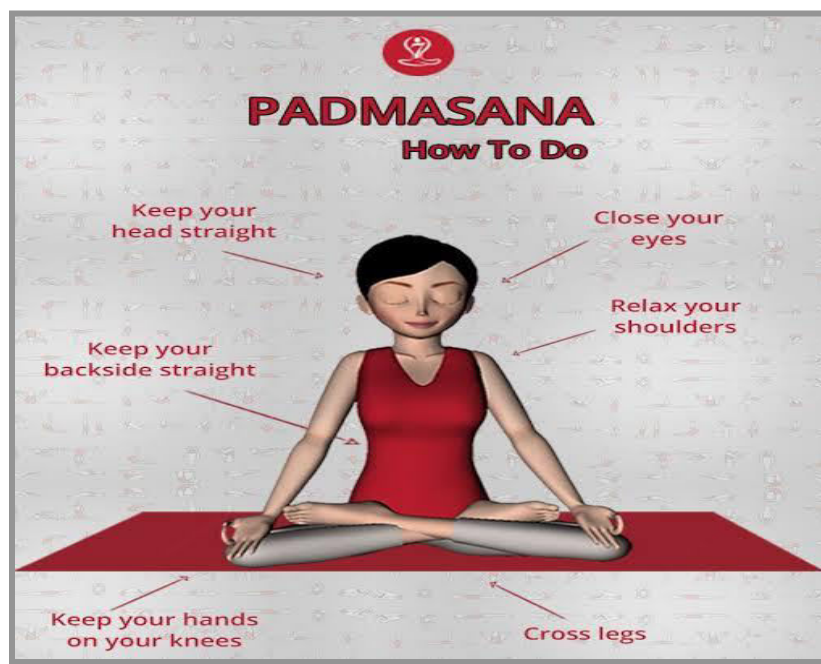


# Yoga for Seniors

The purpose of yoga is to build strength, awareness and harmony in both the mind and body.

## **Name – Padmasana [lotus pose]**

### Sitting pose (Technique)



### Benefits

- Helps to develop good posture by keeping spine erect.
- Restores energy level.
- Stretches the ankles and knees and keeps the joints and ligaments flexible.
- Increases concentration.
- Reduces stress and anxiety.

**Step 1.** Sit on the floor or on a mat with legs stretched out in front of you while keeping the spine erect.

**Step 2.** Bend the right knee and place it on the left thigh. Make sure that the sole of the feet point upwards and the heel is close to the abdomen.

**Step 3.** Now, repeat the same step with the other leg.

**Step 4.** With both the legs crossed and feet placed on opposite thighs, place your hands on the knees .

**Step 5.** Keep your head and spine erect. Stay in this position for 2 to 3 minutes and take long breaths.

**Tip** - If you are a beginner, you might have a problem locking your legs in the padmasana pose. In this case, you can do this exercise by placing just one leg on the opposite thigh and gradually, when you are comfortable advance to doing it using both the legs.

For Your  
Reference

[https://www.youtube.com/watch?v=w\\_j4InfRC38&feature=youtu.be](https://www.youtube.com/watch?v=w_j4InfRC38&feature=youtu.be).

[https://www.youtube.com/watch?v=YFgkVxS\\_z7Q&feature=youtu.be](https://www.youtube.com/watch?v=YFgkVxS_z7Q&feature=youtu.be).

## Name: Tadasana

## Standing pose (Technique)



## Benefits

- One of the best yoga poses to increase height.
- Strengthens the nervous system.
- It helps to reduce flat feet.
- Boosts the functioning of your digestive and respiratory systems.
- It gives a good stretch to the arms, chest, abdomen, spine and the legs.
- Improves body posture and balance.
- Reduces dullness and depression.
- Harmonizes the body and mind.

## Precaution

- All the asanas should be practiced on an empty stomach.
- In case of any medical problem consult your doctor before practicing asanas.

For Your  
Reference

<https://www.youtube.com/watch?v=9eNMoDT2I-k&feature=youtu.be>  
<https://www.youtube.com/watch?v=t4EFxQDhA8A&feature=youtu.be>  
[https://www.youtube.com/watch?v=jcmeH-x5g\\_I&feature=youtu.be](https://www.youtube.com/watch?v=jcmeH-x5g_I&feature=youtu.be)

## Pranayama

Name: Bhramri Pranayama (Humming bee breathing)

### Technique

## Bhramari Pranayama

(anti-stress / anti-anxiety pranayama)

### Bhramari Pranayama

↓ (1 cycle)



7admeasure.com/wp-content/uploads/2016/12/yoga-7.jpg

**Repeat 5 Times**

- Close your eyes
- Close your ears with the help of index fingers
- Inhale deeply
- Exhale slowly with humming sound
- Feel vibrations in head region

## Benefits

- Relieves tension, anger and anxiety.
- Helps in curing sinus problem.
- Highly beneficial for all diseases like epilepsy, headache, migrain and panic attacks.
- Improves concentration.
- It cures sleeping disorders.

## Precaution

- Ensure that you are not putting your finger inside your ear but on the cartilage.
- Don't press the cartilage too hard. Gently press and release with the finger.
- While making the humming sound, keep your mouth closed.
- In case of any medical problem consult your doctor before practicing pranayama.

**For Your  
Reference**

<https://www.youtube.com/watch?v=GepGmj5sTjs&feature=youtu.be>.

<https://www.youtube.com/watch?v=40h7TN1kpOk&feature=youtu.be>.