

# Sunflowerdance

YOGA & MEDITATION CENTER -9442285506 - VELACHERY-CHENNAI 600042

Visit [www.sunflowerdance.com](http://www.sunflowerdance.com) for details

**Main Branch**- Door No C, 3<sup>rd</sup> Floor, Above BATA ,VIKAS Plaza,  
Opp to Docs' Plaza, Door No 37C,Tambaram Main Road,  
VIJAYANAGAR Bus Terminus, **Velachery**,Chennai 600042

**& ALSO Branch** At - Door 209-2<sup>nd</sup> Main Rd, Kamakoti Nagar, **Pallikaranai**,Ch 100

YOGA ASANAS AND EXERCISES CHART for ONE HOUR CLASS with empty stomach.

**A: WARM UPS>** Conditions: Always keep breathing, & never stop breathing.

Do all exer slowly. CW=ClockWise, ACW= anti CW; LL=LeftLeg

RL=Right Leg; Fwd=Forward; Bckwd=Backward. CAF=Canadian Air Force exercises

Do all Exer when you have time. If you have less time Do the Important ones marked.

No.	DETAILS –STANDING. LYING DOWN, AND SITTING EXERCISES	Seconds Or Counts	REPEATs
	<b>A. STANDING ASANAS &amp; EXERCISES</b>		
1	VARMA 1 Raise hands, hold wall, stretch neck, raise heels,keep breathing	20	
2	VARMA 2 Put your R leg fwd, L Leg Bckwd, Pull the LL away from the body, raise hands, hold wall, stretch your neck,keep breathing	20	
3	VARMA 3 Put your L leg fwd, R Leg Bckwd, Pull the RL away from the body, raise hands, hold wall, stretch your neck,keep breathing	20	
4	VARMA 4 -Rotate your RL 5t CW ,then 5t ACW	5+5	
5	VARMA 5 -Rotate your LL 5t CW, then 5t ACW	5+5	
6	VARMA 6 -OPTIONAL: scissor cut.	5+5	
7	CAF1 - raise arms up and then bend fwd.	5	
8	CAF2 - Raise leg, press it on stomach L & R	5x2	
9	CAF3 - Sideways bending. R L	5x2	
10	CAF4 - Arms swinging fwd,bckwd, L & R	5x2	
11	Hip Rotation 5t -CW and 5t ACW	5x2	
12	Head Rotation 5t CW and 5t ACW DO SLOWLY. AVOID it if you have neck ache.	5x2	
13	Kapala Bhati - Fire Breathing –Do ten shoots only,starting.	20-50 shoots	
14	Tummy pressing, Fire Breathing –Interlock Fingers, Pull Stomach inside and do Kapala Bhati	10 sh	
15	Optional : Bend down turn head sideways,DO Firebreathing	10 sh	
16	Stretch arms fwd, turn arms to L& R -	10t	
17	Utkattasana or Squatting. SUPER BRAIN YOGA -THOPIKARANA	10times	
18	SAVAASANA REST POSTURE	30 sec	

<b>B. LYING DOWN ON BACK -ASANAS</b>			
19	Ardha Halasana -Raise Legs 45degrees-R,L,BOTH	30	
20	PAADHA CHAKRASANA -Leg rotating L and R 5t each	5tx2	
21	PAADHA CHAKRASANA - Leg rotating both legs together	5t	
22	Naukasana- Boat asana	30	
23	Matsyasana - Fish Asana	30	
24	Pavana Mukthasana –Fold and Embrace Legs R L &Both	30	
25	Halasana Raise Legs Both 90degree perpendicular	30	
26	Viparithakarani - hold <b>buttocks</b> with palms	30	
27	Sarvangaasana –stand on shoulder and head, hold <b>back</b> with palms	30	
28	Halasana Full - raise legs 90deg and go over head fully	30	
<b>C. LYING DOWN ON STOMACH- ASANAS</b>			
29	Bhujangasana- Cobra pose- KRIYA YOGA shoot 10 times	10sh	
30	Dhanurasana - Bow and Arrow –holding both legs	10sh	
31	Viparitha Naukasana Reverse of Boat Asana	10sh	
32	Shalabasana -Backwards Leg raise L R Both	30	
33	Push ups - sashankasana	5t	
34	DHANDASAN-OR Plank with both legs down, and WITH one leg backward up - L/R each	20	
35	Sit Ups – Lie with arms above head,fold feet. Sit Up.	5t	
<b>D. SITTING ASANAS</b>			
36	Camel- bending back- hands on waists. 1 <sup>st</sup> pose - Ushtrasana	20	
37	Camel- bending back- hands on heels . 2nd pose- Ushtrasana	20	
38	Janoo Shirsasan - OR -ArdhaPaschimotanasana Right Leg Fold, Hold left Leg TOE, bend down.TOUCH KNEE WITH HEAD.	30	
39	Janoo Shirsasan - OR -ArdhaPaschimotanasana Left Leg Fold, Hold Right Leg TOE, bend down.TOUCH KNEE WITHHEAD.	30	
40	Matsyendrasana -Waist twist sitting. Legs R / L	30	
41	Yoga Mudra two times. Changing legs.hands position.	20	
<b>E. Pranayama &amp; Meditation</b>			
42	Sit and do- Bhairava Pranayama -10 –shoots – DOG BREATHING	10sh	
43	Kapala Bhati – Fire Breathing-both nostrils	20 t	
44	Kapala Bhati – Fire Breathing-single nostrils.		
45	Naadi Shudhhi 1- Anulom Vilom 1		
46	AAH - OOH -MMM – chanting – sound therapy –stress removal		
47	OM chanting - if you have time, chant <b>20t</b> with family		
48	Sensing the Energy Body-show palms to sky...COSMIC ENERGY		
49	Meditation	10each	
<b>PRAYER – ASATHO MAA</b>			
<b>Leg Stretch- Leg Warmup</b>			

### **STRICT RULES:**

**Do in empty stomach.**

Do not stop breathing at any time. Drink Water before Start.

Do take rests in between asanas. Take Bath after 30min.

Do not keep mouth open while doing any asanas.

---PRAYER ---

ॐ असतो मा सदगमय ।

ॐ तमसो मा ज्योतिर्गमय ।

ॐ मृत्योर्मा अमृतं गमय ।

ॐ शान्तिः शान्तिः शान्तिः ॥

Om Asato Maa Sad-Gamaya |

Om Tamaso Maa Jyotir-Gamaya |

Om Mrtyor-Maa Amrtam Gamaya |

Om Shaantih Shaantih Shaantih ||

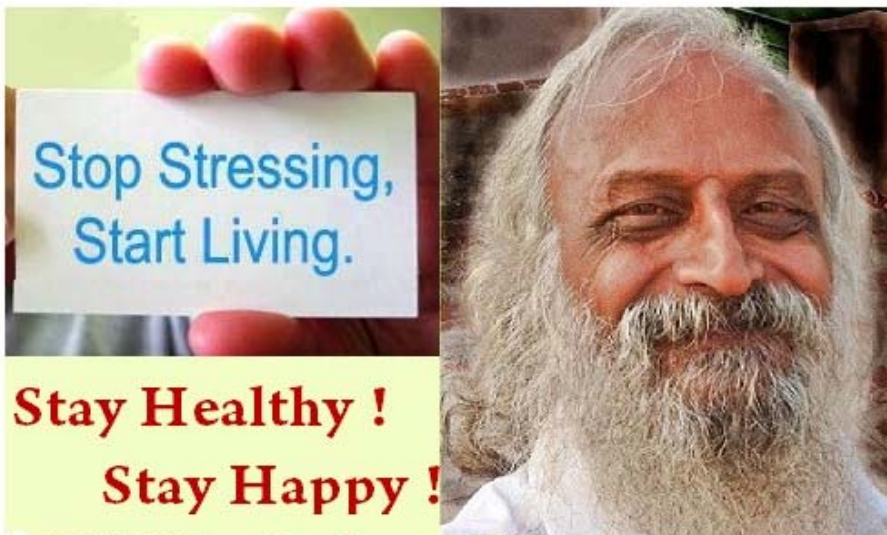
### **Meaning:**

1: Om, Lead us from Unreality (of Transitory Existence) to the Reality (of the Eternal Self),

2: Lead us from the Darkness (of Ignorance) to the Light (of Spiritual Knowledge),

3: Lead us from the Fear of Death to the Knowledge of Immortality.

4: Om Peace, Peace, Peace.



YOGA VIDYA :sunflowerdance.com, Velachery, Ch 42 :: 9442285506

**(DO NOT STOP YOUR DRUGS. YOGA IS ONLY SUPPLEMENTARY)**

**WISHING YOU GOOD HEALTH AND PROSPERITY.**