

YO01 : Shuddhi Kriyas

SHUDDHI KRIYAS (SHAT KARMAS)

Kapal Bhasm
Sit in Ushtrasana and do 4-6 glasses of lukewarm salty water. Breathe forward. Touch the uvula by two fingers and do Ushtrasana. Throw the salt water through the mouth.

Kapal Bhuj
Do Kapal Bhasm and do 4-6 glasses of lukewarm salty water. Breathe forward. Touch the uvula by two fingers and do Ushtrasana. Throw the salt water through the mouth.

Jal Nadi
Take salt lukewarm water in a liquid form (yogasana). Sit in lotus position and do Jal Nadi. Carry out through the other.

Saba Nadi
After washing the nose (Nasa), insert the tip of the index finger. Repeat the exercise through other nostril.

Ghrit Nadi
Drop 3-4 drops of ghee (Clarified butter) in both nostrils before going to sleep.

Triphala Ghrita
Carry out your body of 30 days. Once in 10 days. Look at the feet. Carry out the exercise. Carry out the exercise. Carry out the exercise.

Kail Chakrasan
Stand straight in a line of feet. Over the right eye. Place hands in front of the chest level. Carry out the exercise. Carry out the exercise. Carry out the exercise.

Urdhva Dhanurasana
Lie on your back and do Urdhva Dhanurasana. Carry out the exercise. Carry out the exercise. Carry out the exercise.

Bhujangasana
Lie on your back and do Bhujangasana. Carry out the exercise. Carry out the exercise. Carry out the exercise.

Benefits
1. Kapal Bhasm: Cleanses the respiratory system, improves digestion, and helps in weight loss.
2. Kapal Bhuj: Cleanses the respiratory system, improves digestion, and helps in weight loss.
3. Jal Nadi: Cleanses the respiratory system, improves digestion, and helps in weight loss.
4. Saba Nadi: Cleanses the respiratory system, improves digestion, and helps in weight loss.
5. Ghrit Nadi: Cleanses the respiratory system, improves digestion, and helps in weight loss.
6. Triphala Ghrita: Cleanses the respiratory system, improves digestion, and helps in weight loss.
7. Kail Chakrasan: Cleanses the respiratory system, improves digestion, and helps in weight loss.
8. Urdhva Dhanurasana: Cleanses the respiratory system, improves digestion, and helps in weight loss.
9. Bhujangasana: Cleanses the respiratory system, improves digestion, and helps in weight loss.

YO02 : Shankh Prakhshalan

SHANKH PRAKSHALAN

Kanya
Carry out your body of 30 days. Once in 10 days. Look at the feet. Carry out the exercise. Carry out the exercise. Carry out the exercise.

Urdhva
Stand straight in a line of feet. Over the right eye. Place hands in front of the chest level. Carry out the exercise. Carry out the exercise. Carry out the exercise.

Triphala
Carry out your body of 30 days. Once in 10 days. Look at the feet. Carry out the exercise. Carry out the exercise. Carry out the exercise.

Kail Chakrasan
Stand straight in a line of feet. Over the right eye. Place hands in front of the chest level. Carry out the exercise. Carry out the exercise. Carry out the exercise.

Urdhva Dhanurasana
Lie on your back and do Urdhva Dhanurasana. Carry out the exercise. Carry out the exercise. Carry out the exercise.

Bhujangasana
Lie on your back and do Bhujangasana. Carry out the exercise. Carry out the exercise. Carry out the exercise.

Benefits
1. Kanya: Cleanses the respiratory system, improves digestion, and helps in weight loss.
2. Urdhva: Cleanses the respiratory system, improves digestion, and helps in weight loss.
3. Triphala: Cleanses the respiratory system, improves digestion, and helps in weight loss.
4. Kail Chakrasan: Cleanses the respiratory system, improves digestion, and helps in weight loss.
5. Urdhva Dhanurasana: Cleanses the respiratory system, improves digestion, and helps in weight loss.
6. Bhujangasana: Cleanses the respiratory system, improves digestion, and helps in weight loss.

YO03 : Surya Namaskar

SURYA NAMASKAR

Step 1
Stand with feet together. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

Step 2
Stand with feet together. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

Step 3
Stand with feet together. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

Step 4
Stand with feet together. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

Step 5
Stand with feet together. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

Step 6
Stand with feet together. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

Step 7
Stand with feet together. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

Step 8
Stand with feet together. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

Step 9
Stand with feet together. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

Step 10
Stand with feet together. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

Benefits
1. Surya Namaskar: Cleanses the respiratory system, improves digestion, and helps in weight loss.
2. Surya Namaskar: Cleanses the respiratory system, improves digestion, and helps in weight loss.
3. Surya Namaskar: Cleanses the respiratory system, improves digestion, and helps in weight loss.
4. Surya Namaskar: Cleanses the respiratory system, improves digestion, and helps in weight loss.
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9. Surya Namaskar: Cleanses the respiratory system, improves digestion, and helps in weight loss.
10. Surya Namaskar: Cleanses the respiratory system, improves digestion, and helps in weight loss.

YO04 : Yog Mudras, Padmasan & Matsyasan

YOG MUDRAS, PADMASAN & MATSYASAN

FIVE FINGER MUDRA
Five Finger Mudra: Five Elements. Five Finger Mudra: Five Elements. Five Finger Mudra: Five Elements.

PADMASAN
Sit in Padmasan. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

MATSYASAN
Lie on your back. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

Benefits
1. Five Finger Mudra: Cleanses the respiratory system, improves digestion, and helps in weight loss.
2. Padmasan: Cleanses the respiratory system, improves digestion, and helps in weight loss.
3. Matsyasan: Cleanses the respiratory system, improves digestion, and helps in weight loss.

YO05 : Paschimottanasan-Ardhmatsyendrasan

PASCHIMOTTANASAN-ARDHMATSYENDRASAN

PASCHIMOTTANASAN
Sit with legs extended. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

ARDHMATSYENDRASAN
Sit with legs extended. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

Benefits
1. Paschimottanasan: Cleanses the respiratory system, improves digestion, and helps in weight loss.
2. Ardhamatsyendrasan: Cleanses the respiratory system, improves digestion, and helps in weight loss.

YO06 : Vajrasan, Ushtrasan & Suptavajrasan

VAJRASAN, USHTRASAN & SUPTAVAJRASAN

Vajrasan
Sit on your heels. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

USHTRASAN
Lie on your back. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

Suptavajrasan
Lie on your back. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

Benefits
1. Vajrasan: Cleanses the respiratory system, improves digestion, and helps in weight loss.
2. Ushtrasan: Cleanses the respiratory system, improves digestion, and helps in weight loss.
3. Suptavajrasan: Cleanses the respiratory system, improves digestion, and helps in weight loss.

YO07 : Bhujangasan, Shalabhasan, Dhanurasan & Mayurasan

BHUJANGASAN, SHALABHASAN, DHANURASAN & MAYURASAN

BHUJANGASAN
Lie on your back. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

SHALABHASAN
Lie on your back. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

DHANURASAN
Lie on your back. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

MAYURASAN
Lie on your back. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

Benefits
1. Bhujangasan: Cleanses the respiratory system, improves digestion, and helps in weight loss.
2. Shalabhasan: Cleanses the respiratory system, improves digestion, and helps in weight loss.
3. Dhanurasan: Cleanses the respiratory system, improves digestion, and helps in weight loss.
4. Mayurasan: Cleanses the respiratory system, improves digestion, and helps in weight loss.

YO08 : Pawan Muktasan & Chakrasan

PAWAN MUKTASAN & CHAKRASAN

PAWAN MUKTASAN
Lie on your back. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

CHAKRASAN
Lie on your back. Inhale. Raise the arms above the head. Exhale. Bend the knees. Inhale. Raise the arms above the head. Exhale. Bend the knees.

Benefits
1. Pawan Muktasan: Cleanses the respiratory system, improves digestion, and helps in weight loss.
2. Chakrasan: Cleanses the respiratory system, improves digestion, and helps in weight loss.

