

# **YOGA PROTOCOL FOR**

**( Age : 25 - 50 Years )**



# INTRODUCTORY PART

Duration

Activity & It's Description

Illustration

Benefits

2 min.

## PRAYER

*Dear God,  
Lead me from falsehood towards truth.  
Lead me from darkness towards light.  
Lead me from destruction towards eternity.*



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.

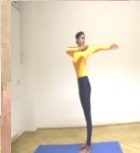
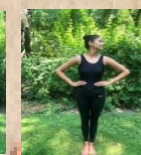
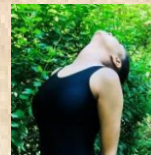
## MICRO EXERCISES

10 min.

## SUKSHM VYAYAM

(Exercise for Subtle body including all joints)

- (a) Budhi Tatha Dhriti Shakti Vikasak  
(Exercise for Intelligence)
- (b) Greeva Shakti Vikasak (Exercise for Neck)
- (c) Vakshsthal Shakti Vikasak  
(Exercise for Chest)
- (d) Agnisaar Kriya  
(Exercise for Abdomen)
- (e) Katishakti Vikasak  
(Exercise for Waist)



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

# MAIN PART

Duration

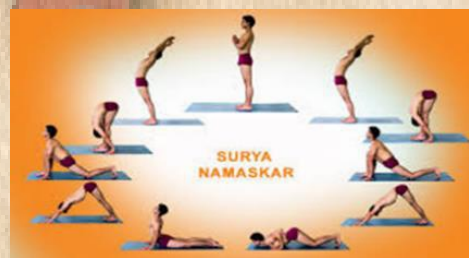
Activity & It's Description

Illustration

Benefits

3 min.

**SURYA NAMASKAR**  
(Sun Salutation)

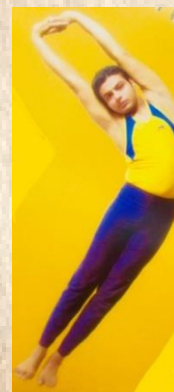
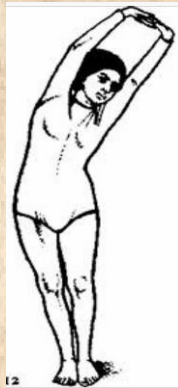


Sun salutation is composed of 12 different postures and has the capability of exercising all out body muscles. Those who practice Sun Salutation every day, they gain vitality, power, wisdom, brightness and longevity.

20 min.

## ASANAS (Standing Postures)

Urdhvastitanasana



It relieves stress and anxiety.  
It helps enhance body posture.  
It helps increase the capacity of the lungs.  
It improves blood circulation in the body.  
It eases sciatica.  
This asana improves your look.  
This asana is good for obese people.  
It improves your digestive system.  
A great yoga for obesity for men and women of all ages.  
It makes your intestine active and helps to cure gas and constipation.  
It regulates the secretion of insulin and activates the pancreas.

Parshvkonasana



Enhances lung capacity.  
Tones the muscles of the heart.  
Relieves sciatic and arthritic pain.  
Improves digestion and helps the elimination of waste.  
Reduces fat of the waist and hips.

## (Sitting Postures)

Vajrasana



Body becomes strong and firm.  
It improves digestion by increasing secretion of digestive juices.  
It reduces tiredness of legs by dissolving the lactic acid.  
It makes the practitioner feel very light and more active.

**Duration****Activity & It's Description****Illustration****Benefits**

Vakrasana

**(Prone Postures)**

Helps to increase flexibility of the spine.  
 Helps to overcome constipation, dyspepsia.  
 Stimulates pancreas and helps in the management of diabetes.  
 It helps reduce belly fat  
 It helps with proper secretion of stomach acid, which helps correct digestion problems  
 It strengthens back muscles and reduces back ache .

Dhanurasana

**(Inverted Postures)**

Strengthens the back and abdominal muscles.  
 Stimulates the reproductive organs.  
 Opens up the chest, neck and shoulders.  
 Tones the leg and arm muscles.  
 Adds greater flexibility to the back.  
 Stress and fatigue buster.  
 Relieves menstrual discomfort and constipation.  
 Helps people with renal (kidney) disorders.

Sarvangasana

**(Supine Postures)**

Relieves stress and nervous disorders.  
 Eases migraines and stress-related headaches.  
 Alleviates hypertension and insomnia.  
 Reduces palpitation.  
 Improves the functioning of the thyroid and parathyroid glands.  
 Relieves cervical spondylosis and shoulder pain.  
 Relieves bronchitis, asthma, sinusitis and congestion.  
 Prevents varicose veins.  
 Alleviates ulcers, colitis, chronic constipation and haemorrhoids.

Ardh-halāsana



This asana is beneficial for dyspepsia and constipation.  
 The practice of this asana is useful in cases of diabetes, piles and throat related disorders.  
 This is very beneficial for hypertensive patients but needs to practice with care.

## Duration

## Activity & Its Description

## Benefit

5 min.

Shavasana  
(Relaxation Pose)



Helps to relive 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.

5 min.

## Pranayam :

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.

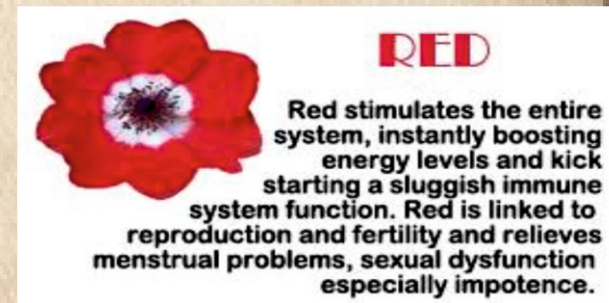
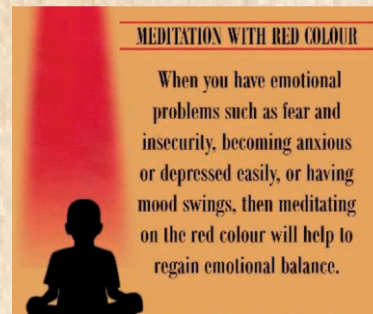
Bhramari is beneficial to pregnant women as preparation for labor.

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

5 min.

## Meditation :

Red Colour Meditation



2 min.

## Prayer

*May all become happy,*

*May all be free from illness.*

*May all see what is auspicious,*

*May no one suffer.*



## CONCLUDING PART

