

BHARATHIDASAN UNIVERSITY

Tiruchirappalli – 620024

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Centre for Differently Abled Persons

Programme: BCA

SEMESTER: 3

Course Title : YOGA PRACTISES I

Course Code : 23UCANMEC01

Unit: IV

Poses to Develop the Core Musculature

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Adho mukha svanasana

- Bear Walk Come into Downward Facing Dog



- **Version 1:** Lift each limb in turn. Lift one hand, put it down. Lift the other hand, put it down. Lift one leg, put it down. Lift the other leg put it down. Lift one hand and the opposite leg, balance, put them down. Left the other hand and the opposite leg, stay steady, put them down. Growl like a bear.
- **Version 2:** Bear walk around the space moving both limbs on one side simultaneously. Both right hand and foot move together, then left hand and foot move. This develops concentration, focus and coordination. Dig for insects, crawl into a log, stand on your hind legs and roar.

Boat (Navasana)

- ✓ Sit with your legs in front of you, knees bent. Place your hands under your knees.
- ✓ Lift up on your heart to stay in your boat. Come up to tiptoes.
- ✓ Maybe float your feet off the ground. Don't fall out of your boat (roll back onto the tailbone).
- ✓ Double Boat Sit facing your partner. Hold hands. Touch the bottom of one foot to your partner's.
- ✓ Lift your foot up and lower it down.
- ✓ Repeat on the other side. If ready for a challenge lift both feet.
- ✓ Come down carefully.



MARJARIASANA

Inhale, & come into Happy Cat Pose



Exhale & come into Angry Cat Pose



Happy Cat/Angry Cat

Kneel on all fours in Table position. Inhale and look up toward the ceiling, allowing your back to lower, your heart to come up and through your arms. Meow and smile, you are a Happy Cat.

Next exhale, round your back, lowering your head to look at our belly. Hiss and yowl, you are an Angry Cat. Repeat.

Happy Baby/Dead Bug

(Ananda Balasana)

- Roll onto your back. Lift your feet skyward, bending the knees. Grasp your feet with your hands, pulling the knees toward the armpits. Coo, giggle and make happy baby sounds. Sing a lullaby.

Or if practicing Dead Bug scurry on the roof moving hands and legs quickly then stop when the teacher says, “Dead Bug.”



Simple S

Superman/Supergirl

Twist Sitting inhale and extend the spine, reaching through the crown of the head. Exhale and twist bringing left hand to the right knee and looking over your right shoulder. Inhale and exhale while holding the twist. On an inhale come back to center.

Take a breath. Repeat on the other side. Superman Lie on your stomach. Imagine you are Superman/Supergirl flying to save the day. Stretch your arms in front of you. Lift your arms, head and legs off the ground and fly. Yeah! You saved the day. Relax.



Swimming

- Lie on your stomach. Stretch your arms out in front. Wiggle your right fingers and lift the arm off the ground. Lower. Wiggle your left toes and lift the leg off the ground. Lower. Lift your right arm, head and left leg off the ground. Repeat on the other side.
- Variation: Bend the knee as you lift the leg, reach the arm back to touch the leg to connect and balance the brain.
- TipToe Stand with feet slightly apart. Inhale and raise your hands overhead. Exhale and lower the hands. Inhale and as you raise the hands come up onto tiptoes. Exhale and lower hand and feet to the ground. Repeat.

SIMPLE 4

simple 4 step approach to release tension, ease transitions, promote calm and re-engage children of all abilities.

STEP 1: BRAKE Put the brake on excess energy. Press hands firmly together the slow count of 4 (4X)

STEP 2: BRAIN Wake up the brain. Clasp hands together and press down firmly on the top of the head (4X)

STEP 3: BODY Wake up and calm down the body. Squeeze the entire body: shoulders, arms, hands, fingers, legs, knees, ankles

STEP 4: BREATHE Breathe deeply into the belly. Breathe slowly in and out

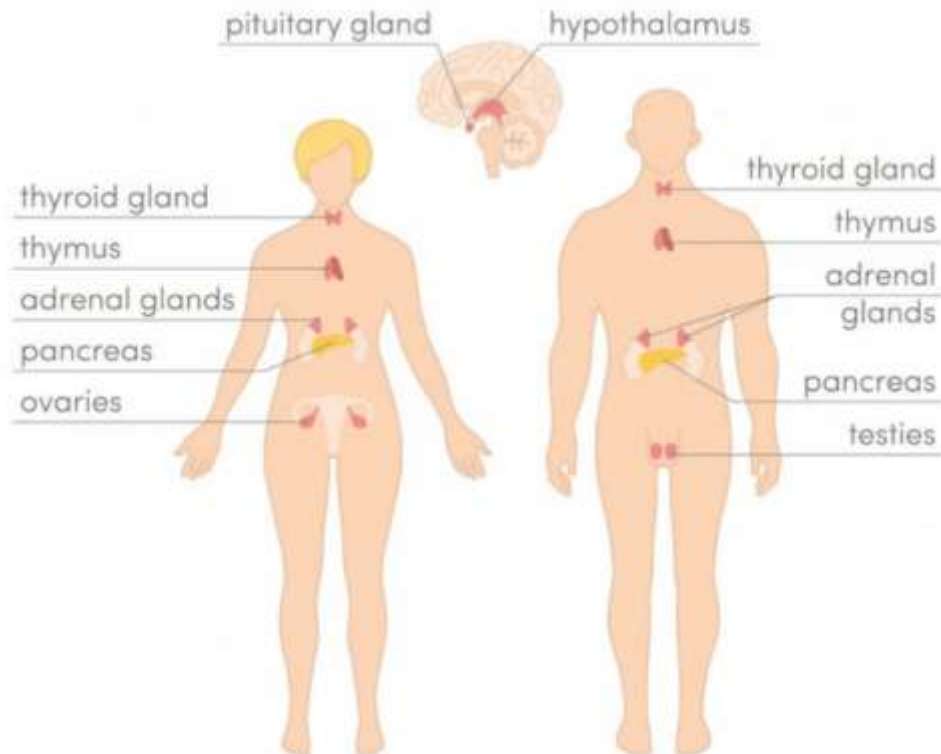


Role of Asanas

Stretching = Flexibility , strength , Controls physical movements , controls breath, massages internal organs, opens the potential energy channels controls the mind.



Chakras and Glands



ENDOCRINE SYSTEM

SURYA NAMESAKE MEANING, MANTRA AND BENEFITS



Step 1

Prayer Pose

Mantra: Om Mitraaya Namaha

Meaning: One who is friendly to all.

Pranamasana helps maintain the balance of the body.

Relaxes the nervous system.



Step 2

Raised Arms Pose

Yoga Asana: Hasta Uttanasana

Mantra: Om Ravaye Namaha

Meaning: The shining one, the radiant one.

Hasta Uttanasana stretches and tones the muscles of the abdomen.

Expands the chest resulting in full intake of oxygen. Lung capacity is fully utilized.



Step 3

Hand to Foot Pose

Yoga Asana: *Hasta Padasana*

Mantra: Om Suryaya Namaha

Meaning: The dispeller of darkness, responsible for generating activity. Hasta Padasana makes the waist and spine flexible. Stretches the hamstrings. Opens the hips, shoulders, and arms.



Step 4

Equestrian Pose

Yoga Asana: *Ashwa Sanchalanasana*

Mantra: Om Bhaanave Namaha

Meaning: One who illuminates or the bright one.

Ashwa Sanchalanasana strengthens the leg muscles.

Makes the spine and neck flexible.

Good for indigestion, constipation and sciatica.



Step 4

Equestrian Pose

Yoga Asana: *Ashwa Sanchalanasana*

Mantra:Om Bhaanave Namaha

Meaning:One who illuminates or the bright one.

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Step 5

(Stick Pose)

Yoga Asana: Dandasana Mantra:

Om Khagaya Namaha

Meaning:

One who is all pervading, one who moves through the sky.

Dandasana strengthens the arms and back Improves posture.



Step 6

Yoga Asana:

Ashtanga Namaskara (Salute with Eight Parts Pose)



Step 7

Yoga Asana: Bhujangasana (Cobra Pose)

Mantra: Om Hiranya Garbhaya Namaha

Meaning: One who has a golden colored brilliance.

Bhujangasana stretches the shoulders, chest and back.

Increases flexibility.

Elevates mood.

Invigorates the heart.



Step 8

Yoga Asana: Parvatasana(Mountain Pose)

Mantra: Om Mareechaye Namaha

Meaning: Giver of light with infinite rays.

Parvatasana strengthens the muscles of the arms and legs.

Increases blood flow to the spinal region.



Step 9

Yoga Asana: Ashwa Sanchalanasana (Equestrian Pose)

Mantra: Om Aadityaaya Namaha

Meaning: The son of Aditi, the cosmic divine mother.

Ashwa anchalanasana tones the abdominal organs.

Adds flexibility to leg muscles.



Step 10

Yoga Asana: Hasta Padasana (Hand to Foot Pose)

Mantra: Om Savitre Namaha

Meaning: One who is responsible for life.

Hasta Padasana stretches the hamstrings.

Opens the hips, shoulders, and arms.



Step 11

Yoga Asana: Hasta Uttanasana (Raised Arms Pose)

Mantra: Om Arkaaya Namaha

Meaning: One who is worthy of praise and glory.

Hasta Uttanasana stretches and tones the muscles of the abdomen.

Expands the chest resulting in full intake of oxygen. Lung capacity is fully utilized.



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Yoga Asana: Hasta Padasana (Hand to Foot Pose)

Mantra: Om Savitre Namaha

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Step 12

Yoga Asana: *Tadasana* (Standing or Palm Tree Pose)

Mantra: Om Bhaskaraya Namaha

Meaning:

Giver of wisdom and cosmic illumination.

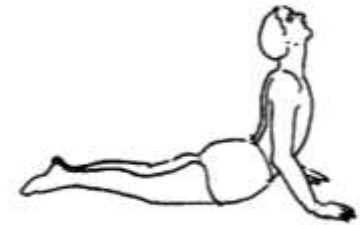
Tadasana improves posture.

Strengthens thighs, knees and ankles.

Relieves sciatica.

Bhujangasana

Backward bend asana helps to expand the chest and encourage inhalation



1. Relieves pain in the back
2. Strengthens the abdominal muscles
3. Effective in curing constipation
4. Tones up the abdominal viscera
5. Effective for women in toning up their ovaries and uterus
6. Good for relieving Pre Menstrual pain.
7. Keeps the sexual organs healthy

Benefits of stretching

- Decreases risk of injury
- Reduces stress
- Increases Flexibility
- Increases flow of vital nutrients, blood, and synovial fluid to joints and connective tissue
- Decreases muscle soreness, which helps you recover more quickly from workouts

Nature is the best teacher of Yoga



Eka Pada Pranamasana /Vrikshasana Panacea for all diseases



➤ As we age, our balance skills deteriorate. Practice of balancing asana help to improve and maintain balance throughout our lives.

➤ If you cannot stand on one leg **less than 10 seconds** , it means that your aging process and degeneration is becoming fast with high risk for falling.

Psychological effect

❖ Sharpens awareness and improves concentration , because without focused awareness, balance cannot be maintained .

❖ Hyperactive children who have a very short attention span particularly benefit from this asana.

BENEFITS

- ❖ Sustaining eka pada pranamasana helps develop willpower and is therefore useful for people with addiction problems or low self-esteem
- ❖ In ancient times many Rishis performed penance standing in this asana
- ❖ Improves the Visual perception and Auditory perception
- ❖ Strengthen the Subconscious mind.

Reference

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watch <http://www.youtube.com/watch?v=Xc-mcyv6VWY&feature=plcp>

- Thank You