

YOGA FOR SENIORS

Yoga cultivates the ways of maintaining a balanced attitude in our day to day life and endows skill in the performance of one's actions.

NAME - GARUDASANA [EAGLE POSE] - TECHNIQUE

GARUDASANA



STEP 1 - Stand erect.

STEP 2 - Bend your knees and lift your left foot up to cross it over the right one.

STEP 3 - Ensure that the right foot is firmly placed on the floor and the left thigh is over the right thigh. Gently wrap it around the right thigh. The top of the left foot should rest on the calf of the right leg.

STEP 4 - Bend the elbows and move them in front of your chest.

STEP 5 - Cross the right arm over the left one. Now join the palms.

STEP 6 - Keep the back straight and maintain the focus of your gaze in front.

STEP 7 - Hold this pose as long as you can maintain the balance.

STEP 8 - Gently release the arms first and then the legs to come back to the starting position.

STEP 9 - Practice from the other side by interchanging the position of legs and arms.

BENEFITS

- Strengthens and stretches the ankles and calves.
- Stretches the thighs, hips, shoulders and upper back.
- Improves concentration.
- Improves the balance of the body.

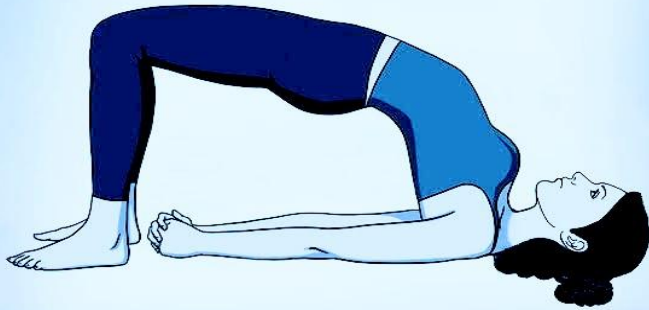
For your reference:

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

<https://www.youtube.com/watch?v=9wwtGegsD4E&feature=youtu.be>

NAME - SETU BANDHASANA [BRIDGE POSE] - TECHNIQUE

Setu Bandhasana (Bridge Pose)



STEP 1 - Begin this asana by lying flat on your back.

STEP 2 - Bend your knees and place your feet on the floor. Make sure that your ankles and knees are placed in a straight line.

STEP 3 - Let your arms rest beside your body, with your palms facing downwards. If you are flexible you can interlock your fingers or you can hold your ankles with your hands.

STEP 4 - Inhale and raise your back in a relaxed manner.

STEP 5 - Keep breathing deeply in this position for a few seconds.

STEP 6 - Now relax by touching your back to the ground and take rest.

STEP 7 - Repeat this pose 2 to 3 times.

BENEFITS

- Strengthens the legs, back, neck and chest.
- Relaxes the whole body.
- Reduces stress and depression.
- Calms the brain and reduces anxiety.
- Improves digestion.
- Helps to cure back pain.
- Helps to cure insomnia.
- Improves blood circulation.

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=g78vfuC4QBI&feature=youtu.b>

<https://www.youtube.com/watch?v=GE0YVRiXzI4&feature=youtu.be>