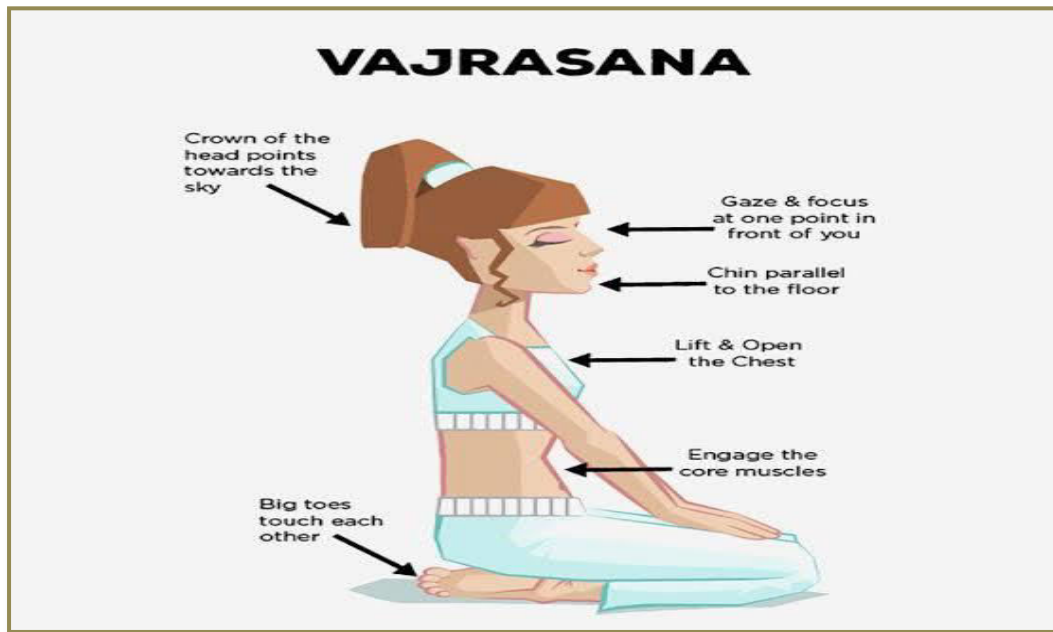


Yoga for Seniors

Maintaining a regular yoga practice can provide physical and mental health benefits.

Name: Vajrasana -> The name vajrasana is derived from sanskrit word 'vajra' which means diamond or thunderbolt pose.

Sitting pose: Technique



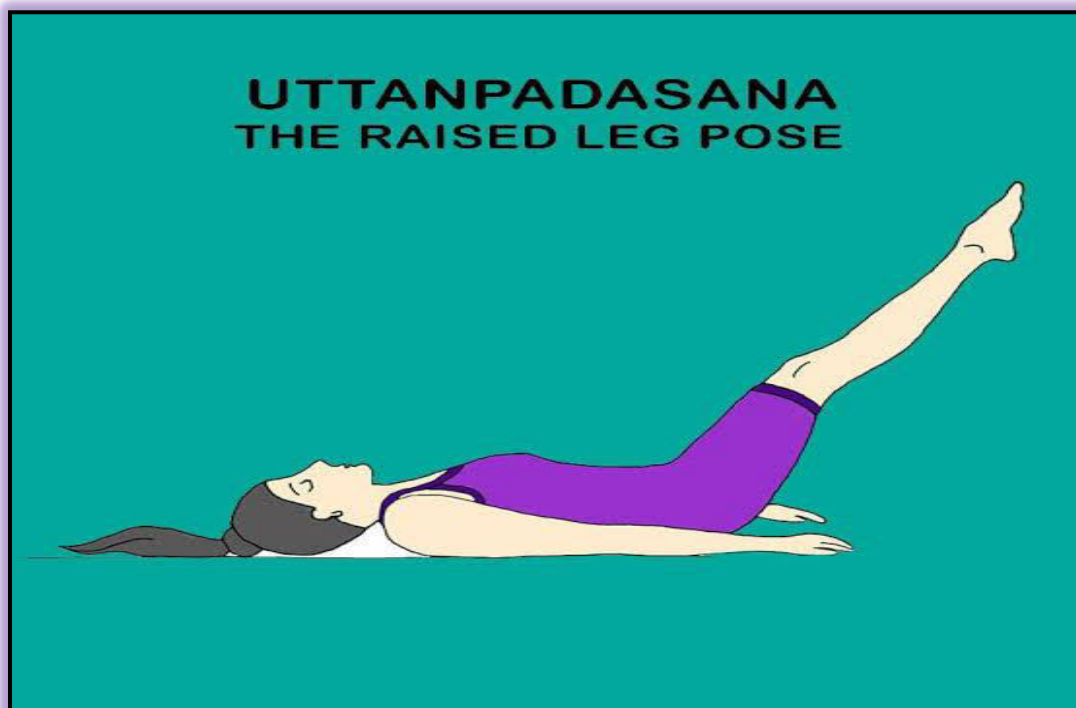
Benefits

- Improves digestion.
- Cures acidity, indigestion and constipation.
- Helps to reduce back pain.
- It calms the mind.
- It reduces stress.
- Strengthens the thighs and legs muscles.
- People who suffer from gastric problems can practice this asana immediately after meal.

For your reference: <https://www.youtube.com/watch?v=82p0aGNJSF4&feature=youtu.be>.
https://www.youtube.com/watch?v=7_fpjbrqB1I&feature=youtu.be.

Name - Uttanpadasana [the raised leg pose]

Lying pose | Technique



Step 1 - Lie flat on your back and breathe normally.

Step 2 - Place your hands on either side and palms should be facing down.

Step 3 - Inhale slowly and lift the legs at 30 - 60 degree from the ground. Do not bend the knees while raising the legs.

Step 4 - Hold the posture for sometime [15 to 20 seconds] when strain is felt in the abdomen, lower the legs and relax

Step 5 - Repeat this about 3 - 5 times

Benefits

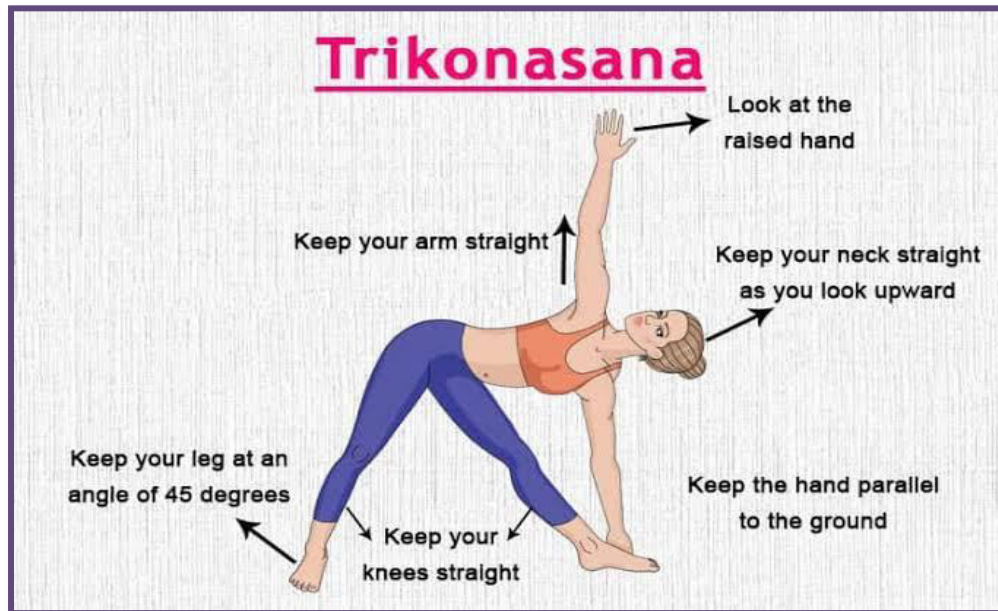
- Prevents acidity, indigestion, gastric problems and constipation.
- Improves the function of reproductive organs.
- It strengthens the lower back muscles helping to get relief from lower back pain.
- It is also good for diabetes patients.
- Good for increasing blood circulation around the body.
- Strengthens the abdominal organs.

Note: If the abdominal muscles starts to jerk, release the pose and come back to the flat position, the relaxation pose. Never strain beyond your capacity.

For your reference: <https://www.youtube.com/watch?v=R5BHPsRSLjM&feature=youtu.be>.
<https://www.youtube.com/watch?v=eMAzXTsfK90&feature=youtu.be>.

Name - Trikonasana [Triangle pose]

Standing pose | Technique



Repeat the asana with the other leg too.

Benefits

- It strengthens and stretches the knees, ankles, legs, chest and arms.
- It increases both physical and mental stability.
- It helps to reduce back pain.
- It reduces stress and anxiety.
- Improves digestion.
- Helps to reduce fats from the waist and thighs.

For your reference: <https://www.youtube.com/watch?v=f97e8QT9NfY&feature=youtu.be>.
<https://www.youtube.com/watch?v=QB09bbGINYw&feature=youtu.be>.

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.