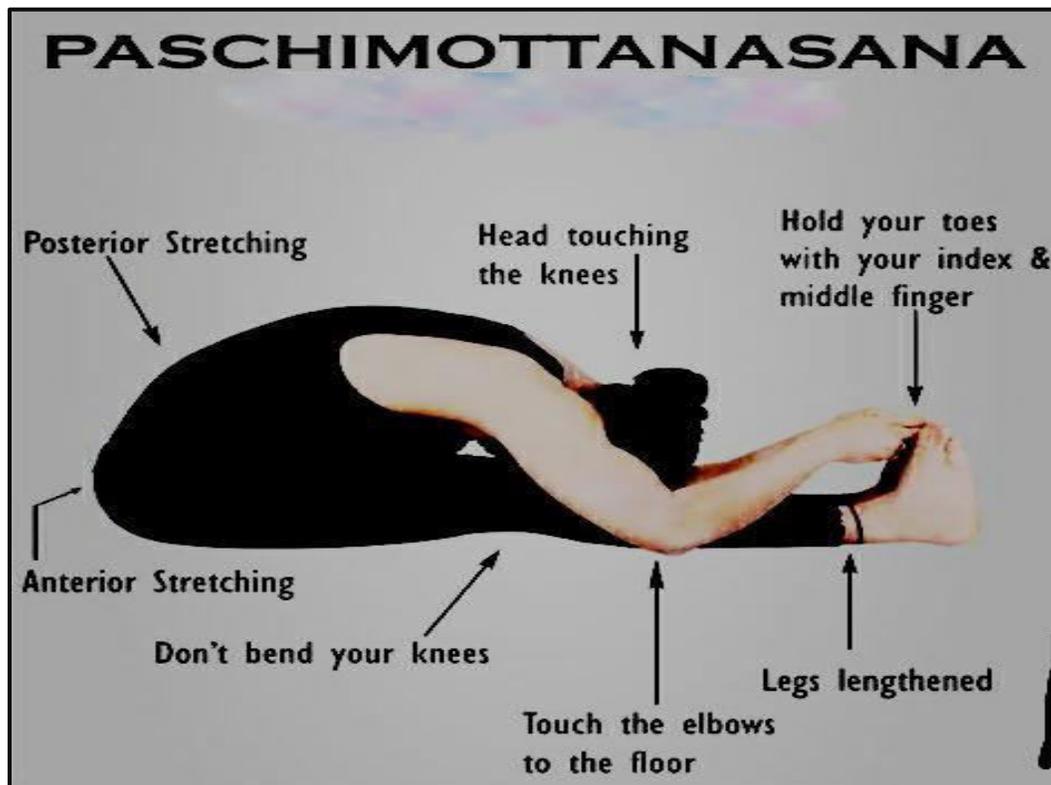


YOGA FOR SENIORS

Yoga is a systematic practice of physical exercise, breathing technique, relaxation, diet control, positive thinking and meditation aimed at developing harmony in the body, mind and soul.

NAME - PASCHIMOTTANASANA (SEATED FORWARD BEND)

(TECHNIQUE)



STEP 1 - Sit on your yoga mat with legs spread in front of you. Keep both feet together and upper body straight.

STEP 2 - With an inhale raise your hands.

STEP 3 - While exhaling, bend your head and trunk slowly forward to hold the toes with your index and middle finger without bending your knees.

STEP 4 - Bend the arms and try to touch the elbows to the floor.

STEP 5 - Hold this posture for a few seconds.

STEP 6 - Inhale and raise the head and release the hands to come back to the starting position. Now take rest.

For your reference:

<https://www.youtube.com/watch?v=hZPbqFbCU4&feature=youtu.be>

BEGINNER'S TIP

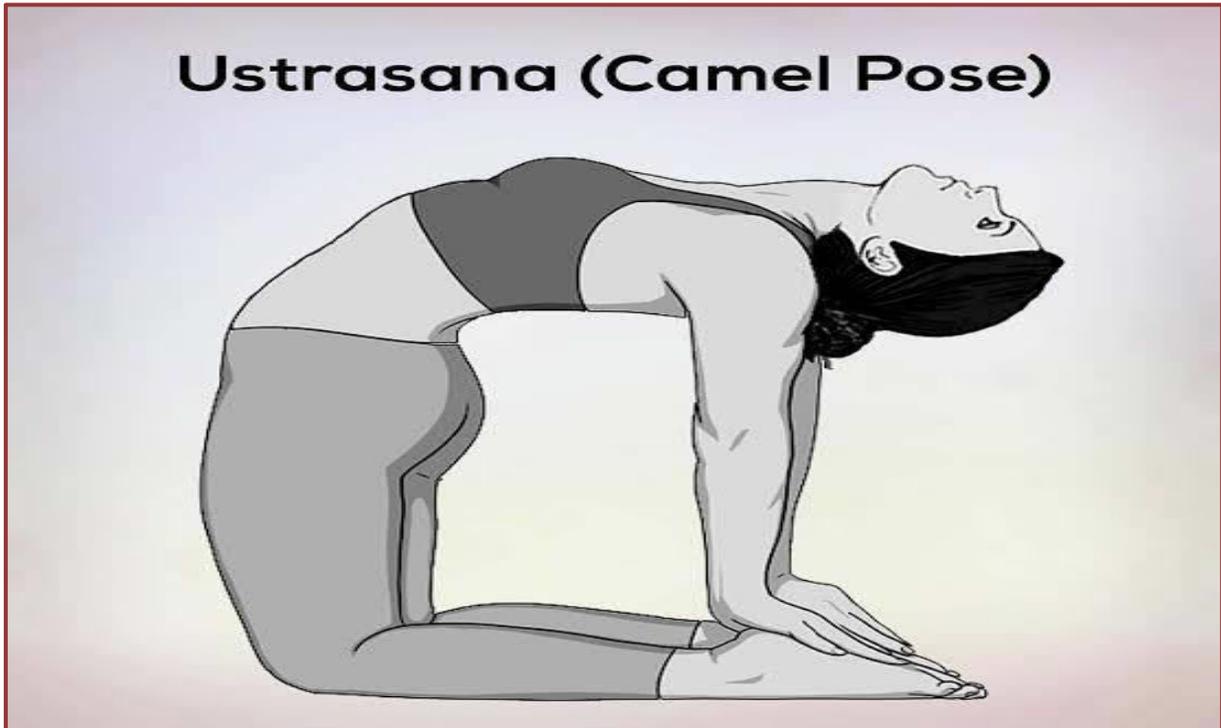
As a beginner, never push your body beyond your physical limits. One should not bend forward beyond a certain limit otherwise it can cause severe back pain. Initially, one should bend forward as far as he feels comfortable. Stay in this pose without hurting your neck and back. Your tight hamstring might make it difficult for you to bend too much. With practice, your body will become more flexible.

BENEFITS

- Stretches the spine, shoulders, back and hips.
- Tones the abdominal organs.
- stretches and strengthens the calf and thigh muscles.
- Tones the arms.
- Beneficial for the liver and kidneys.
- Reduces the abdominal fat.
- Improves digestion.
- Helps to increase the height.
- Reduces stress, anger and depression.
- Calms the brain and reduces anxiety.

NAME - USHTRASANA [CAMEL POSE]

TECHNIQUE



STEP 1 - Sit on knees and keep your spine erect.

STEP 2 - Now stand on your knees and bend backward and hold your right ankle or heel with your right hand.

STEP 3 - Hold your left ankle or heel with your left hand.

STEP 4 - Now bend your neck and head back as much as you can and push your waist slightly forward.

STEP 5 - Breathe normally in this position for 5 to 10 seconds.

STEP 6 - Now release your hands from heels and sit straight on your knees to come back to the starting position. Take rest.

BENEFITS

- Improves digestion.
- Reduces fat from thighs and abdomen.
- Relieves lower back pain.
- Helps to cure constipation.
- Improves flexibility in the spine.
- Tones the abdominal organs.
- Stimulates the nervous system and respiratory system.
- Stimulates the endocrine glands.
- Stretches the ankles, thighs, chest and throat.
- Strengthens and stretches the shoulders, arms and back.
- Helps to reduce stress.

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=dhGegzMzyhY&feature=youtu.be>

<https://www.youtube.com/watch?v=96T6tDPTzCk&feature=youtu.be>