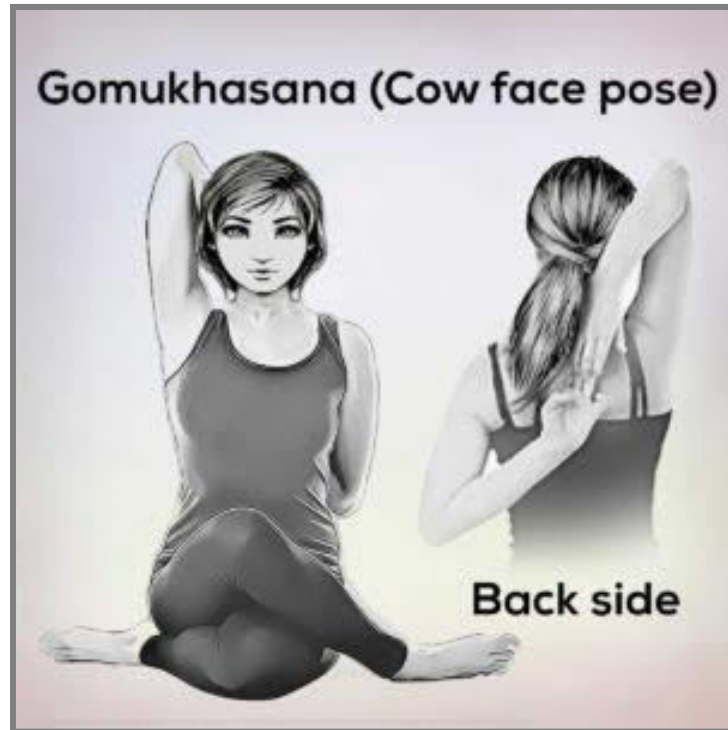


# YOGA FOR SENIORS

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental discipline to achieve a peaceful body and mind.

## NAME - GOMUKHASANA [COW FACE POSE] - > TECHNIQUE



**STEP 1** - Sit erect on the mat with your legs stretched out in front of you.

**STEP 2** - Now bend your left leg gently and place it under your right hip.

**STEP 3** - Then gently bend your right leg and cross it over your left leg. Your knees should be placed close and on top of each other.

**STEP 4** - Keep your head and back straight while practicing it.

**STEP 5** - Now bend your left hand and slowly place it behind your back from downwards.

**STEP 6** - Then bend your right hand and also place it at your back from upwards [over your right shoulder].

**STEP 7** - Now stretch your right hand downwards until it reaches your left hand. This might not be easy for people who are not flexible but you will learn to do it gradually.

**STEP 8** - Hold this pose for as long as you are comfortable, as you breathe slowly and deeply. Concentrate on your breathing.

**STEP 9** - Release your hands, and unfold and straighten your legs to come back to the starting position. Repeat it by changing the position of arms and legs.

## **BENEFITS**

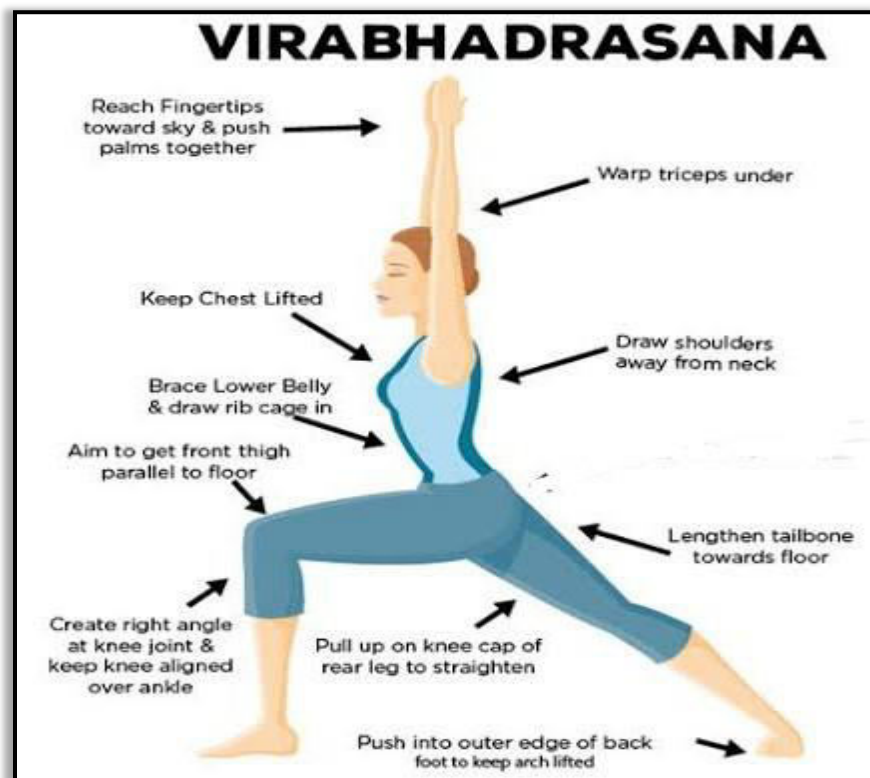
- Stretches the hips, thighs, ankles, chest and shoulders.
- Helps those suffering from diabetes.
- Relieves stiff shoulders and helps to reduce backpain.
- Reduces stress and anxiety.

**For your reference:** [https://www.youtube.com/watch?v=d\\_dh\\_DwDr84&feature=youtu.be](https://www.youtube.com/watch?v=d_dh_DwDr84&feature=youtu.be)

## **NAME - VIRABHADRASANA - 1 [WARRIOR POSE 1]**

### **TECHNIQUE**

Repeat this position with both the legs simultaneously



## **BENEFITS**

- Strengthens and stretches the shoulders, arms, legs, ankle and back.
- Energizes the entire body.
- It increases the circulation of blood throughout the body.
- Enhances the stamina of an individual.
- It expands the chest and shoulders, thereby improving breathing capacity.
- Improves the digestion.
- Reduces stress and worries and relaxes your mind , body and soul.

**For your reference:** <https://www.youtube.com/watch?v=fiOXtyjQzY8&feature=youtu.be>

# BREATHING (KAPALBHATI)

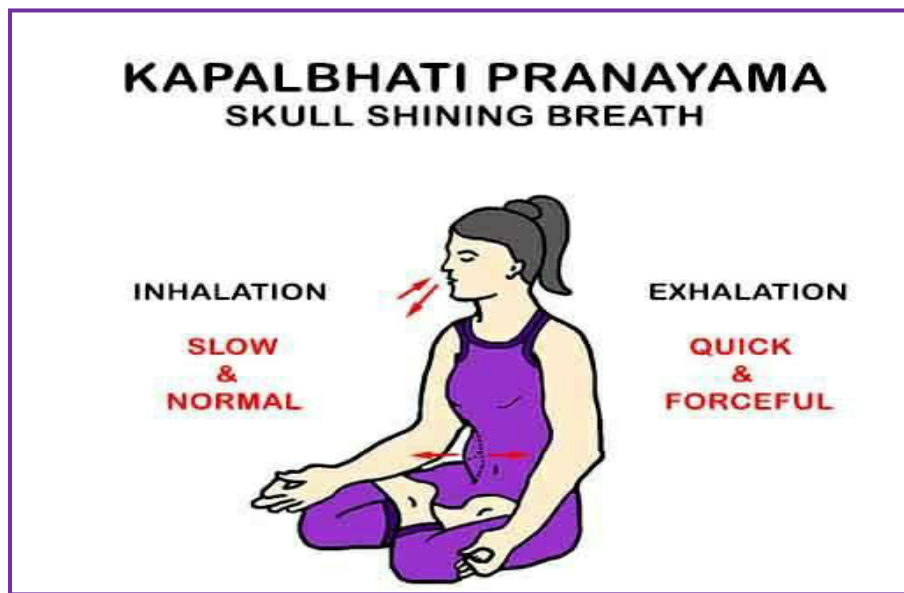
Kapalbhati is also called breath of fire. It is a cleansing technique.

The word kapalbhati is made up of two sanskrit words 'kapal' meaning skull and 'bhati' meaning shining therefore, it is sometimes referred to as 'skull shining breathing technique'

## TIPS

Forceful exhalation should contract the abdominal muscles, without any undue movements in the chest and shoulder region. You can even keep one hand on the stomach to feel the abdominal muscles contract. Inhalation should be passive throughout the practice.

## TECHNIQUE



STEP 1 - Sit in any comfortable pose. Close your eyes and relax the whole body.

STEP 2 - Inhale deeply through both the nostrils which expand the chest.

STEP 3 - Expel the breath with forceful contractions of the abdominal muscles and relax.

STEP 4 - Continue for 5 breaths and then take a break. Perform two more similar sets.

## BENEFITS

- It improves the functioning of the kidneys and liver.
- Regular practice of kapalbhati is also beneficial for belly fat loss.
- It helps in removing blockages in the heart and lungs.
- It activates the brain cells and improves memory and concentration.
- It also increases blood supply to various parts of the body.
- Strengthens the lungs and abdominal muscles.
- It reduces stress.
- It improves digestion.
- Prevents acidity, indigestion and gastric problems.

**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 asana and pranayama.

For your reference: <https://www.youtube.com/watch?v=6ZwgFiQuZME&feature=youtu.be>