

# YOGA FOR SENIORS

Yoga helps to control a person's body, mind and soul. It brings physical and mental discipline together to soothe the body and mind.

## NAME - MATSYASANA [THE FISH POSE]

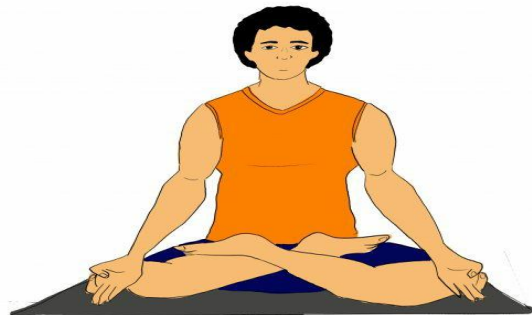
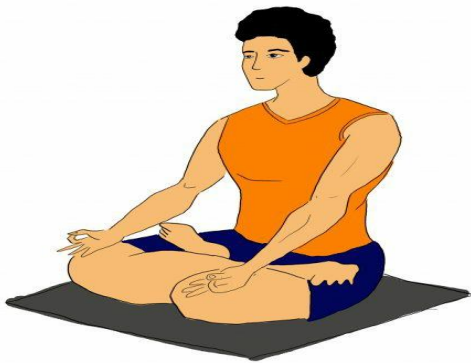
# MATSYASANA



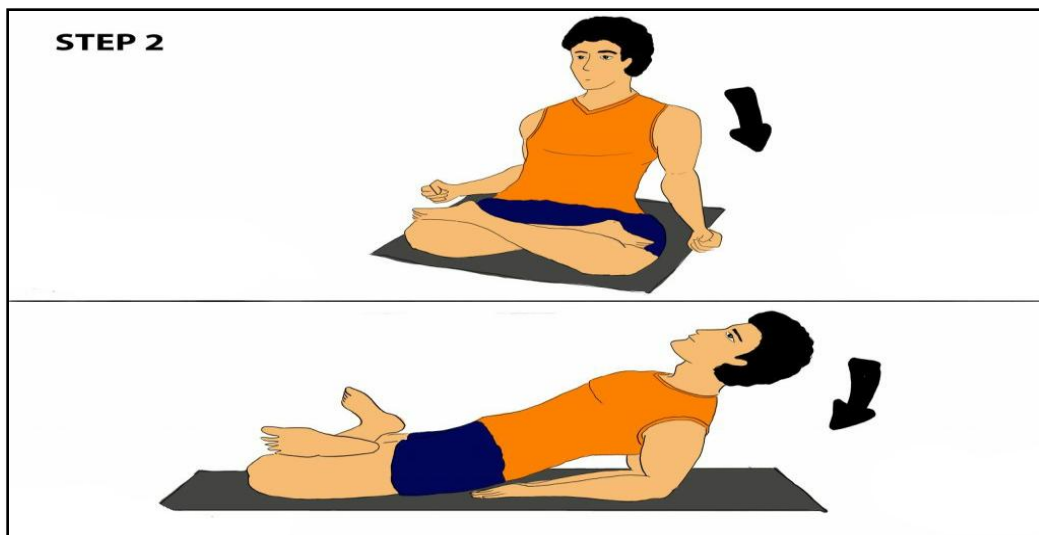
## TECHNIQUE

STEP 1 - Sit in Padmasana. Now take deep and long breaths.

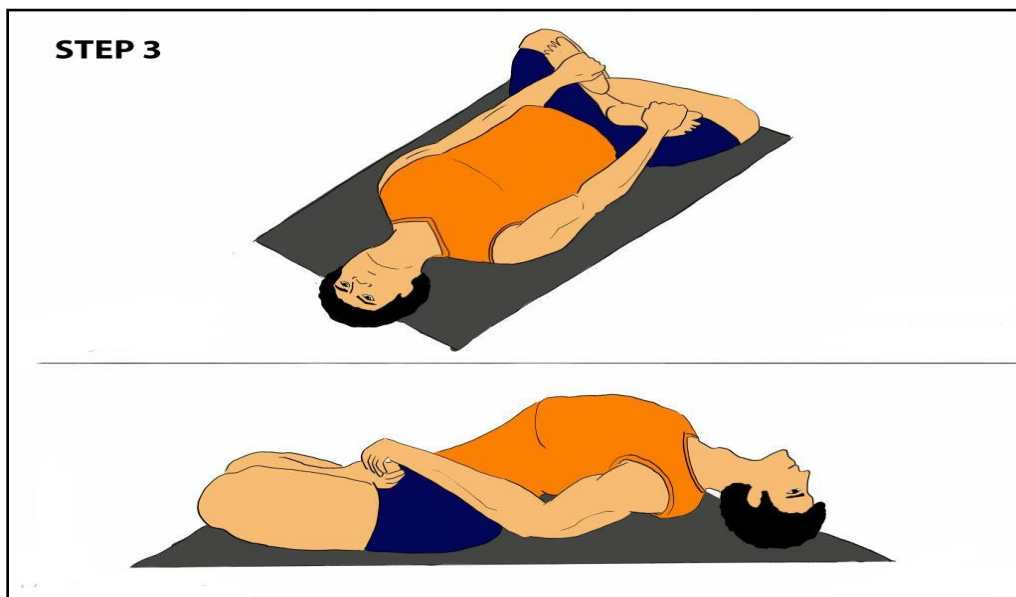
### STEP 1



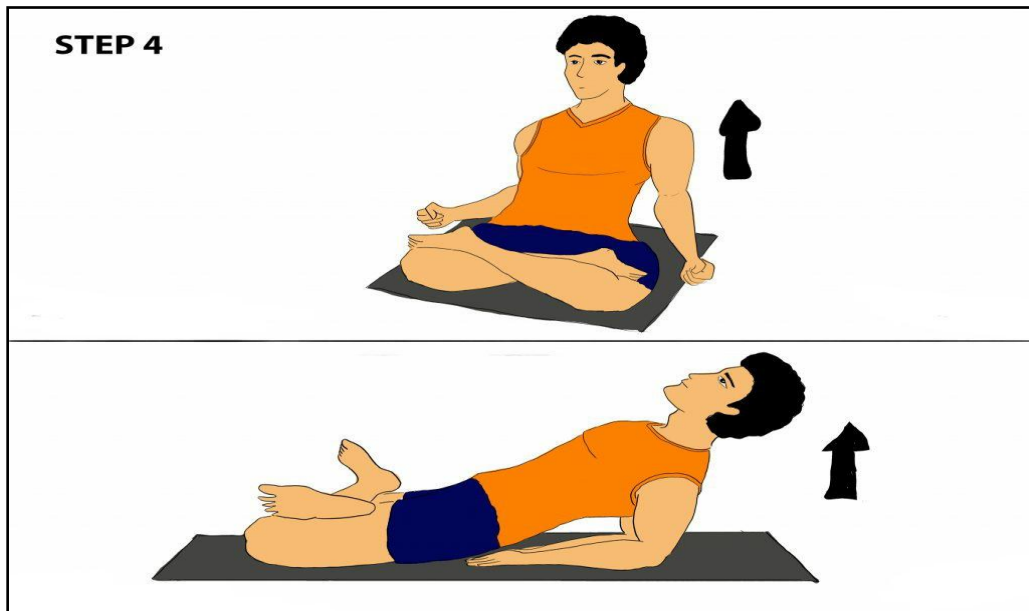
**STEP 2 - Slowly take the help of your elbows to lie down on your back.**



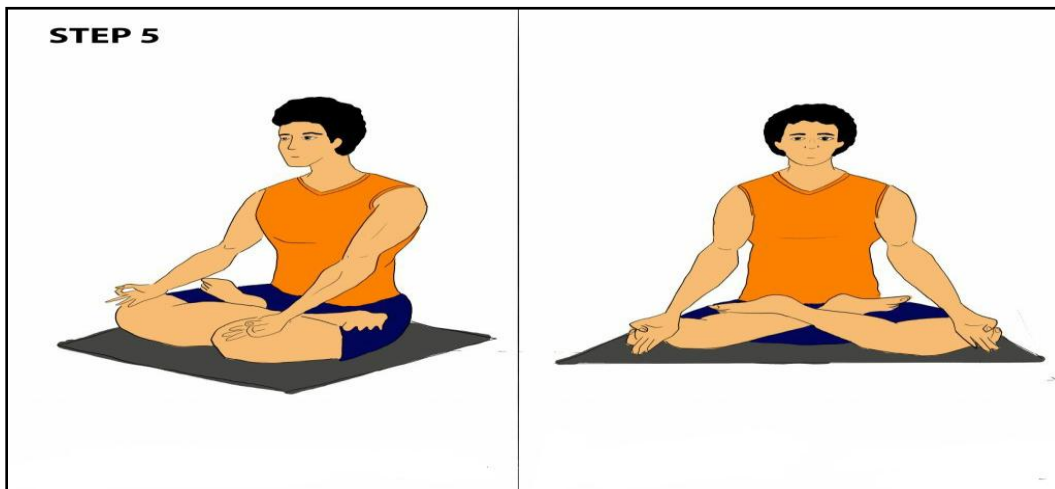
**STEP 3 - Now with the help of the elbows or palms bend your head backwards and place the crown of your head on the ground. Try to arch the back as more as possible without straining. Hold the toes with your index fingers and place elbows on the ground. Gently take deep and slow breaths. Remain in this position for a few seconds.**



**STEP 4 - While returning to the position release the toes and take the help of your hands to straighten your head. Sit with the help of your elbows.**



**STEP 5 - Now relax in the padmasana pose for a few seconds.**



## **BENEFITS**

- Helps to relieve respiratory problems, especially beneficial for asthma patients.
- Stretches the chest, hips, arms, shoulders, spine, thighs and neck.
- Stretches the muscles of your belly and helps in toning the abdominal organs.
- Helps to cure constipation.
- Strengthens the neck.
- Improves your body posture particularly rounded shoulders.
- Reduces stress, fatigue and anxiety.
- Regulates function of the thyroid gland.
- Boosts the immune system.

For your reference: <https://www.youtube.com/watch?v=Xncl86onXHk&feature=youtu.be>

## **BEGINNER'S TIP**

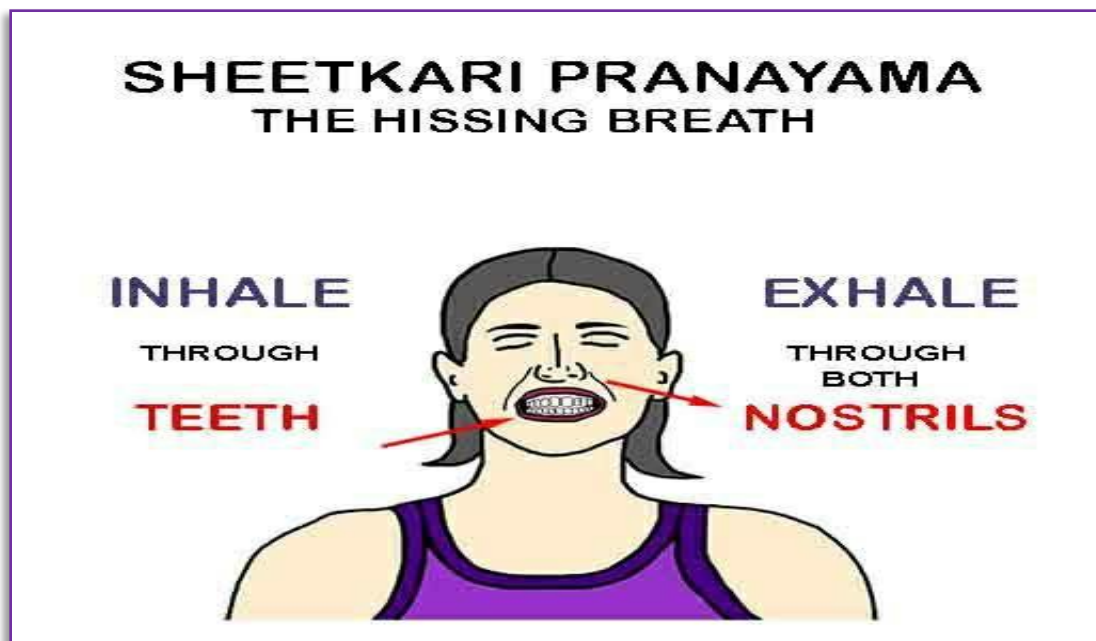
As a beginner, it is possible that you might feel a strain in your neck when you start practicing this asana. To avoid this, you could either slightly lower your chest, or put a folded blanket under your head until you feel comfortable in this asana.

You can start by doing the pose with the legs straight out or bent at the knees.

## **NAME - SHEETKARI PRANAYAMA**

A variation to the sheetali pranayama, this technique is for people who are unable to curl their tongue. It can also give a cooling effect on the mind and body.

## **TECHNIQUE**



## **PRECAUTIONS**

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

**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 - Join the upper and lower teeth.**

**STEP 4 - Now open your lips and inhale slowly and deeply through the teeth with a hissing sound.**

**STEP 5 - After inhaling close your lips and exhale through your nose.**

**STEP 6 - Repeat this at least 5 times.**

## **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.
- Reduces fever.
- Helps to cure insomnia.
- Beneficial for mouth related diseases, throat and tongue.
- It is effective in dental problems like pyorrhea.

## **NOTE**

- Repeat the asanas and pranayama given earlier 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.

**For your reference:** <https://www.youtube.com/watch?v=uL2O1feaT18&feature=youtu.be>  
<https://www.youtube.com/watch?v=64u4YXcl2YY&feature=youtu.be>