



**BHARATHIDASAN UNIVERSITY**

**Tiruchirappalli- 620024,  
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**Department of Physical Education and Yoga**

**Course Title : YOGI SCIENCE**

**Course Code : 21MPE13**

**Unit-(II)**

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# ASANA



- Asana assist in acquiring physical control.
- Each asana is a series of scientifically developed slow, rhythmic and graceful movements of various joints and muscles of the body aimed at attaining a definite posture as related to that particular asana.
- Asana aims to acquire optimal physical conditioning with minimal efforts.



## Seated Eagle Asana



- Seated eagle asana (garudasana) - sit straight, wrap the right hand around left hand, place the palms together to resemble the beak of an eagle



## Seated cat-cow Asana(marjaryasana) -



Se

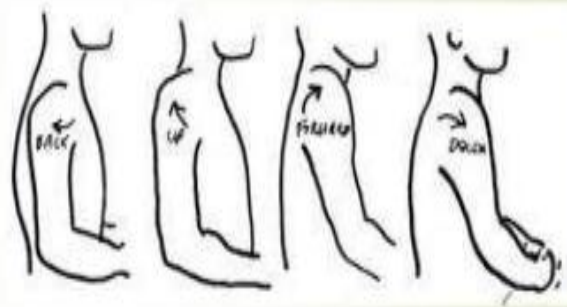
forward, exhale and bend backward.



e, Shoulder role (gulf chakra)



## Leg Raising Asana



Rotate the foot around ankle joint , similarly rotate the shoulder joint, inhale during upward movement, exhale during downward movement



While sitting on chair, bring legs parallel to the floor.

# Surya Namaskar (Sun Salutation)

1. Salutation Position

*Normal, restful Breathing*



2. Raised Arms Position

*Inhale*



3. Hand to Foot Position

*Exhale*



4. Equestrian Position

*Inhale*



5. Mountain Position

*Exhale*



6. Eight Limbs Position

*No breathing then...*



7. Cobra Position

*Inhale*



8. Mountain Position

*Exhale*



9. Equestrian Position

*Inhale*



10. Hand to Foot Position

*Exhale*



11. Raised Arms Position

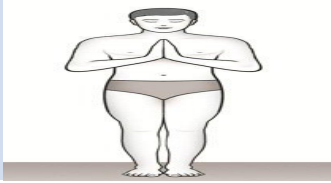
*Inhale*



12. Salutation Position

*Normal, restful Breathing*



**PICTURE OF ASANAS****NAME OF ASANAS****BENEFITS OF ASANAS****Prarthanasana**

Helps maintain the balance of the body.

**Padahasthasana**

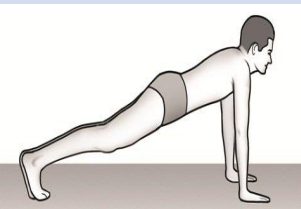
Strengthens chest muscles which in turn help in breathing.

**Uttanasana**

Makes the waist and spine flexible. It strengthens the muscles and is beneficial for the functioning of the liver.

**Ekpad prasarnasana**

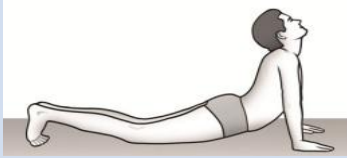
Strengthens the leg muscles and makes the spine and neck muscles flexible.

**Chaturang dandasana**

Strengthens the arms and maintains body posture

**Ashtangasana**

Makes the spine and waist flexible and strengthens the muscles.

**PICTURE OF ASANAS****NAME OF ASANAS****BENEFITS OF ASANAS****Bhujangasan**

Makes the spine and waist flexible and strengthens the muscles.

**Adhomukh svanasan**

Beneficial for spine and waist muscles.

**Ekpad Prasarnasan**

Strengthens the leg muscles and makes the spine and neck muscles flexible.

**Uttanasan**

Makes the waist and spine flexible. It strengthens the muscles and is beneficial for the functioning of the liver.

**Padahastasana**

Strengthens chest muscles which in turn help in breathing.

**Prarthanasana**

Helps maintain the balance of the body.

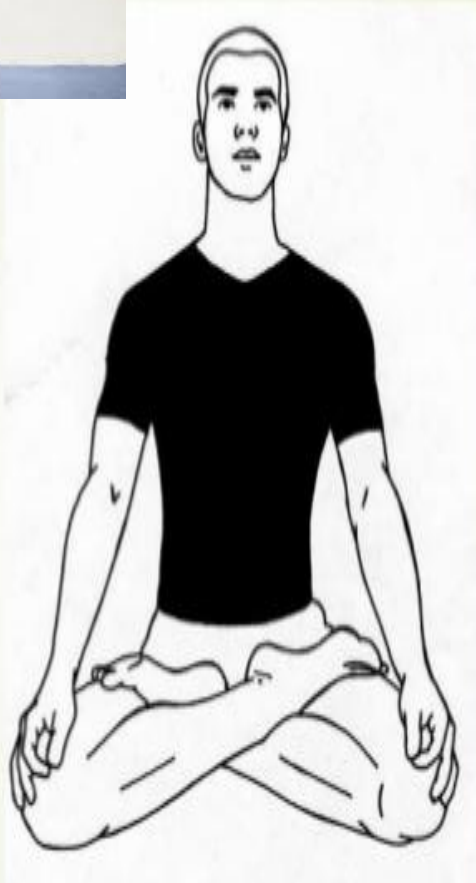
# SITTING AND STANDING ASANAS

S.No	ASANAS	EFFECT OF BODY HEALTH
01.	<b>Padmasana</b>	Padmasana Reduces muscle tension, menstrual discomfort.
02.	<b>Bhadrasana</b>	Strength pelvic floor muscles.
03.	<b>Vajrasana</b>	Stimulates vajra nadi, digestion, relieve constipation. strengthens lower back, legs, thighs.
04.	<b>Tadasana</b>	Respiratory, digestion, circulatory improvement.
05.	<b>Ardha katichakrasan</b>	Improves height, balance, tones arms n muscles.
06.	<b>Ardha chakrasana</b>	Tones up arms, shoulder muscles, front upper body.
07	<b>Padhastasana</b>	Increases blood flow to brain, tone up abdominal muscles, relieve sciatica, increases spine flexibility.





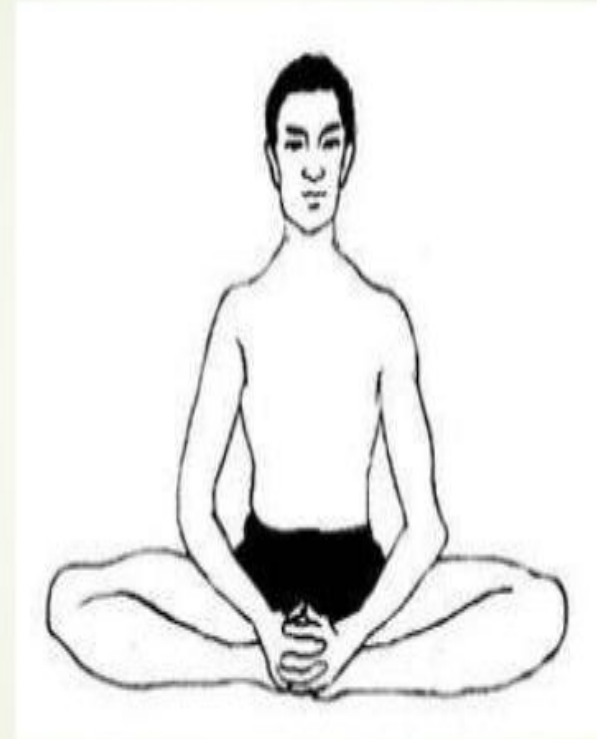
## Padmasana



Bend the right knee place it on left thigh, bend the left knee and place it on right thigh. Keep breathing gently.



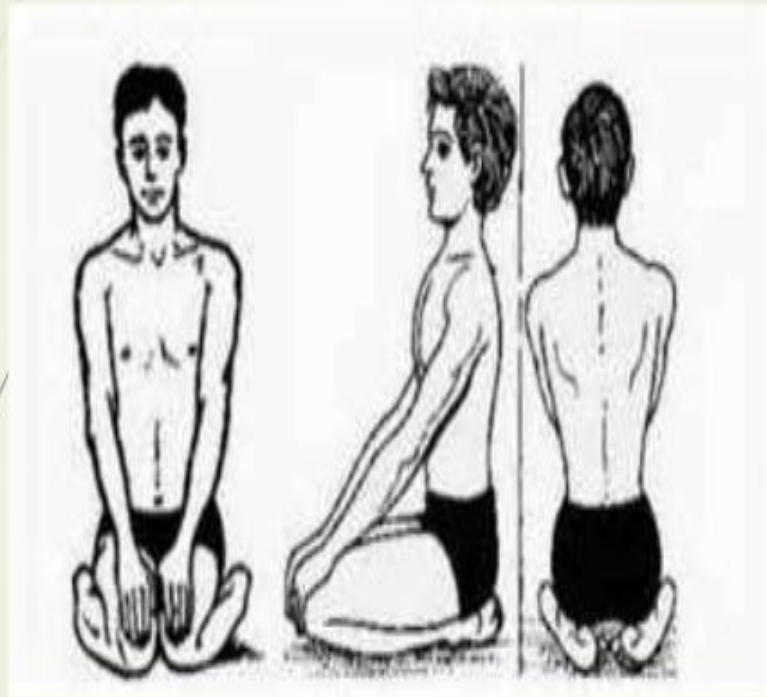
## BHADRASANA



Bend the knees outwards bring the feet towards the body, join the soles. Try bringing heels close to genitals.

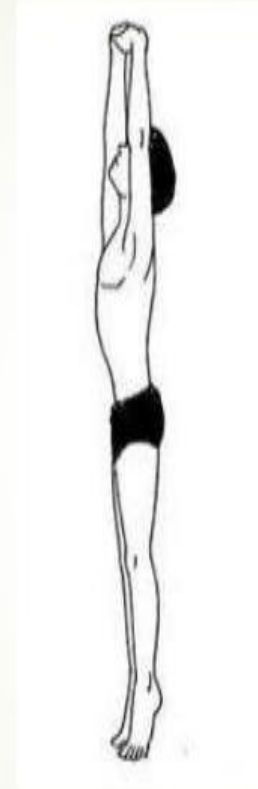


## VAJRASAN



Stretch lower legs backward, keep the together, cross the big toes, rest buttocks on the heels and thigh on calf muscles.

## TADASANA



take small gap between feet, raise both arms, stand on toes, raising heels and then stretch the whole

body.



# ARDHKATICHAKRASAN



**inhale, raise right arm up, exhale bend the trunk to the left, and do not bend the elbow. Inhale and stretch the right arm up. Exhale and bring arm down. Repeat with other side.**



# DHASTASANA



inhale, lift hands straight up, exhale and bend forward, touch the  
ground.



# ARDHACHAKRASAN



ARDHA CAKRĀSANA

breath in extend arm overhead, breath out and  
gently bend backward pushing the pelvis forward.  
Hold, breathe in, come back