

YOGA FOR SENIORS

Yoga is the most favorable method to connect with nature by
balancing the mind and body

NAME - PADAHASTASANA (TECHNIQUE)

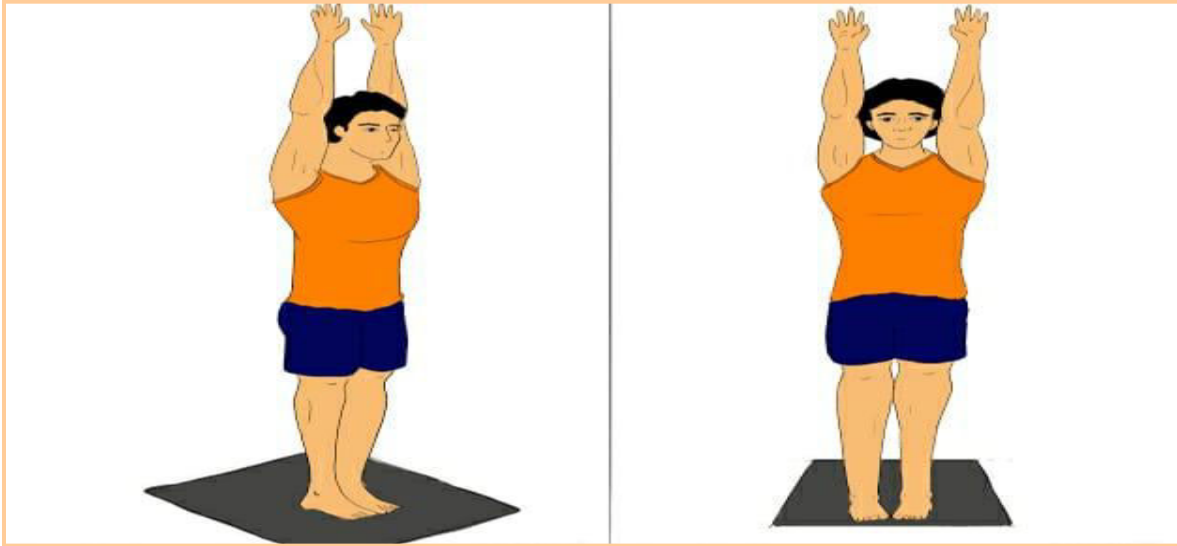
PADAHASTASANA



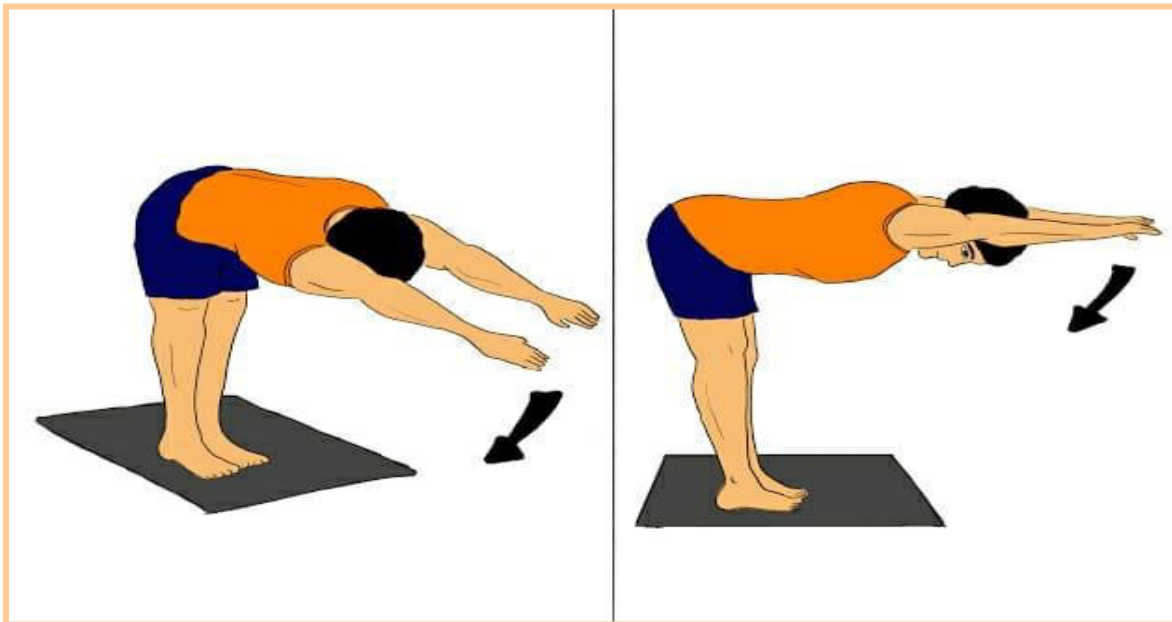
STEP 1 - Stand straight and make sure that your legs are together and your hands remain just at the sides of your body.



STEP 2 - Now inhale slowly and raise your arms over the head while keeping the elbows straight.



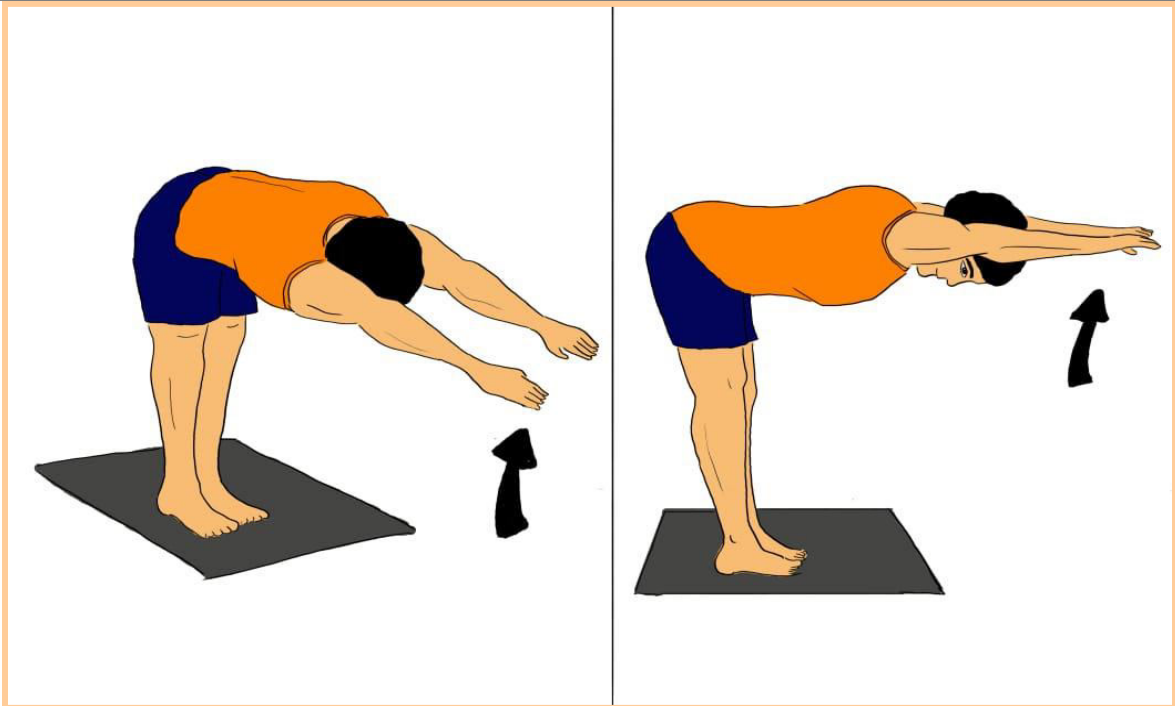
STEP 3 - Now slowly exhale and start bending forward. Keep your legs straight; do not bend your knees. Keep your hands and the back in a line as your upper body makes an angle of 90 degree with your legs.



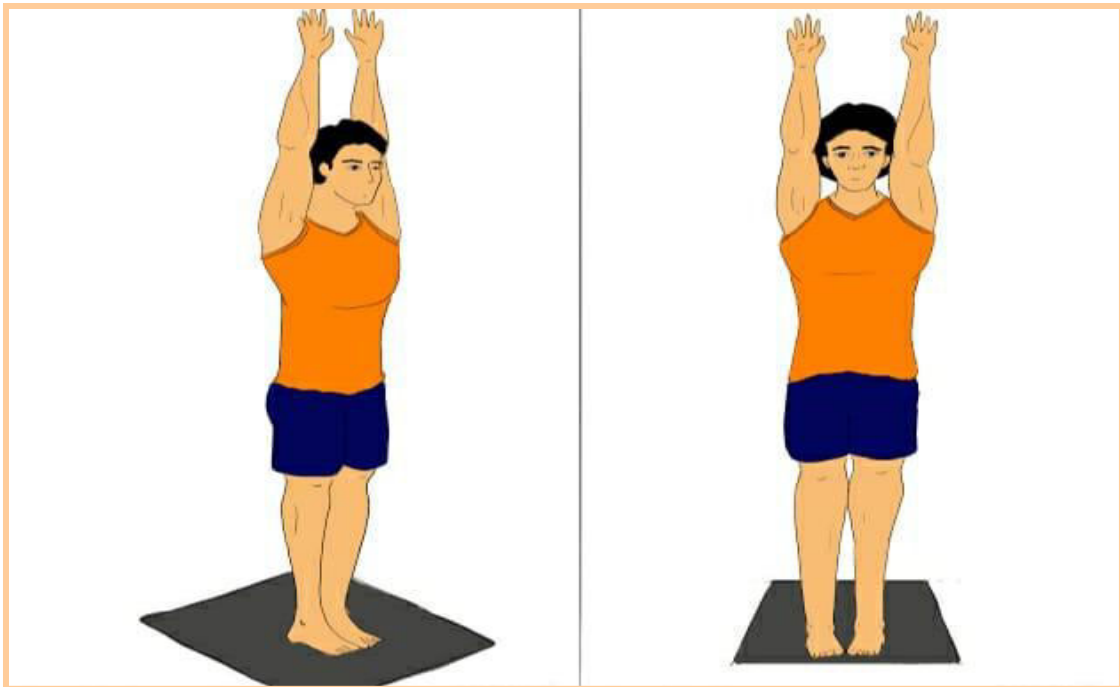
STEP 4 - Keep bending forward. First your abdomen touches your thighs and then your chest. Now keep both the hands, palms facing down, beside each foot respectively and then gently make the forehead touch the knees. Breathe normally and hold the pose for 10 to 15 seconds.



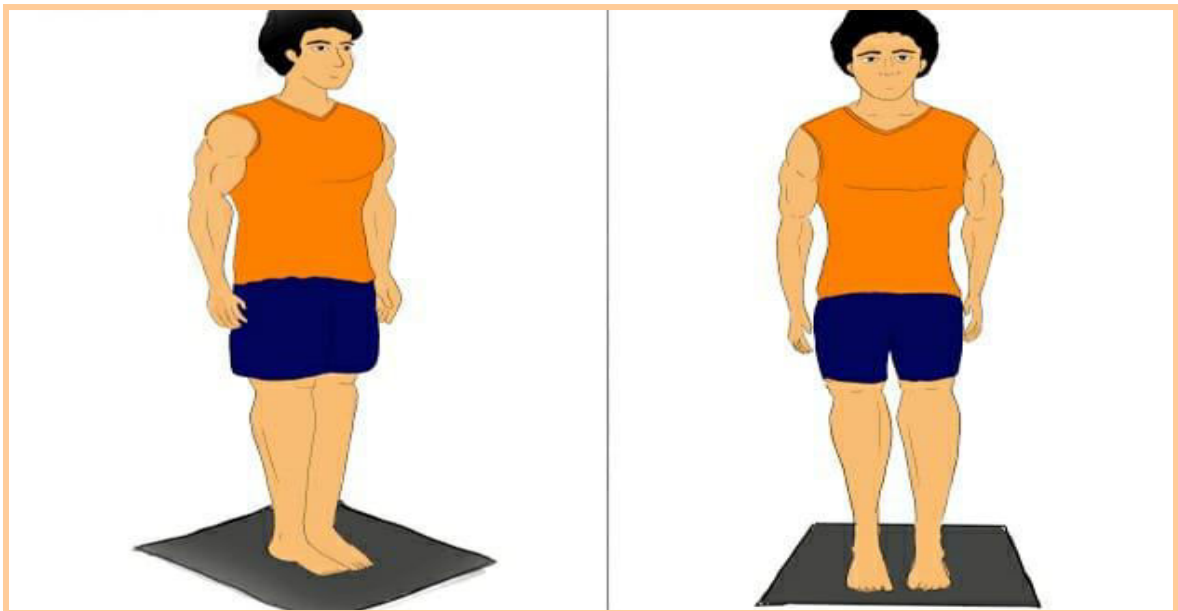
STEP 5 - To come out of the pose first lift up your forehead and the hands.



STEP 6 - While inhaling slowly stand straight and raise your arms over the head.



STEP 7 - Now exhale slowly and bring the hands down keeping the palm on your thighs. Open your legs and relax.



BENEFITS

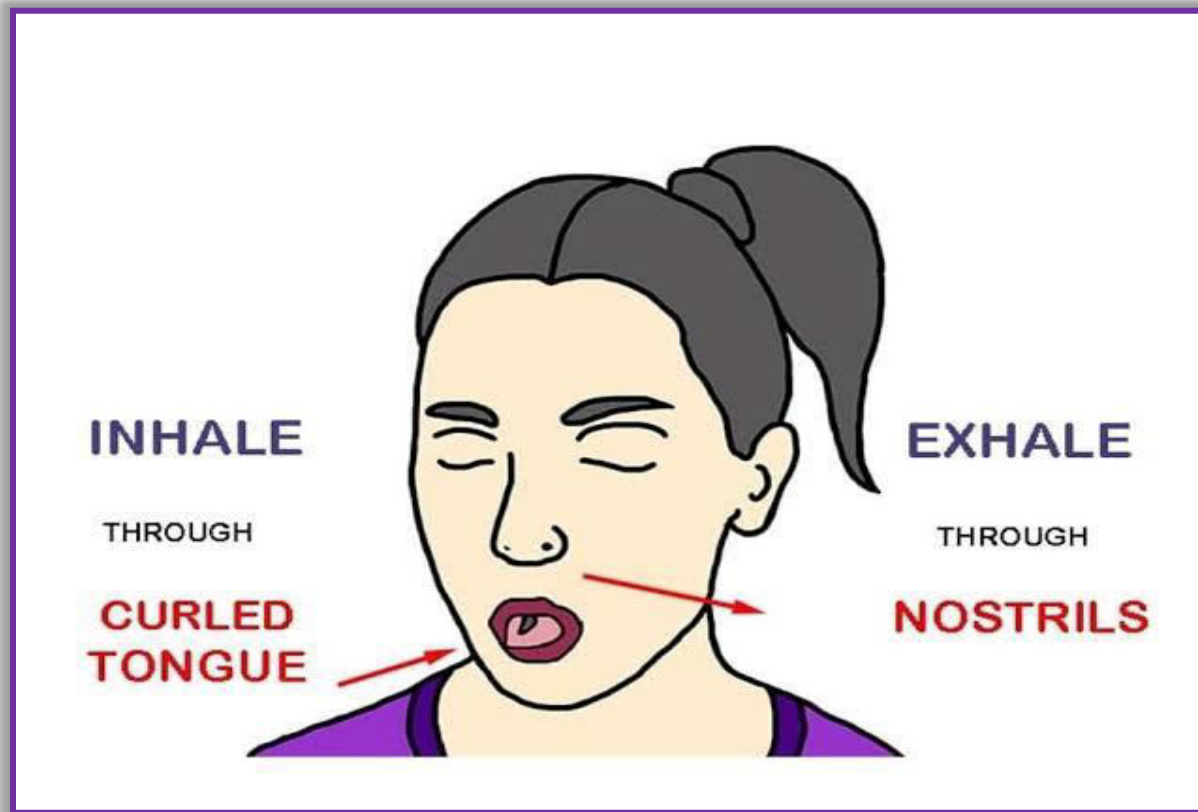
- Prevents indigestion, gastric problems and constipation.
- Strengthens the thighs and knees.
- Keeps your spine strong and flexible.
- Stretches the hips, hamstrings and calves.
- Improves blood circulation.
- Improves the function of abdominal organs.
- Helps to cure nasal and throat diseases.
- It helps to eliminate excess belly fat.

For your reference -

<https://www.youtube.com/watch?v=HDDfZCp-axs&feature=youtu.be>

NAME - SHEETALI PRANAYAMA

In sanskrit, sheetali means 'cooling', it is also known as “cooling breath”. It can give a cooling effect on the mind and body



STEP 1 - Sit in a comfortable posture. Place your hands on the knees.

STEP 2 - Close your eyes and take two or three deep breaths through the nose to prepare yourself.

STEP 3 - Now bring your tongue out and fold both sides of the tongue like a tube.

STEP 4 - Now inhale deeply through this tongue tube.

STEP 5 - Take the tongue inside the mouth and close the mouth. Now exhale through both the nostrils.

STEP 6 - Repeat this 5 times.

For your reference: <https://www.youtube.com/watch?v=yqhZfUXgVbk&feature=youtu.be>

PRECAUTIONS

People those who are suffering from low blood pressure, asthma, cold, cough, or other respiratory-related problems should not practice sheetali pranayama. Avoid this pranayama practice during extremely cold days in winter.

BENEFITS

- Helps to cool down the body temperature.
- It calms your body and mind.
- Helps in the purification of blood.
- Relieves stress, anger and anxiety.
- Alleviates excess hunger.
- Quells excess thirst.
- Reduces hyperacidity and indigestion.
- Beneficial for people suffering from high blood pressure.
- Improves digestion.
- Reduces fever.
- Helps to cure insomnia.

NOTE

- Repeat the asanas and pranayama given in the previous week along with the new ones.
- All the asanas and breathing exercises should be practiced on an empty stomach.
- In case of any medical problem consult your doctor before attempting these asanas and pranayama.
- Do not strain your body and avoid pushing yourself beyond your abilities while performing the asanas.