

YOGA PROTOCOL FOR SENIOR CITIZEN



Duration

Activity & Its Description

Benefit

2min.

PRAYER

Prayer in Sukhasana



Prayer is a psycho-physical phenomenon or practice which purifies our mind and heart to unfold the virtues of devotion and faith within us. It also connects us with the Divine.

Prayer is essential in the beginning of yogic practices to bring balance between body and mind.

3 min.

KAPALBHATI

(Cleansing Process)



Kapalabhati purifies the frontal air sinuses, helps to overcome cough disorders.

It is useful in treating cold, rhinitis, sinusitis, asthma and bronchial infections.

It rejuvenates the whole body, and keeps the face young and vibrant.

It balances and strengthens the nervous system and tones up the digestive system.

2 min.

Humming Sound



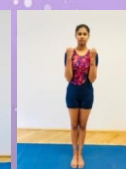
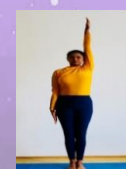
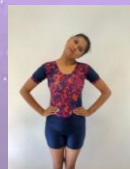
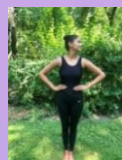
Humming slows down the breathing rate significantly. We normally breathe 15-17 times in a minute, which may reduce to 4-6 times in a minute with the practice of humming. This helps in slowing down the heart rate, reducing our stress level. It also calms our nervous system by activating the parasympathetic nervous system.

10 min.

SUKSHM VYAYAM

(Exercise for Subtle body including all joints)

- (a) Netra Shakti Vikasak
(Exercise for Eyes)
- (b) Kapol Shakti Vikasak
(Exercise for Cheeks)
- (c) Greeva Shakti Vikasak
(Exercise for Neck)
- (d) Kohni Shakti Vikasak
(Exercise for Elbow)
- (e) Bhujbali Shakti Vikasak
(Exercise for Forearms)
- (f) Poornbhuja Shakti Vikasak
(Exercise for Arms)



Sukshma Vyayam includes minor exercises for all joints and muscles in a particular sequence either from toes to head or vice versa.

These exercises help in improving breathing pattern, reducing stress levels, controlling blood pressure, lowering cholesterol levels, improving body alignments and posture, minimizing allergies to diseases and enhancing immunity, maintaining appropriate body weight, improving concentration, and slowing down the ageing process etc.

Duration Activity & Its Description

- (g) Manibandh Shakti Vikasak
(Exercise for Wrist)
- (h) Kartal Shakti Vikasak
(Exercise for Palm)
- (i) Angulimool Shakti Vikasak
(Exercise for Roots of Fingers)
- (j) Vakshsthal Shakti Vikasak
(Exercise for Chest)
- (k) Udarshakti Vikasak (Exercise
for Stomach)
- (l) Kati Shakti Vikasak (Exercise for
waist)
- (m) Jangha Shakti Vikasak
(Exercise for Thighs)



Duration Activity & Its Description

(20 min)

ASANAS

Dandasan



Sukhasana (Easy Pose)



Benefit

Helps improve posture
Strengthens back muscles
Lengthens and stretches the spine
May help to relieve complications related to the reproductive organs
Stretches shoulders and chest
Nourishes your body's resistance to back and hip injuries
Helps to calm brain cells
May improve functionality of the digestive organs
Creates body awareness
Helps improve alignment of body
Provides a mild stretch for hamstrings

It stretches and Lengthening your spine.
Broadens your collarbones and chest.
It calms your mind.
Enhance your condition of peacefulness and serenity.
Kick out anxiety, stress and mental tiredness.
It helps in improving body posture.
It opens your hips.
It helps in reducing fatigue.
It strengthens your back.
It stretches your ankles and knees.
It gives gentle massage to your knees, calf muscles and your thighs also.

Duration

Activity & Its Description

Benefit

Pawan Muktasana
(The Wind Relieving Pose)



It strengthens the abdominal muscles and massages the intestines and internal organs of the digestive system, therefore releasing trapped gases and improving digestion.

It strengthens the back muscles and tones the muscles of the arms and the legs.

It improves the circulation of blood in the hip area.

It eases the tension in the lower back.

It stimulates the reproductive organs and massages the pelvic muscles. It also helps to cure menstrual disorders.

It helps burn fat in the thighs, buttocks, and abdominal area.

It helps to stretch the back and neck.

Yognidra/
Relaxation/
Kayotsarg



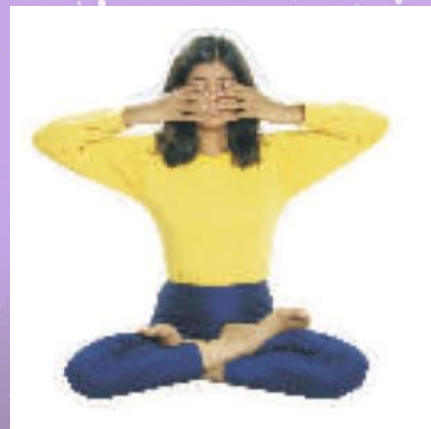
Helps to relieve all kinds of tensions and gives rest to both body and mind.

Relaxes the whole psycho-physiological system.

The mind, which is constantly attracted to the outer world, takes a U-turn and moves inwards, thus gradually getting absorbed; as the mind turns quiet and absorbed, the practitioner remains undisturbed by the external environment.

It is found very beneficial in the management of stress and its consequences.

Bhramri Pranayam



The practice of Bhramari delights the mind.

It opens the blockage and gives a feeling of happiness to mind and brain.

Beneficial in relieving from hypertension.

Bhramari is beneficial to pregnant women as preparation for labor.

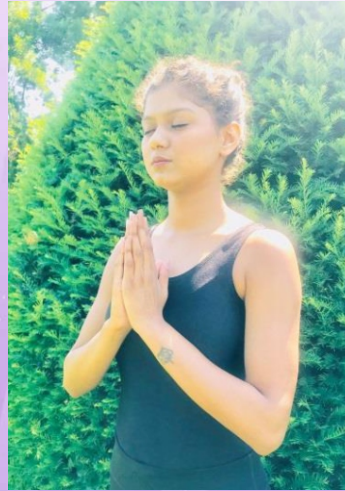
Blood circulation improves in the brain, clear the ears, eyes, nose and throat.

Duration

Activity & Its Description

Benefit

Mantra Chanting :
Om Trayambakum.....



ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम्।
उर्वारुकमिव बन्धनान् मृत्योर्मुक्षीय मामृतात् ॐ ॥

OM Tryāmbakaṁ yajāmahe sugandhiṁ puṣṭi-vardhaṇam ।
urvārukaṁ-iva bandhaṇān mṛtyor-mukṣiya māmṛtāt OM ॥

5 min.

Meditation :

Purple or Pink Colour or Violet
Meditation (Leshya Dhyana)



1 min.

Prayer

Shanti Path :
OM Peace, Peace, Peace

