

Energy Flow

These groups of Asanas are used to improve the flow of energy in the body. This improves the flow of energy in the spine and improves the function of the endocrine glands.

Rajju Karshanasana (pulling the rope)

Sit on the floor with legs straight and together. Keep your arms straight with elbows locked. Imagine there is a rope hanging in front of your body. Reach up with the right hand to grab the rope over your head and then gently pull down on the rope bringing your arm towards your right leg. Repeat with the left arm to complete one round.

Practice 10 rounds.

Gatyatmak Meru Vakrasana (dynamic spinal twist)

Sit on the floor with legs outstretched. Separate the legs as far out as possible, keeping the knees locked. Keep the arms straight, twist to the left and touch the left big toe with the right hand, while swinging the left hand around the back and looking through the left side. Twist in the opposite direction and bring the left hand to the right toe, while swinging the right arm around the back turning and looking back through the right side. This is one round, practice 10 to 20 rounds.

Chakki Chalanasana (churning the mill)

Sit with the legs stretched out straight about one foot apart. Interlock the fingers of both hands and hold the hands out straight in front of your chest. Bend forward keeping the elbows locked and the arms straight in front moving in action of churning a mill with an old fashioned stone grinder around your feet. Swivel to the right so that hands pass above the right toes and as far right as possible. Lean back on the backward swing, moving the body from the waist. On the forward swing, bring the arms as far left as possible over the left toes, then back to the center position. This complete one rotation. Practice 10 rounds clockwise and then anti-clockwise.

In the same sitting position separate the legs as far wide as possible and repeat the above movement.

Nauka Sanchalasana (rowing the boat)

Sit with both legs straight in front of the body. Clench the hands as though grasping oars, with the palms facing down. Bend forward from the waist as far as possible straightening the arms and then lean back drawing the hands towards the shoulders. This is one round. Practice 10 rounds in one direction and then reverse the direction.

In the same sitting position, spread the legs so that the feet are three to four feet apart. Repeat the above movement over the right leg, then the left and then over the space in the middle.

Kashtha Takshanasana (chopping wood)

Sit in a squatting position with the feet flat on the floor. The knees should be separated from each other. Clasp the fingers of both hands and place them on the floor between your feet. Raise the arms as high as possible above and behind the head. Make a downward stroke with the arms as if chopping the wood, returning the hands back on the floor. This is one round. Practice 10 rounds.

Namaskarasana (salutation pose)

Sit with squatting position with the feet flat on the floor about two feet apart. Bring the hands together in front of the chest in a gesture of prayer and bend the head backward. Straighten the arms in front bending the head forward. Return to the starting position. This is one round. Practice 10 rounds.

Vayu Nishkasana (wind releasing pose)

Sit in a squatting position with feet about two feet apart. Grasp the insteps of the feet, placing the fingers under the sole with the thumb above keeping the arms inside pressing against the knees. Straighten the knees bring your head forward toward the knees. Return to squatting position. This is one round. Practice 10 rounds.

Kawa Chalasana (crow walking)

Sit in squatting position with the feet apart and hands on your knees. Take small steps in the squatting position. As you step forward bring the opposite knee to the floor. Take up to 50 steps.

Jhulana Lurkhakanasana (rocking and rolling)

Lie flat on the back. Bend both legs to the chest. Interlock the fingers of both hands and clasp them around the shins just below the knees. Roll the body from side to side 10 times.

Sit in a squatting position. Interlock the fingers of both hands and clasp the around the shins just below the knees. Roll the whole body backwards and forwards on the spine. Try to come up into squatting pose on the feet when rocking forward. Practice 10 times.

Tiger Stretch

Sit in a squatting position. Place your palms next to your feet and jump back with your feet and arch your back and look up. Jump forward to bring the feet near the palms in the starting position. Repeat 10 times.

Wall -Stretch

Sit in a squatting position neat the wall, facing away from the wall. Place both palms on the floor and jump up the wall. Raise the head up and arch down. Lower your head and arch up. This is one round. Complete 10 rounds.