









YOGIC PRACTICES FOR HEALTHY LIVING

<p>Urdhva Hastottāsana</p>  <p>Helps in the Management of Postural Disorders</p>	<p>Ardhācakrasana</p>  <p>Increases Flexibility of Spine, Good in the Management of Back Pain</p>	<p>Pād Hastasana</p> 	<p>Kaṭīcakrasana</p>  <p>Good for the Management of Back and Neck Pain</p>	<p>Trikonāsana</p>  <p>Makes spine supple and effective in the Management of Diabetes Mellitus</p>	<p>Vrikshāsana</p> 
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Yogasanas are practised to develop the sit comfortably for an extended period of time. Hatha Yogis found that certain specific body positions (asanas) help to open the energy channels, energy centres and thereby enable to control the mind.

<p>Sukhāsana</p>  <p>Helps to overcome the working stress</p>	<p>Padmāsana</p> 	<p>Sūryanamaskāra</p>  <p>Those who practise Surya Namaskara daily, then gain vitality, power, wisdom, brightness and longevity. It is good for maintaining general health and prevents many disorders.</p>	<p>Vajrāsana</p>  <p>Good for Meditation and in the management of Sciatica and Sacral Infections</p>	<p>Kāgāsana</p>  <p>Very Good for relieving Constipation</p>
<p>Bhadrasana</p>  <p>Very Good for strengthening the pelvic floor muscles good for women</p>	<p>Parvatāsana</p>  <p>Corrects minor postural defects of spine and helps to relieve tension</p>		<p>Yoga Mudrā</p>  <p>It relieves anger and tension thereby inducing tranquility</p>	<p>Māndukāsana</p> 

Slim body, smiling face, clarity of voice, brightness in eyes, freedom from disease, control over semen, proper digestion and purification of the Nadis are the indicators of success in Yoga Sadhana.

<p>Ustrasana</p>  <p>Improves flexibility of spine and helps to keep the body supple</p>	<p>Uttanā Māndukāsana</p>  <p>Effectively helps to manage Cervical Spondylosis and Diabetes Mellitus</p>	<p>Gomukhāsana</p>  <p>Very good in the management of Asthma and Cervical Spondylosis</p>	<p>Ardha Matsyendrasana</p> 	<p>Paschimottāsana</p> 	<p>Suptā vajrāsana</p> 
<p>Bhujangāsana</p>  <p>Keep the spine, Good in the management of Backache and to overcome working stress</p>	<p>Salabhasana</p>  <p>Strengthens the lower back and pelvic organs and helps to relieve Backache</p>	<p>Dhanurāsana</p>  <p>Good in the management of Respiratory disorders and Obesity</p>	<p>Pavanamuktāsana</p>  <p>Helps to Improve digestion and eliminates Constipation</p>	<p>Uttitha Padmāsana</p> 	<p>Ardhā Halāsana</p> 
<p>Sarvangāsana</p> 	<p>Matsyāsana</p> 	<p>Halāsana</p> 	<p>Chakrasana</p> 	<p>Shavāsana</p>  <p>Relieves all kind of tension and gives complete rest to both body and mind</p>	<p>Uddiyāna Bandhā</p>  <p>Good for prevention of Hernia and helps to manage disorders related to Digestive System</p>
<p>Jālā neti</p>  <p>Good for overcoming Nasal Allergies</p>	<p>Sutrāneti</p>  <p>Helps to overcome Migraine</p>	<p>Kapalabhāti</p>  <p>Good for the management of Obesity and Respiratory diseases</p>	<p>Nadisodhana Prāṇāyāmā</p>  <p>Helps to maintain positive health and improve vitality and longevity</p>	<p>Sitali Prāṇāyāmā</p>  <p>Helps to reduce the feeling of lethargy and brings alertness</p>	<p>Bhrāmari Prāṇāyāmā</p>  <p>Helps to bring mental calmness and good in the management of Psychiatric disorders</p>

Shatkarmas (Yogic cleaning procedures) help to remove the toxic materials from the body and there by cleanse the internal organs of the body