

Yoga For Students

Importance of Yoga for Students:

Working continuous yoga decrease stress and helps relaxation. Yogic movements refresh the body with huge energy. This make easy

- It attains the accurate equilibrium and harmony
- It helps to promotes self- healing.
- It also helps to removes negative blocks from the mind and toxins from the body
- It also enhances personal power
- Yoga also increases self-awareness
- Helps in attention focus and concentration, especially important for children
- Reduces stress and tension in physical body by activating the parasympathetic nervous system.

Tadasana (Mountain Pose)



Tadasana is in Mountain Pose which teaches one to stand with imposing reliability such as mountain. The word ‘Tada’ means a mountain, that’s where the name comes from. Tadasana involves the most important groups of muscles to improve focus and concentration and it is also called as the starting position for all the other poses.

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Vrikshasana (Tree Pose)



Vrikshasana pose gives you a sense of grounding and this pose is in tree pose which will helps to improve your balance as well as strengthens your legs and back. (Vrikshasana)

. You have to place your right foot high up on your left thigh. The exclusive of the foot should be flat and placed firmly. You need to keep your left leg straight and find your balance.

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Trikonasana (Triangle Pose)



Trikonasana is in Triangle Pose which stretches the legs and torso, organizes the hips and to promote deep breathing, leaving one with stimulating effects. To do Trikonasana you need to stand with your feet wide apart and stretch your right foot out (90 degrees) when you will keep the leg closer to the torso.

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Naukasana (Boat Pose)



Naukasana (Boat Pose) is called as Boat Pose which tightens the abdominal muscles and strengthens shoulders and upper back. It leaves the individuals with a sense of steadiness. You need to Lie back on the mat with your feet together and hands should be straight by your side.

- Now you have to take a deep breath and while exhaling gently.
- Now lift your chest and feet off the ground.
- Stretch your hands in the direction of your feet.
- Your eyes, fingers and toes should be in one line. Hold till you feel some tension in your navel area as your abdominal muscles begin to contract.
- As you exhale, come back to the ground and relax.

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Halasana



In Sanskrit language ‘Hal’ means a ‘plough’ and ‘Asana’ means ‘pose’. In Halasana, the body looks like a plough in final pose. Halasana is a higher yoga asan and must not be performed by beginners. Halasana is a pose that improve your brain power like never before. This pose can reduce fat from waist and increase the health of abdominal organs particularly the kidneys, pancreas and the intestines.

- First of all lie down on floor.
- Lift up your legs in rising direction until they turn into vertical to floor.
- After that take your legs downwards from over your head until they touch ground.
- Rest the palm of your hands on your back in order to support your position
- Stay in the position for 25 to 30 seconds.

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Paschimottanasana



Paschimottanasana is a molded forward curve pose which gives a full extend to back muscles. 'Paschima' means 'back' and 'uttana' means or 'extended' in Sanskrit language. Paschimottanasana provides a strong stretch to all back muscles.

- First of all sit in a straight direction on ground by scattering legs frontward and placing hands by your side.
- After that bend your upper body forward while stretching your tailbone gradually.
- Now expand your hands and touch your toes.
- Then you may remain your eyes fixed on floor by openness forwards a little.
- Now hold the position for 3 to 4 minutes.

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Padmasana



The name Padmasana comes from Sanskrit language & "padma" means lotus, and "sana," means throne. Padmasana is generally known as "lotus position" in English. Figure of lotus position is said to describe the figure of an opening lotus flower. Padmasana is a settled pose.

- First of all sit straight on ground and extend your legs out.
- After that put your right toe on outside border of your left thigh by bending from knee and vice versa.
- At last rest your palms on your knees, close both of your eyes and relax.

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Sarvangasana



The meaning of Sarvangasana is “complete body asan”. Sarvangasana is frequently prefaced by Salamba, meaning maintained. Now your hands support your spine, while upper arms and shoulders form the bedrock of pose.

- First of all lie on your back and lift both of legs together in an upper direction while breathe in.
- Now offer support to your back with your hands.
- After that hold position for 2 minutes during first few practices and then increase the time gradually up to 30 minutes.

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Sukhasana



Sukhasana is a pose expert in yoga, Buddhism and Hinduism, similar to sitting in a simple cross-legged position. This is best asana to relax your brain, body and soul. Sukhasana have a helpful impact on physical, mental and emotional health in numerous different ways.

- First of all sit straight by spreading your legs forward.
- After that place left sole on inner edge of right thigh by folding from knee and vice versa.
- At last keeps your palms on your knees and concentrate by closing the eyes.

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Child's Pose



Child's Pose is the restful postures which helps permit go and give up. It restores strength physically, mentally as well as emotionally. You have to insert the pose between challenging poses, and practice with closed eyes.

- Listen to the sound of your breath.
- Bend your knees and sit on your heels.
- Keep your hips on your heels.
- Lower your head on the mat and bring your hands forward by your side.
- Press your thighs against your chest and breathe lightly.

DETOXIFICATION MUDRA

 DAILY
15 Mins



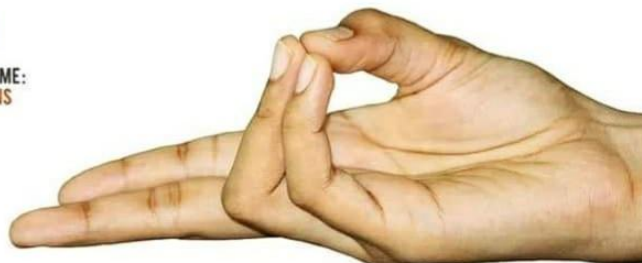
BENEFITS

- Detoxifies and removes all the toxins out of the body.
- Cleanses and purifies you mentally, physically and spiritually.
- Helps to get rid of bad memories, bad habits, dislikes, negativity and fears.



PRANA MUDRA — for — *Brisk*

 PRACTICE TIME:
15-45 MINS



ALSO FOR :

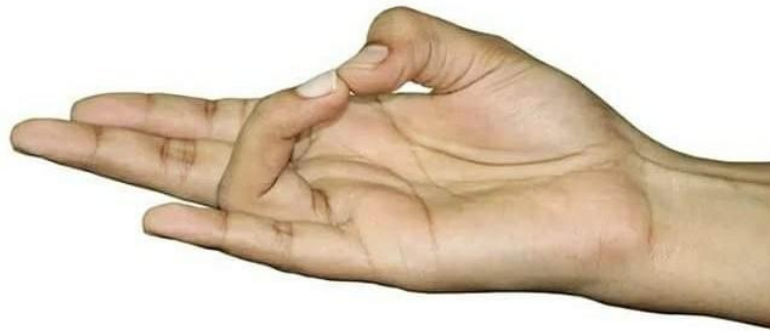
- MAKES TO BE FEEL ENERGIZED.
- IMPROVES THE VISION OF EYES.
- STRENGTHEN THE IMMUNE SYSTEM.



PRITHVI MUDRA

— for —

Hairloss



MURTI MUDRA



Daily Mudras

BENEFITS

- Leading to greater relaxation.
- Antidote for a busy mind.



VAYU MUDRA
— for —
Stomach AILMENTS



ALSO FOR :

- REDUCES ALL DISORDERS IN THE STOMACH.
- HELPFUL TO RELIEF FROM CHEST PAIN.
- REDUCES PAIN IN KNEE, JOINT AND SHOULDER.



NAGA MUDRA



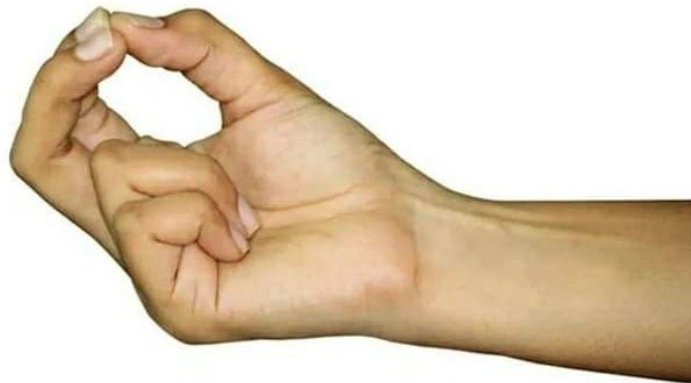
BENEFITS

- Helps to develop physical strength.
- Brings clarity to the mind and makes the mind to be active.
- Helps to relieve from tension.

SURYA MUDRA
— for —
Weight Loss



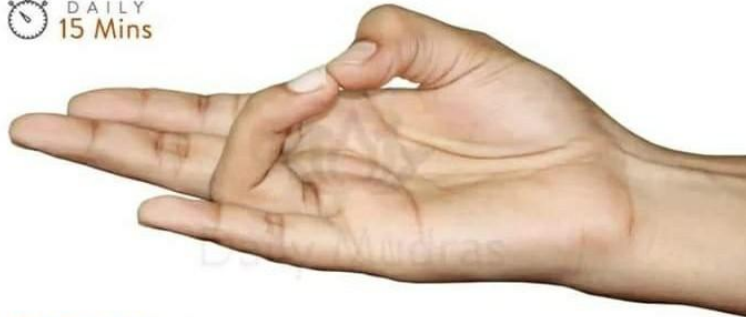
KUBERA MUDRA
— gives —
Wealth



ONE SOLUTION For Many Problems



 DAILY
15 Mins



PRITHVI MUDRA

- Hair loss
- Obesity
- Fitness
- Cold and Cough
- Mouth and Brain
- Skin
- Fever
- Diabetes

BHAIRAVA MUDRA

 DAILY
15 Mins



BENEFITS

- Balances both parts of hemisphere of the brain.
- It is useful for heart, stomach, liver, duodenum, gallbladder, spleen, pancreas and kidneys.



KANISHTHA MUDRA

 DAILY
15 Mins



BENEFITS

- Normalizes the high blood pressure.
- It relieves nausea, constipation and indigestion.
- Balances the water content in the body.



DHARMACHAKRA MUDRA

 DAILY
15 Mins



BENEFITS

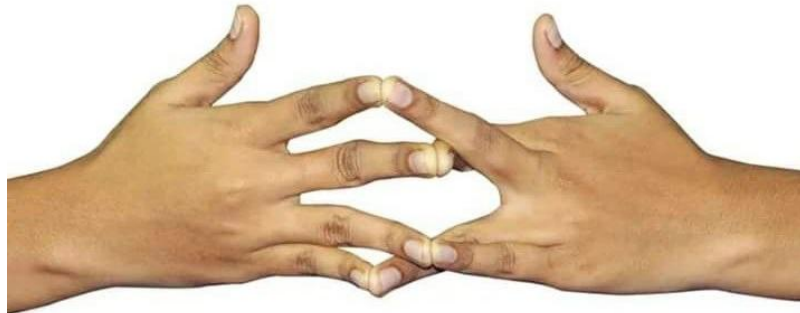
- Calms the mind.
- Encourages a positive attitude.
- Concentration power will be increased.



SURABHI MUDRA

— for —

Glands



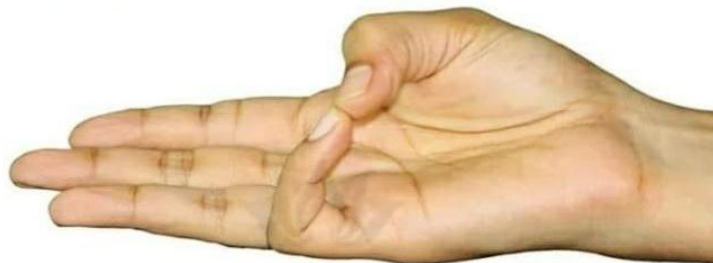
ALSO FOR :

- ALL GLANDS WILL FUNCTION BETTER.
- ACIDITY IS PACIFIED IMMEDIATELY.
- MENOPAUSAL PROBLEMS ARE CURED.



VARUNA MUDRA

 DAILY
15 Mins



BENEFITS

Daily Mudras

- It brings a lustre and glow to the face.
- It can help in preventing appearance of pimples.
- Cures itching.
- Helps in overcoming the dryness of the mouth and heals cracked lips.



ARE YOU DEALING WITH OVERWEIGHT?

Do this to get rid completely

 DAILY
15 Mins



SURYA MUDRA

Focus on fat loss

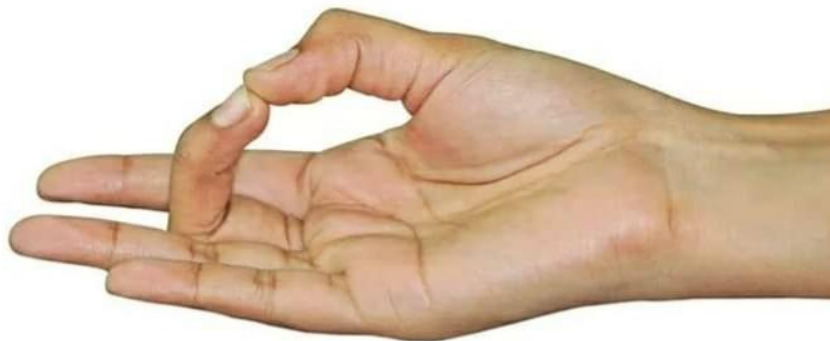
Not weight loss



AAKASH MUDRA

— for —

Enlightenment



YONI MUDRA



 DAILY
15 Mins

BENEFITS

- Relieves from menstrual pain.
- Menopause problems can be resolved.
- Calms nervous system.
- Awakens the kundalini.



VAJRA MUDRA

 DAILY
15 Mins



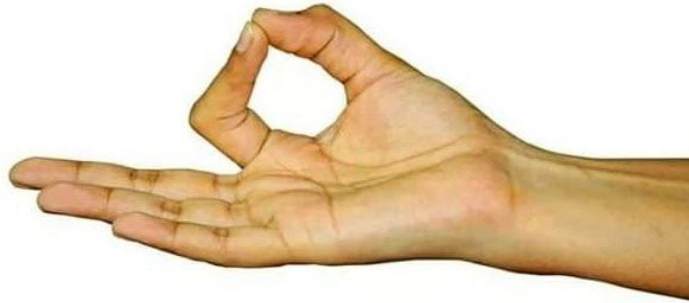
BENEFITS

- Stimulates the blood circulation.
- Reduces the restlessness and dizziness caused by low blood pressure.
- Helps to skip stimulants like bibulous, cigarette and tobacco.



GYAN MUDRA — to — REDUCE *Stress*


PRACTICE TIME:
15-45 MINS



ALSO FOR :

- IMPROVES CONCENTRATION.
- REDUCE DEPRESSION LEVEL.
- HELPS FOR BETTER SLEEP.

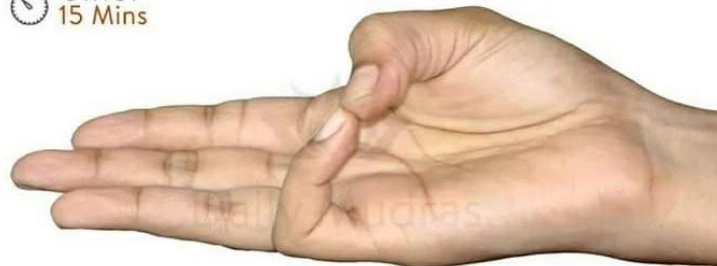


CHANGE PAIN

Into power



 DAILY
15 Mins



VARUNA MUDRA

- Blood
- Stomach
- Skin
- Mouth
- Paralysis
- Joint pain