



8

PRACTICES FOR INTELLIGENCE QUOTIENT DEVELOPMENT

It is proven that regular yoga practice can raise your Intelligence Quotient level and enhance your memory. Besides improving fitness and health, yoga is positively associated with better coordination, reaction time and memory and higher Intelligence Quotient (IQ). Our brain and other vital organs of the body need constant supply of oxygen. Yogic breathing techniques (Pranayama), especially deep breathing techniques, increases oxygen supply to the brain. This enhances your concentration and memory. Yoga teaches us the art of focusing body-mind coordination techniques. When we are more focused, our efficiency levels increase and we have more energy for the task in hand. People who practice meditation has the ability to solve problems, acquire and recall information better, probably the randomness of thoughts is reduced because of concentration.



OBJECTIVES

After studying this lesson, you will be able to practice :

- breathing techniques, Baddhakasana, Setubandhasana, Navasana and Prasarita Padahastana;
- sithalikarna vyayama such as Spinal Stretch, Pada Sanchalana, Sit-ups from Standing (2 Types), Uthita Ardha Sirasasana, Butterfly Stretch and Prasarita Padahastana Stretch;
- yogasanas Parsva Konasana, Gomukhasana, Sarvangasana, Ardha Sirasasana Baddhakonasana and Parsavoattanasana;
- pranayama like Surya Anuloma Viloma; and
- kriyas such as Kapalbhata to improve IQ.

8.1 BREATHING PRACTICES

Breathing practices are to normalize the breathing rate, and to make the breathing uniform, continuous and rhythmic. You have learnt breathing practices namely hands Stretch breathing, Straight leg raise breathing and Shasankasana breathing. It also helps to improve concentration. There are many more breathing techniques which will enhance IQ level also.

I. BADDHAKASANA BREATHING

Sthiti: Dandasana

PRACTICE

- Fold both the legs, hold the heels against each other and pull them as close to the body as possible, trying to touch the perineum with the heels.

- Interlock the fingers and place the hands under the feet and keep the spine erect.
- Now, while exhaling slowly bend the trunk forwards from the waist trying to touch the floor with the forehead.



Notes



Fig. 8.1 Baddhakasana

- Come up inhaling. Repeat 10 times.
- Then come up, release hands, unfold the legs and relax in Leg Stretch Sitting position.

It is important to note here that

- While bending forward, you can use the elbows to push the knee toward the floor.
- Bend forward as far as comfortable.
- Maintain awareness.

II. SETUBANDHASANA BREATHING

Sthiti: Supine.

- Fold both the legs at the knees and bring the heels near the body.

CLASS-V



Notes

PRACTICE

- As you inhale slowly raise your buttocks and trunk up as much as you can.
- Then, while exhaling slowly lower the body back on to the floor and relax in Savasana.
- Enjoy the beautiful loosening of the waist joint as you come down.
- Repeat 5 times.



Fig. 8.2 Setubandhasana

It is important to note here that

- Maintain the final position as long as you can for maximum benefits.
- In the final position, the shoulders and the head remain in perfect contact with the floor.
- If required, you can support your body at the waist region with your hands in the final position.

III. NAVASANA BREATHING

Sthiti: Supine



Fig. 8.3 Posture of Navasana



Notes

PRACTICE

- Inhale deeply and raise the legs, hands, head and trunk off the ground.
- Keep the legs at an angle of about 30 degrees to 35 degrees from the floor and the top of the head in line with the toes. Simultaneously, raise the hands at the shoulder height parallel to the ground.
- Look towards the toes.
- Exhale slowly and lower the legs, head and trunk.
- Feel the changes in the spine, back and in the lungs.
- Repeat the practice ten times.
- Relax in Savasana.

IV. PRASARITA PADAHASTASANA BREATHING

Sthiti: Tadasana

PRACTICE

- Stand erect with legs apart.
- Inhaling raise the hands up above the head and bend back.



Notes



Fig. 8.4 Prasarita Padahasthasana

- While exhaling bend forward allowing the hands to swing in between the legs. Coming down maintain the concave spine.
- Inhaling raise up and bend back.
- Repeat 10 times.
- Relax in Tadasana. Observe the changes going on.

It is important to note here that

- Never bend the knees.



INTEXT QUESTIONS 8.1

1. Name the following breathing techniques when you :
 - a) Bend forward while sitting and interlock your hands with both feet.
 - b) Raise your buttocks from the ground.
 - c) Raise your leg above the floor at 30 degree angle.
 - d) Bend your back backward and forward.

8.2 SITHALIKARANA VYAYAMA

Shitalikarana Vyayama are practices which help in loosening the joints and prepare the joints to move on to asana practices.



Notes

I. SPINAL STRETCH

STARTING POSITION: (With Legs Apart)

Sthiti: Dandāsana

PRACTICE

- Spread your legs as far as comfortable. Keep your hands stretched above your head.



Fig. 8.5 Posture of Sitalikarana Vyayama

- While exhaling bend forward from the waist and try to touch the forehead to the right knee while holding the right foot with the hands. Stretch the spine nicely.
- Come up while inhaling.
- Repeat the same on the left side.
- Repeat 10 times.



Notes

Benefits

- Stimulates the Autonomic Nervous System and in specific the left brain.
- Enhances the I.Q.

II. PADA SANCHALANA

Sthiti: Tadasana

PRACTICE

- Bring the right leg upwards and forwards and at the same time stretch the foot forward with inhalation. Bring the leg back to center with exhalation.
- Then move the leg backwards with inhalation, now stretching the foot backward. bring it back to center with exhalation.
- Raise and take the right leg sideways to the right as much as you can with inhalation.
- Return it to the center with exhalation



Fig. 8.6 Posture of Pada Sanchalana



- Then move it towards left with inhalation.
- Return it to the center with exhalation
- Repeat the same practice with the left leg. Maintain the smile on the face.
- This is one round.
- Practice 5 rounds. Increase the speed as you practice.

Benefits

- Loosening exercises like this done with speed will stimulate our left brain activity.

It is important to note here that

- Do not bend the knee at any stage of the practice.
- You can keep your hands on the waist even, or can have wall support for proper balance.
- The leg movement should be continuous.
- Raise the leg forward / backward as much as you can.

III. SIT UPS FROM STANDING (2 TYPES)

Sthiti: Tadasana

PRACTICE

Type I

- Keep the hands parallel to the ground at shoulder height and palms facing down.

CLASS-V



Notes

- While exhaling sit down till thighs come parallel to the ground. While inhaling come up. Maintain the smile on the face.
- Repeat the same for 10 rounds.
- Drop the hands and come into Tadasana and relax.

It is important to note here that

- Keep the knees together
- Heels on the ground in sitting position.



Fig. 8.7 Posture of Sit-ups
Standing Asana

Type II**PRACTICE**

- Keep the hands parallel to the ground at shoulder height and palms facing down?
- While exhaling sit down completely. Maintain the smile on the face.
- While inhaling return to Tadasana.
- Repeat the same for 10 rounds.
- Enjoy the wonderful relaxation in the face and head after the stimulation

It is important to note here that

- Keep the knees together.
- Heels on the ground in sitting position.

IV. UTHITA ARDHA SIRASASANA BREATHING

Sthiti: Dandasana

PRACTICE

- Fold the right leg, sit on the heel.
- Fold the left leg and sit on both heels in Vajrasana.
- Place a four-fold blanket in front of you on which you will be resting your head in the final position.
- Place the forearms on the blanket in front of you with the fingers interlocked and the elbows in front of the knees. The distance between the elbows should be equal to the distance from each elbow to the interlocked fingers, forming an equilateral triangle.
- Place the crown of the head on the blanket in between the interlocked hands.
- Slowly raise the buttocks and lift the knees off the ground and straighten the legs, keeping the toes on the floor. Thus, you have formed a triangle of the body.
- Maintain this position, inhale raise the right leg up and exhaling bring it down. While inhaling raise the left leg up and while exhaling bring the left leg down. Repeat with alternate legs for 10 times.
- Slowly bend the legs at the knees and lower the knees to the floor.



Fig. 8.8 Posture of Uthita Ardha Sirasana

Notes

CLASS-V



Notes

- Slowly come back to Vajrasana and rest for a while
- Then, slowly lie down on the back and relax in Shavasana.

It is important to note here that

- If you feel difficulty to maintain the final position you can use wall support pressing the hands and the head against the wall so that it is easier to maintain balance and to raise the hips.

Benefits

- This asana prepares you for the practice of Sirsasana.
- It gives relief from headache.

V. BUTTERFLY STRETCH

Sthiti: Dandāsana

PRACTICE

- Bend both the knees, draw the legs along the ground, to bring the soles of the feet to press each other and the heels touch the perineum.



Fig. 8.9 Posture of Butterfly Stretch

- Place the hands on the knees.
- Using the palms, gently pull the knees up, allowing them to spring down. Flutter the thighs like a butterfly.
- Do normal breathing.
- Repeat 20-30 times.

Benefits

- Straighten the legs and relax.

It is important to note here that

- Do not force the movements.
- Try to keep the back, neck and head straight.

VI. PRASARITA PADAHASTASANA STRETCH

Sthiti: Tadasana

PRACTICE

- Stand erect with legs apart.
- Take the hands back and interlock the fingers.
- Turn to the right and bend forward so that head touches the right leg, inhale come up. Exhaling turn to the left and bend forward so that head touches the left leg, inhale come up.
- Continue 10 times.
- Relax in Tadasana.



Fig. 8.10 Posture of Prasarita Padahastana

It is important to note here that

- Never bend the knees.
- Keeps the neck up until the forward bending at the hip and the waist is completed and then drops the neck freely down to touch the chin to knees.



Notes



Notes



INTEXT QUESTIONS 8.2

1. What are the benefits of doing following asanas?
 - a) Spinal stretch
 - b) Pada Sanchalana
 - c) Uthita Ardha Sirasasana Breathing
 - d) Butterfly Stretch

8.3 YOGAASANAS

Asanas are body postures done in Standing, Sitting, Prone and Supine positions which helps in flexibility of the spine in forward, backward and side bending. Asanas which are done with stability, ease, and effortlessness and feeling of pleasure while doing help in increasing concentration and IQ of the person doing yoga regularly. Some of specific asanas done to increase asanas are given below:

I. PARSVA KONASANA (BOTH SIDES)

Sthiti: Tadasana

PRACTICE

- Move the right leg to about one and half meter away from the left foot.
- Turn the right foot towards right side of the body so that the toes are pointing away from the body.
- Exhaling, bend the right knee and bring the trunk to rest on

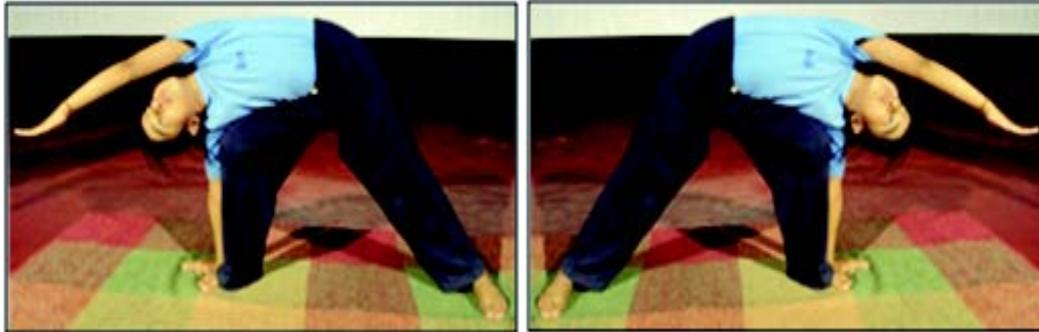


Fig. 8.11 Posture of Parsva Konasana (Both Sides)

the right thigh, place the right palm on the ground beside the right foot.

- Inhaling, stretch the left arm over the head, biceps touching the left ear and look at the tips of the fingers of left hand. Maintain the posture for a minute with normal breathing. Smile on the face. Feel the stretch of the hand and the leg.
- Return to sthiti retracing the same steps.
- Repeat the same to the left side.
- Relax in Tadasana. Feel the stimulations in the body and in the brain.

It is important to note here that

- In the final position, there should be a right angle between the thigh and the leg and the other knee should not bend. Both the soles should be fully in contact with the ground.

Benefits

- Strengthens the thighs
- Prevents back pain.



Notes



Notes

II. GOMUKHASANA

Sthiti: Dandasana

PRACTICE

- Bend the left leg underneath the right leg so that the heel of the left leg is touching the right buttock.
- Bring the right leg over the top of the bent left leg so that the right heel touches the left buttock.
- Adjust the right knee so that it is above the left knee.
- Place the left arm behind the back.
- Place the right arm over the right shoulder. The back of the left hand should lie in contact with the spine while the right palm rests against the spine. Try to clasp the fingers of both hands behind the back. Bring the raised elbow behind the head so that the head presses against the inside of the raised arm. Hold the head, neck and spine erect. Close the eyes. Stay in this position for one minute. See the knees slowly coming down as much as possible. Maintain the smile on the face.
- Return to sthiti retracing the same steps.
- Practice from the other side.



Fig. 8.12 Posture of Gomukhasana

Benefits

- Removes tiredness.
- Relieves back ache.



III. SARVANGASANA

Sthiti: Supine Sthiti

PRACTICE

- Inhale; raise the legs together slowly and gracefully (without bending the knees) till it forms about 45 Degrees to the ground.
- Continue to inhale and raise the legs further to 90 Degree position. Bring the arms down and place them next to the buttocks.
- Exhale; raise the buttocks and the trunk, taking support of the arms and elbows, without lifting the head. Rest the elbows on the ground firmly and support the back with both palms.
- While retaining the legs parallel to the ground, straighten the trunk by pushing it with the hands until the chin is well set in the suprasternal hollow.
- Inhale and raise the legs vertically keeping the body erect and come to the final shoulder stand position.
- Maintain effortlessly with normal breathing for about 2-3 minutes. Carefully avoid all jerks. Slowly come back to sthiti and relax in Savasana.



Fig. 8.13 Sarvangasana

Benefits

- Stimulates the brain cells.



Notes

IV. ARDHA SIRASANA

Sthiti: Dandasana

PRACTICE

- Fold the right leg and sit on the heel.
- Fold the left leg and sit on both the heels.
- Place a four-fold blanket in front of you on which you will be resting your head in the final position.
- Place the forearms on the blanket in front of you with the fingers interlocked and the elbows in front of the knees.
- The distance between the elbows should be equal to the distance from each elbow to the interlocked fingers, forming an equilateral triangle.
- Place the crown of the head on the blanket in between the interlocked hands.
- Slowly raise the buttocks and lift the knees off the ground and straighten the legs, keeping the toes on the floor.
- Thus, you have formed a triangle of the body.
- Maintain this position as long as you can with the load on the head and the toes.
- Slowly bend the legs at the knees and lower the knees to the floor.
- Slowly come back to Vajrasana and rest for a while.
- Then, slowly lie down on the back and relax in Savasana.



Fig. 8.14 Ardha Sirasana

It is important to note here that

- Those who find it difficult to maintain the final position may use wall support pressing the hands and the head against the wall so that it is easier to maintain balance and to raise the hips.

Benefits

- Useful for relieving tension headache.

V. BADDHAKONASANA

Sthiti: Dandasana

PRACTICE

- Fold both the legs, hold the heels against each other and pull them as close to the body as possible, trying to touch the perineum with the heels.
- Interlock the fingers and place the hands under the feet and keep the spine erect. Maintain the final position as long as comfortable with normal breathing. Chant bhramari 3 rounds. Feel the wonderful relaxation.
- Then come up, release the hands, unfold the legs and relax in leg stretch sitting position.



Fig. 8.15
Baddhakonasana

It is important to note here that

While bending forward, you can use

- The elbows to push the knee toward the floor.
- Bend forwards as far as comfortable.
- Maintain awareness.



Notes



Benefits

- Relaxes mind and body.

VI. PARSAVOATTANASANA

Sthiti: Tadasana

PRACTICE

- Stand in Tadasana. Spread the legs. Join the hands at the back and interlock the fingers.
- Turn the right foot right side. Turn the body right. Inhale deeply and stretch the body forward while exhaling. Enjoy the wonderful stretch.
- While inhaling come up. Bring the right foot to normal position.
- Repeat the same on the left.
- Repeat 10 times.

Benefits

- It strengthens the back.

8.4 PRANAYAMA

Pranayama popularly known as yogic breathing consists of the breathing techniques which are related to the control of breath or respiratory process. It helps to increase your concentration and attention, creates awareness, brings relaxation, reduces stress and increases lung capacity.

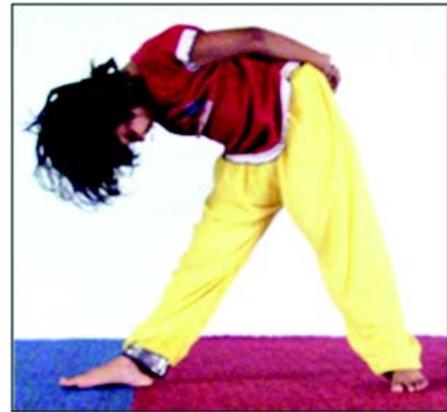


Fig. 8.16
Parsavoattanasana



I. SURYA ANULOMA VILOMA

SÜRYA ANULOMA VILOMA

Sthiti: Dandasana

PRACTICE

- Sit in any comfortable meditative posture.
- Adopt Nasika mudra with your right hand.
- Close the left nostril with the little and ring fingers of Nasika Mudra.
- Inhale and exhale slowly through the right nostril (Sürya Nadi) only.
- Keep the left nostril closed all the time during the practice.
- One cycle of inhalation and exhalation forms one round.
- Practice 9 rounds. Feel the changes in the head and beautiful smile on the face.



Fig. 8.17
Surya Anuloma
Voloma

It is important to note here that

- Time taken for exhalation should be longer than inhalation.
- You can practice before breakfast, lunch, dinner and before sleep (4 times a day).

Benefits

- Improves power of analysis
- Increases the concentration and intelligence.



Notes



INTEXT QUESTIONS 9.2

1. Write one benefit of the following asanas
 - a) Gomukhasana
 - b) Sarvangasana
 - c) Ardha Sirasasana
 - d) Baddhakonasana

8.5 KRIYAS

Kriya in sanskrit means ‘completed action’. It is also cleansing technique. There are six kriyas which helps to cleanse various internal organs. Here in this lesson you will learn about Kapalabhati, which is used for cleansing frontal lobe. In Sanskrit, Kapala means ‘skull’ and bhati means ‘shine’. So, it helps to improve the functions of the organs located in the skull.

I. KAPALABHATI (RIGHT NOSTRIL)

Sthiti: Dandasana

- Sit in any meditative posture.
- Keep your spine and neck erect perfectly vertical to the ground.
- Close the eyes and collapse the shoulders.
- Relax the whole body completely.

PRACTICE

- Adopt Nasika mudra close the left nostril with the ring finger.



Fig. 8.18
Kapalabhati-
Nostril



- Practice rapid breathing with active and forceful exhalation and passive inhalation.
- During each exhalation, blast out the air by vigorous flapping movements of the abdomen in quick succession.
- Inhale passively by relaxing the abdominal muscles at the end of each exhalation.
- Repeat the exhalation as quickly as possible at the rate of 60 strokes per minute.
- At the end of one minute, stop the practice.
- Now observe an automatic suspension of breath. In fact, there will be no urge for breathing for a few seconds.
- Simultaneously the mind may experience a deep state of silence.
- Enjoy this state of deep rest and freshness.



INTEXT QUESTIONS 8.4

1. What is the meaning of Kapalabhati?
2. What are the benefits Surya Anuloma Viloma?
3. What are the benefits of Pranayama?



WHAT HAVE YOU LEARNT

In this lesson you have learnt the practices which helps to enhance your IQ. The Yoga practices which combine Shitilikarana Vyayama, Breathing practices, Asana, Pranayama and Kriyas helps and trains the mind to become clear, focused and directional.



Notes

Breathing Practices

- Baddhakasana Breathing
- Setubandhasana Breathing
- Navasana Breathing
- Prasarita Padahastana Breathing

Sithalikaarana Vyayama

- Spinal Stretch
- Pada Sanchalana
- Sit ups from standing (2 Types)
- Uthita Ardha Sirasasana Breathing
- Butterfly Stretch
- Prasarita Padahastana Stretch

Yogasanas

- Parsva Konasana (both sides)
- Gomukhasana
- Sarvangasana
- Ardha Sirasasana
- Baddhakonasana
- Parsavoattanasana

Pranayama

- Surya Anuloma Viloma

Kriyas

- Kapalabhati (Right Nostril)



TERMINAL QUESTIONS

1. Express your experience or view on increasing IQ by breathing and yoga techniques,
2. Which asanas are bending forward and how do they help your mind and body?
3. Why we should practice Surya Anuloma Viloma Pranayama on daily basis?
4. Why we practice Navasana breathing and Ardha Sirasasana?



ANSWERS TO INTEXT QUESTIONS

8.1

- a) Baddhakasana Breathing
- b) Setubandhasana Breathing
- c) Navasana Breathing
- d) Prasarita Padahasthasana Breathing

8.2

1. a. i. Stimulates the Autonomic Nervous System and in specific the left brain.
ii. Enhances the I.Q.
b. Loosing exercises like this done with stimulate our left brain activity.
c. i. Prepare you for the practics of Sirasana.
ii. Useful for headache.
d. Straighten the legs and relex.



Notes

**8.3**

- a. Remove tiredness
- b. Stimulate brain cells
- c. Reduce tension
- d. Relaxes mind and body

8.4

- a. Kapalabhati is used for cleansing frontal lobe. Kapala means 'skull' and bhati means 'shine'. It helps to improve the functions of the organs located in the skull.
- b. Surya Anuloma Viloma stimulates the left brain thus improves analytical power and increases the concentration and intelligence.
- c. It helps to increase your concentration and attention, creates awareness, brings relaxation, reduces stress and increases lung capacity.