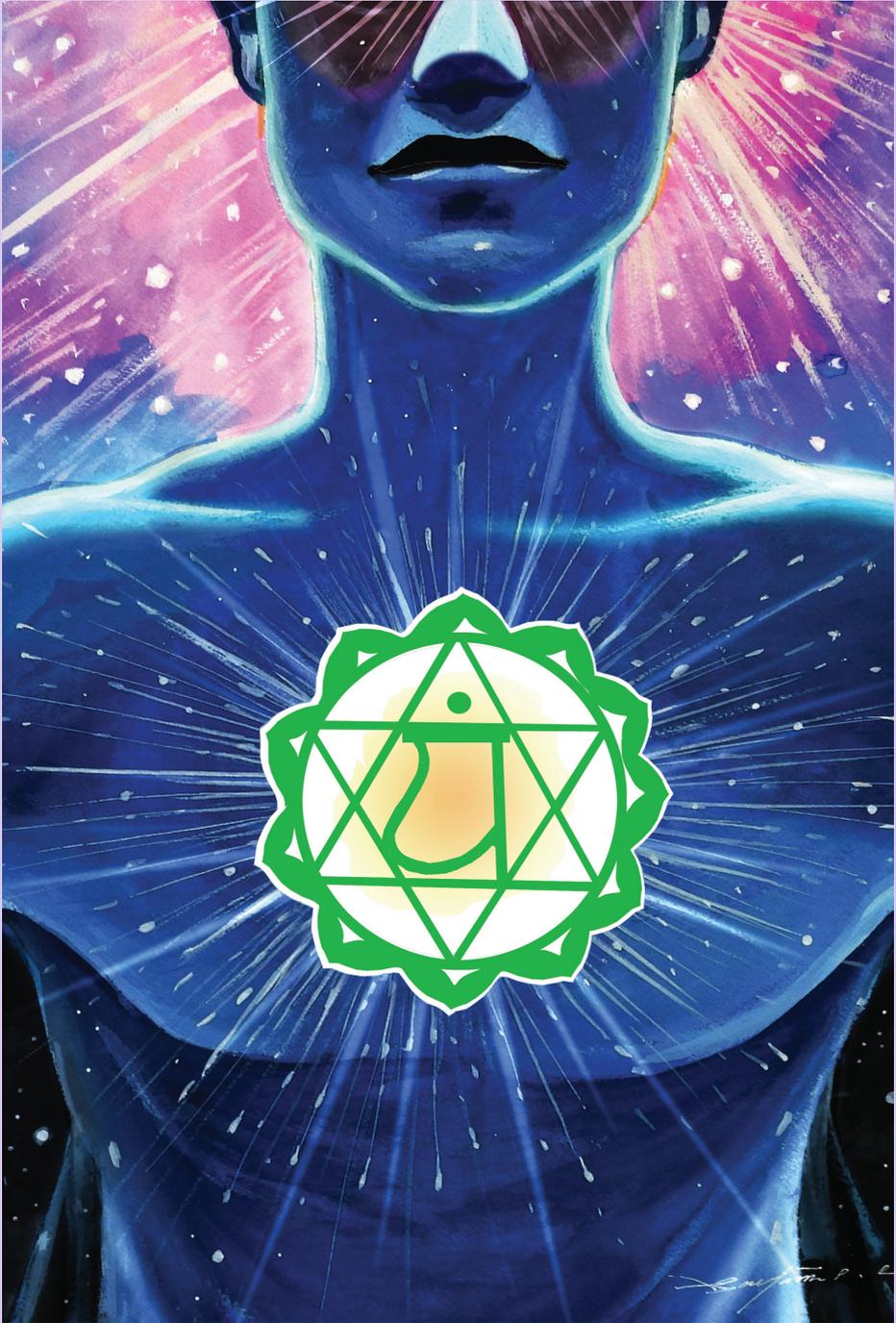
#### Awakening Methods:

- **Asans:** Naukasana (Boat Pose), Dhanurasana (Bow Pose), Ushtrasana (Camel Pose), and other poses that stimulate the core and solar plexus area.
- **Pranayam:** Kapalabhati (Skull-Shining Breath) and Agnisar Kriya (Fire Breath) enhance digestive fire and inner power.
- **Meditation:** Visualize a bright, glowing yellow sun or flame at the navel. Chant Ram repeatedly, focusing on energizing and balancing this center.

#### Precautions:

Over-activation may cause anger, irritability, dominance, or feelings of inferiority if blocked. Practice under guidance to maintain emotional stability and healthy self-confidence.

# CHAKRAS



Cultivates love, compassion, and emotional healing.

## 4. Anahat Chakra (Heart Chakra)

Anahat is the fourth chakra, located in the heart region. Known as the “Center of Love and Compassion,” it acts as the gateway to humanity and emotional balance.

**Location:** Center of the chest, at the heart level.

**Colour:** Green — symbolizing peace, healing, balance, and growth.

**Element:** Air — representing freedom, openness, and the flow of energy.

**Seed Mantra:** *Yam* (ॠ) — chanting this activates and harmonizes the heart energy.

**Related Organs:** Heart, lungs, thymus gland, circulatory and respiratory systems.

### **Characteristics:**

Anahat governs unconditional love, forgiveness, compassion, empathy, and emotional healing. It encourages acceptance of self and others and helps maintain emotional stability. When balanced, it fosters harmony in relationships, kindness, and inner peace.

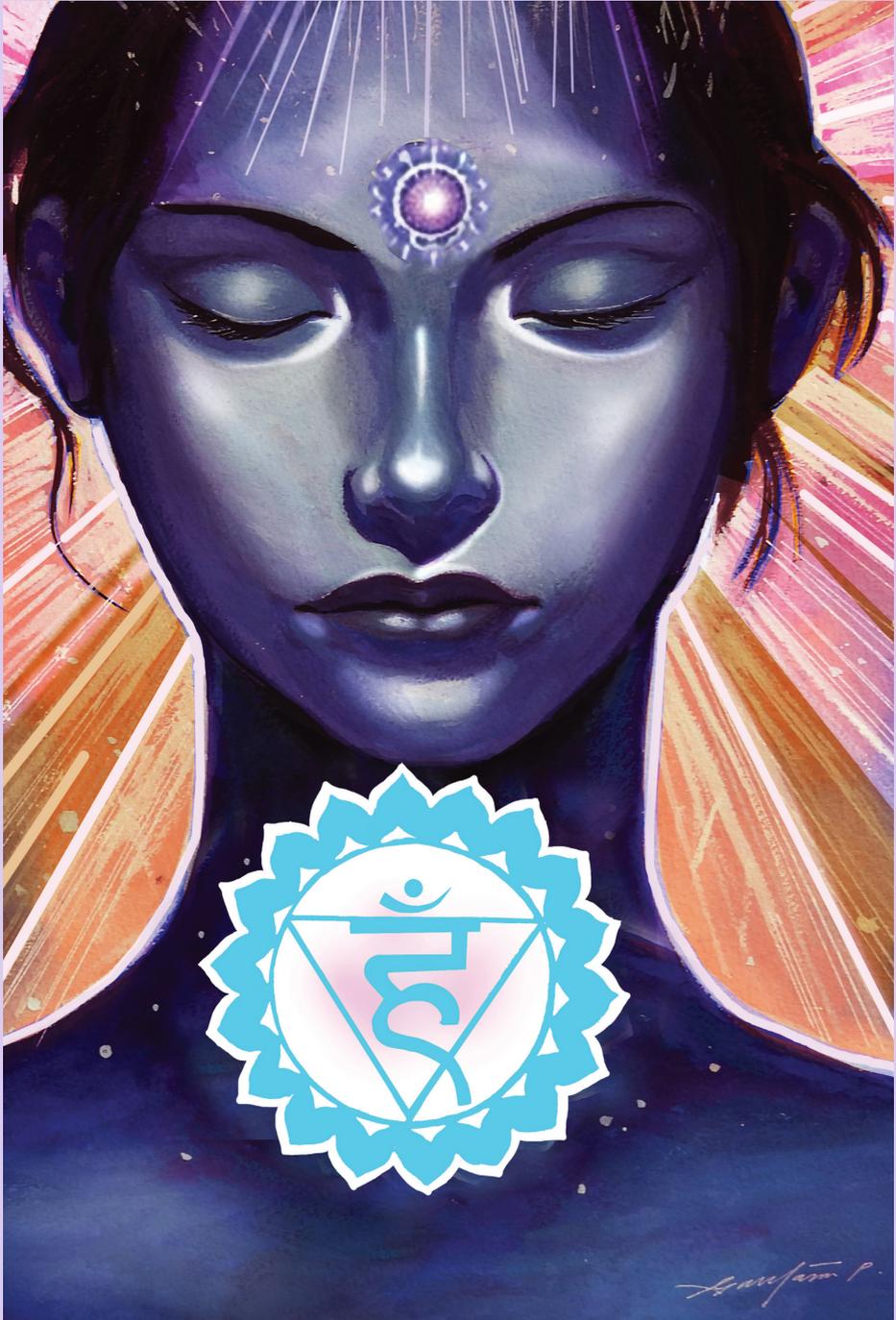
### **Methods to Awaken:**

- **Asans:** Bhujangasan (Cobra Pose), Ustrasan (Camel Pose), and Matsyasan (Fish Pose) open the chest and heart space.
- **Pranayam:** Anulom Vilom (Alternate Nostril Breathing) and Bhramari (Bee Breath) calm the mind and stimulate heart energy.
- **Meditation:** Visualize a bright green, spinning lotus or orb at the center of the chest. Chant *Yam* mentally while focusing on feelings of love and compassion.

### **Precautions:**

Over-activation may cause emotional overwhelm or dependency. Practice under guidance to maintain balance between giving and receiving love.

# CHAKRAS



Improves communication, self-expression, and emotional clarity.

## 5. Vishuddhi Chakra (Throat Chakra)

The Vishuddhi Chakra is the fifth energy center, located in the throat region. It governs communication, self-expression, and the power to speak the truth. This chakra is essential for clear, creative communication and authentic expression of one's inner self.

**Location:** Center of the throat.

**Colour:** Bright blue — symbolizing purity, truth, and clarity.

**Element:** Ether (space) — representing openness, subtlety, and freedom of expression.

**Seed Mantra:** *Ham* (ॐ) — chanting this activates and purifies the throat chakra.

**Related Organs and Glands:** Throat, vocal cords, thyroid gland, mouth, ears, and jaw.

### **Attributes:**

Vishuddhi controls the ability to express thoughts clearly, creativity in communication, honesty, and listening skills. It also influences the health of the respiratory and vocal systems.

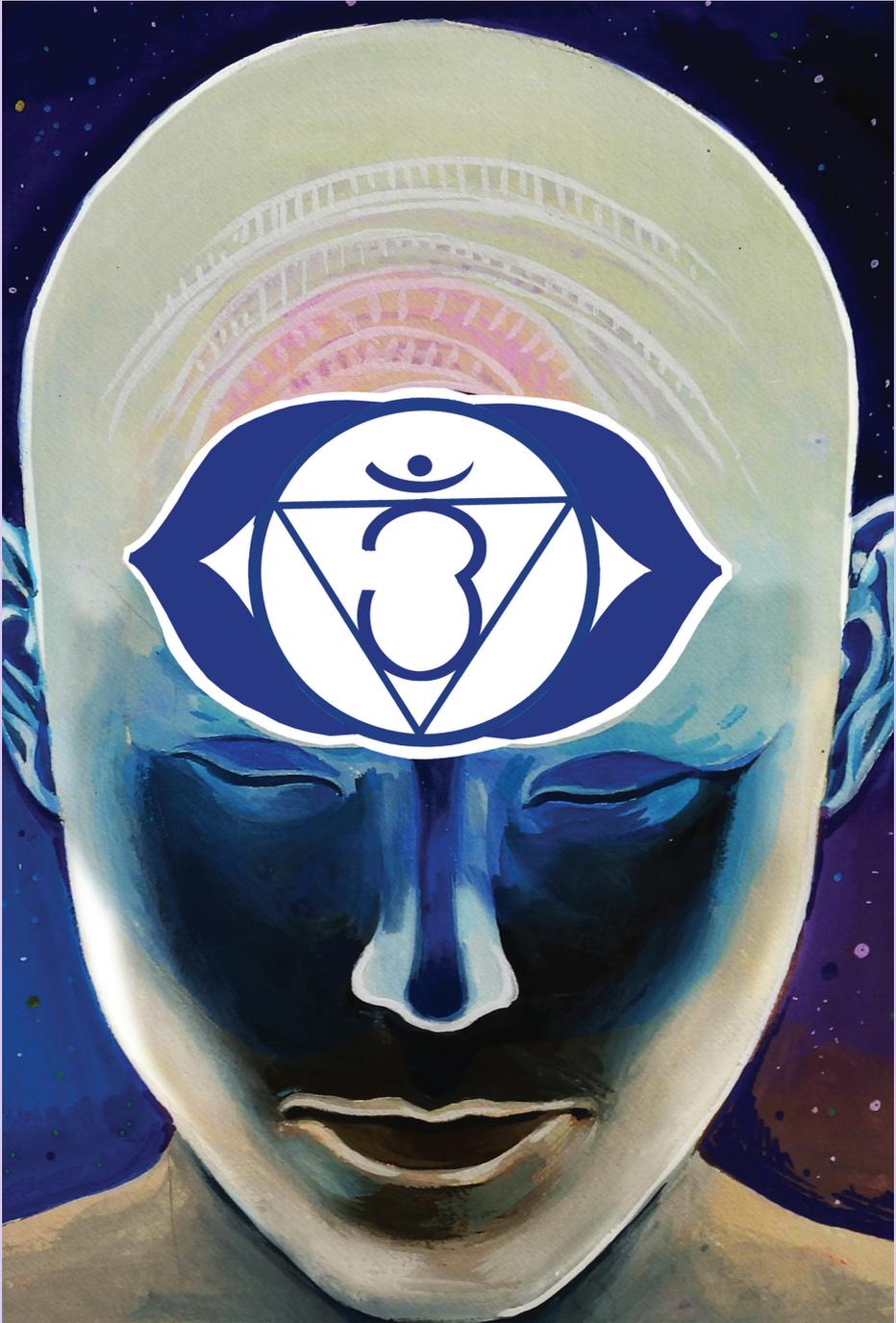
### **Awakening Techniques:**

- **Asans:** Simhasan (Lion Pose) and Matsyasan (Fish Pose) open and stimulate the throat region.
- **Pranayam:** Ujjayi breathing enhances throat chakra energy and calms the mind.
- **Meditation:** Visualize a radiant blue light at the throat while chanting *Ham* slowly and steadily, focusing on clearing blockages.

### **Precautions:**

An imbalance may cause difficulty in expressing oneself, fear of speaking, excessive talking, or dishonesty. Blockage can lead to throat problems or social anxiety. Practice gently under guidance to restore balance and enhance truthful communication.

# CHAKRAS



Enhances intuition, focus, and inner awareness.

## 6. Aagya Chakra (Third Eye Chakra)

The Aagya Chakra, often called the “Third Eye,” is the sixth energy center located between the eyebrows. It is the seat of intuition, insight, and spiritual wisdom, guiding inner vision and higher consciousness beyond ordinary perception.

**Location:** Between the eyebrows, known as the trikuti (the “three junctions”).

**Colour:** Deep blue or violet — symbolizing clarity, spiritual insight, and calmness.

**Element:** Mind or Consciousness — representing awareness and mental clarity.

**Seed Mantra:** *OM* (ॐ) — the primordial sound that awakens the Aagya Chakra and enhances spiritual connection.

**Related Organs and Glands:** Brain (especially the cerebral cortex), eyes, pineal gland — the “third eye” gland linked to inner vision and circadian rhythms.

### Characteristics:

Aagya governs intuition, deep perception, decision-making, inner wisdom, imagination, and self-reflection. It helps in transcending duality and connecting with universal consciousness.

### Awakening Methods:

- **Tratak (steady gazing):** Focus on a single point or candle flame to sharpen concentration and awaken the third eye.
- **Meditation:** Visualize a luminous indigo-blue flame or light between the eyebrows while chanting *OM*.
- **Silence and mindfulness:** Cultivate inner stillness to enhance intuitive insights.

### Precautions:

Excessive or forced awakening of Aagya can lead to confusion, delusions, or inflated ego. It’s important to balance spiritual practices with grounding and seek guidance from an experienced teacher.

## CHAKRAS



Promotes spiritual connection, clarity of thought, and inner peace.

## 7. Sahasrara Chakra (Crown Chakra)

The Sahasrara Chakra, also known as the Crown Chakra, represents the highest state of spiritual awakening and the ultimate union with universal consciousness (Brahman). It is the gateway to enlightenment, bliss, and self-realization.

**Location:** At the top of the head, called the Brahmarandhra (“the door of Brahma”).

**Colour:** White or violet – symbolizing pure divinity, light, and cosmic energy.

**Element:** Pure consciousness (Atmik tattva) – beyond physical elements, it embodies universal awareness.

**Seed Mantra:** Silence (Maun) or the subtle vibration of *Om* (ॐ) – representing transcendent sound and spiritual awakening.

**Related Organs and Glands:** Whole brain, especially the pineal gland, which is linked to spiritual insight and higher states of consciousness.

### Features:

Sahasrara governs BrahmAagyaana (supreme knowledge), Samadhi (deep meditative absorption), ecstasy, self-realization, and the experience of oneness with God or universal consciousness.

### Awakening Methods:

Meditation (Dhyan) is the primary practice for awakening Sahasrara. It requires deep, sustained focus and self-surrender. Blessings from a realized Guru and gradual spiritual discipline are essential.

### Cautions:

Only awaken this chakra after balancing the lower chakras to avoid mental and emotional imbalance. Sudden awakening without preparation may cause confusion or psychological distress.

### Practice Recommendations:

- Progress stepwise from the Muladhar a chakra upward.
- Dedicate at least 21 days to harmonize each chakra before moving on.
- Maintain restraint, devotion, and regular meditation as pillars of chakra sadhana.
- Seek guidance from an experienced Guru to ensure safe and effective practice.

## Chakra Chart

	Name of Chakra	Seed Mantra	Point in the body	Related body parts	Color and Symbol
1	Muladhar (मूलाधार) or Root (center of stability and fulcrum)	लं Lam Ganesh	Base of the tailbone	Anus, rectum, feet, legs, bones and Adrenal glands	Red (Love, Passion, Strength, Power, Danger, Energy)
2	Swadhishtan (स्वाधिष्ठान) (Source of emotions and creativity)	वं Vam Brahma	About two fingers below the navel, near genital area	Genitals, bladder, kidneys, reproductive organs Ovaries/ Testes	Orange color – It symbolizes energy, imagination and change.
3	Manipur (मणिपुर) (Center of Soul and Fire)	रं YAM Ishan Rudra	Behind the navel – upper abdomen (solar system area)	Stomach, stomach, liver, gallbladder, digestive glands	Yellow – sign of confidence, energy, and transformation
4	Anahat (अनाहत) (Center of Love and Compassion)	यं YAM Ishan Rudra	Center of the heart, in the center of the chest	Heart, lungs, circulatory system	Green – peace, balance, and healing
5	Vishuddhi (विशुद्धि) (Center of Truth and Expression)	हं HAM Panch Vaktra or Five-faced Shiva	In the center of the throat	Throat, Vocal cord, Thyroid gland	Blue – symbol of truth and self-expression
6	Ajna (आज्ञा) (Center of Intuition and Discernment)	ॐ OM Ling (Shiv Roop)	Between the eyebrows (trikuti)	Brain, Eye, Pineal Gland	Blue/ Violet
7	Sahasrara (सहस्रार) (Gateway to Supreme Consciousness)	(Visarg power or Maha Vishnu) Parbrahm Silence or subtle vibration of Om” ॐ	At the top of the head (Brahmar andhra)	Whole brain and pineal gland	White or Violet – the color of divinity and light

## Chakra Chart

Tattv or element	Characteristics	Methods of awakening	Look
Earth element - stability, foundation heaviness	A sense of self-defense and security, fear.	Vajrasana, Padmasana, Moolabandh asana Parvatasana, Tadasana and Bhastrika Pranayama, Anulom-Vilom	Chaturdal Padm (four petals of lotus flower)
Water Element (Apas) - Represents emotional flexibility, flow, desire and life essence.	Creativity, artistry, balance of sexual energy and sexual emotion, ability to express emotions, self-esteem and balance in relationships.	Asanas - Baddhakona sana (butterfly posture), Janushirasana, Ustrasana, Shashankasana and Pranayama - Nadi Shuddhi, Shitali/Sheet kari - to calm the body and mind.	Shatdalpadm (six petals of lotus flower)
Fire — form, power, digestion	Soul power, self-control, will power, action, decision making, body heat, and digestive power	Asanas- Naukasana, Dhanurasana, Ushtrasana Pranayamas: Kapalabhati, Agnisar Kriya	Dashdalpadam (ten petals of lotus flower)
Air	Love, forgiveness, compassion, emotional balance, acceptance of self and others	Asans- Bhujangasan, Matsyasan Pranayam: Anulom vilom Dyan	Dwadashdalpadm (twelve petals of lotus flower)
Ether (the clear sky; the upper regions of air beyond the clouds.)	Imbalances can lead to a tendency to lie or a blockage in self-expression	Asanas: Simhasana, Matsyasana Pranayama: Ujjayi	Shodashdalpadm (sixteen petals of lotus flower)
Light	Mind/ Consciousness	Trataka, meditation, silence	Dwidalpadm (two petals of lotus flower)
Pure consciousness (Atmik tattva)	Samadhi/ Union with God	Meditation, Dhyana, and only Dhyana	Sahtradalpadm (Thousands petals of lotus flower)





# 2027

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