



11

YOGA PRACTICES FOR EGO MANAGEMENT-I

We all have Ego and we get angry over small, simple and silly matters which not only harm the self physically and emotionally but also pollute the whole atmosphere of the class room and home besides irreparable loss in cordial relationship.

Ego is a feeling of pride in your superiority to others and self-importance. While playing with children, having fun, feeling of pride leads to road rage, tantrums and outbursts are all part of the high-emotions in this mindset. Yoga also helps in calming down the mind and bringing balance with feeling of "Vasudeva Kutumbhakam - the feeling of oneness". In this lesson, we will learn about Sthilikaran Vyayama, Breathing Practices and Yogasanas.



OBJECTIVES

After studying this lesson, you will be able to:

- explain Sthilikaran Vyayama;
- demonstrate Breathing Practices and
- describe various Yogasanas.



11.1 SITHILIKARNANA VYAYAMA

Shitilikarana Vyayama are practices which help in loosening the joints and prepare the joints to move on to Asana practices. It removes lethargy and tiredness in the body and develops the stamina of the body. It works on the Physical and the mental level as well.

1. BACK STRETCH

Sthiti: Dandasana

- Fold the right leg and then the left leg come into squatting position.
- Place the palms on either side of the foot.
- Take the right leg back as much as you can.
- Assume the third position of Surya-namaskar.
- Make yourself quite comfortable in this position.

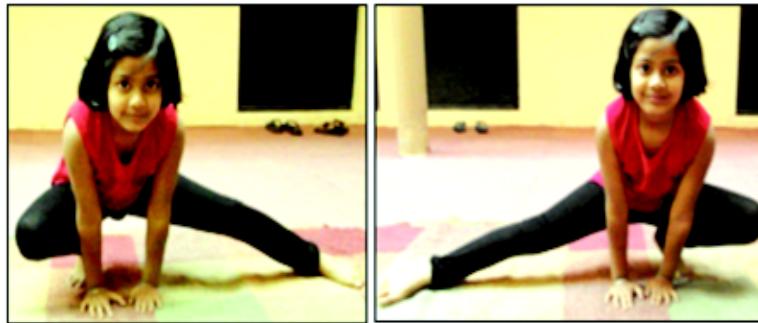


Practice :

- Inhale. While exhaling jump up just with the support of the palms and alternate the position of the legs i.e. stretch the left leg backward and bring the right foot between the hands.

- While exhaling repeat the same process and alternate the position of the legs again.
- Repeat this cycle 10 times.

Notes



- Simultaneously bring the right leg back and stretch the left leg.
- Repeat with alternate legs.
- Repeat 10 times.

3. SIT UPS FROM SUPINE POSTURE

Sthiti: Supine sthiti

Practice :

- From the lying position, interlock the fingers and keep the palms under the head and exhaling raise and come to sitting position, inhaling go back to supine position.





- This is one round.
- Practice ten rounds.

4. NAMASTE ROTATION

Stithi: Tadasana

Adopt Namaskara mudra. Raise the hands.

Practice :

- Start rotating your hands from up to down and from down to up in clockwise and anticlockwise for 5 rounds.
- Make sure that your hands should be in Namaskar Mudra - above the head and down while rotation, while doing sidewise hands should be separate from each other.
- Relax in Shitila Tadasana.



11.2 BREATHING PRACTICES

Breathing Practices are to normalize the breathing rate, and to make the breathing uniform, continuous and rhythmic. It also helps to improve concentration and calms down the mind.

Sthiti (initial) and Relaxation postures for all Breathing practices and Asanas

Sthiti: Initial standing posture -Tadasana

Stand erect with feet close together.

- Place the hands along the thighs with fingers stretched out.
- The legs, trunk and the head are aligned in a straight line.
- Close the eyes and observe the balance

Standing Relaxation Posture - Sithila Tadasana

- Stand erect with legs about six to twelve inches apart, hands hanging freely by the side of the body with the shoulders collapsed.
- Make sure that the body is completely relaxed.
- Gently close the eyes.

Sthiti (Initial) for Supine Posture

- Lie down on the back with legs together.
- Stretch the hands straight above the head, biceps touching the ears and the palms facing the ceiling.
- Close the eyes.

Notes





Sithila (Relaxation) for Supine Posture - Savasana

- Lie supine on the ground with hands and feet apart.
- Slightly stretch the body and allow the whole body to relax completely with gently closed eyes.
- Become aware of different parts of the body starting from toes to head.
- Feel the spread of relaxation in all parts of the body progressively. With regular long practice, the relaxation will become deeper, natural and spontaneous.
- Then the whole body is relaxed to the extent that one forgets the body. The mind experiences alert full rest.

1. HAMSASANA BREATHING

Sthiti :Dandasana

Practice :

- Fold the right leg and sit on the right heel.
- Fold the left leg and sit on both heels.
- Separate the knees by about 10 inches apart. Place the hands between the knees, fingers pointing inwards you, elbows close to each other.
- Bend the elbows, lean forwards placing the naval in between the elbows and place the fore head down on the floor in front of you.



- Stretch the legs backwards so that toes are on the ground.
- Inhale raise the head so that the neck is in line with the trunk. Look in front of you. This is Hamsasana.
- While exhaling slowly bring the head down to the floor, bend the knees and sit on heels.
- Continue 5 rounds with inhaling raising the head up to come into Hamsasana and exhaling resting the head on the ground.

Notes



2. EKA PADA HALASANA BREATHING

Sthiti : Supine Posture

Practice :

- Inhale, raise the legs together slowly and gracefully (without bending the knees) till it forms about 45 degree to the ground.
- Continue to inhale and raise the legs further to 90 degree position simultaneously bring the arms down placing them next to the buttocks.
- While exhaling raise the trunk up. Maintaining the legs parallel to the ground straighten the trunk by pushing it up with the hands till the chin is well set in the suprasternal hollow. Inhale in this position.
- Exhale, bring down the toes further to touch the ground. Release both hands and rest the arms straight on the ground parallel to each other with palms facing the ground.
- Inhale, raise the right leg 90 degree, exhale slowly bring the right leg back.



- Inhale, raise the left leg 90 degree, exhale slowly bring the left leg back.
- Continue 5 rounds with lifting of the alternate legs from this position with breath.
- Inhale, come back slowly to rest the trunk on the floor.
- Now, exhale and bring down the legs to the ground.
- Relax in Shavasana.

Note :

- Maintain balance of the body throughout the practice.
- The knees should remain close to each other all through.
- The feet should remain on the ground all through.

11.3 YOGASANAS

Asanas - Standing, Sitting, Prone and Supine which helps in flexibility of the spine in forward bending, backward bending and side bending.

Asanas are postures which are done with

- Stability
- Ease
- Effortlessness
- Unlimited Happiness in the final position

Notes

1. VIPARITAKARANI

Sthiti: Supine Posture

Practice :

- Raise the legs to 90 degree, keeping the knees straight.
- Raise the buttocks and the trunk off the ground by supporting the body with the hands at the waist to transfer the weight to the arms and elbows. Keep the elbows as close to each other as possible.
- Slowly move into the final position of Viparitakarani by raising both legs to vertical position and maintaining the trunk at an angle of 45° to the ground.
- In the final position the weight of the body rests on the shoulders, neck and the elbows,





the trunk is at 45degree angle to the floor, the legs are straight and perpendicular to the floor. Note that the chin should not press against the chest.

- Close the eyes and feel comfortable.
- Focus the awareness on the perineum i.e., the area between the anus and the genitals.
- Now slowly in a rolling motion, pull the buttocks inwards.
- Then contract the anal sphincter muscles and pull the anus inwards and upwards.
- Hold it as long as possible with normal breathing.
- Release the bandha and then retrace the steps to come down to the supine sthiti and rest in Savasana for a while.

Benefits :

- It stimulates and tones the excretory systems.

2. ARDHA SIRASANA

Sthiti: Dandasana

Place a four-fold blanket in front of you on which you will be resting your head in the final position.

Practice :

- Fold the right leg and sit on the right heel.



- Fold the left leg and sit on both the heels in Vajrasana.
- 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.
- Walk forward till the back becomes vertical.
- Maintain this position as long as you can.
- Slowly return retracing the steps.

Notes



Note :

- 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 :

- This asana prepares you for the practice of Sirsasana.
- Useful for headache.



3. MARICYASANA

Sthiti: Dandasana

Practice :

- Bend the right knee vertically and place the right foot flat on the floor close to the perineum. The inner side of the right foot should touch the inner side of the outstretched left thigh.



- Stretch the right shoulder forward till the right armpit touches the perpendicular right shin. Turn the right arm around the right shin and the thigh, bend the right elbow and throw the right forearm behind the back at the level of the waist. Then move the left hand behind the back and clasp the right hand with left at the wrist or vice versa. If that is not possible then clasp the palms or the fingers.
- Now, turn the spine to the right keeping the outstretched left leg straight.
- Exhale, and bend forward. Rest the forehead on the left knee. While in this position, keep both the shoulders parallel to the floor and breathe normally.
- Maintain in this position for a minute.
- Come to Sthiti and repeat the same on the other side and relax in Sithila Dandasana.

4. HAMSASANA

Sthiti: Dandasana

Practice :

- Fold the right leg at the knee and sit on the right heel.
- Fold the left leg at the knee and sit on both the heels in Vajrasana.
- Stand on the knees keeping them about 10 inches apart.
- Place the hands between the knees, fingers pointing inwards (i.e., towards the feet), elbows close to each other.
- Bend the elbows, lean forward supporting the trunk on the elbows at the navel and place the head down on the floor.
- Stretch and stretch the legs backwards so that toes are on the ground
- Now raise the head so that the neck is in line with the trunk. Look in front of you.
- Maintain this final position with normal breathing. In this position, the body is in a straight line from heels to the head, at an inclination of about 30° to the ground. All the weight of the body should rest on the hands and the tips of the toes.
- Slowly bring the head down to the floor.
- Bend the knees and bring the knees forward by the side of the hands.



Notes

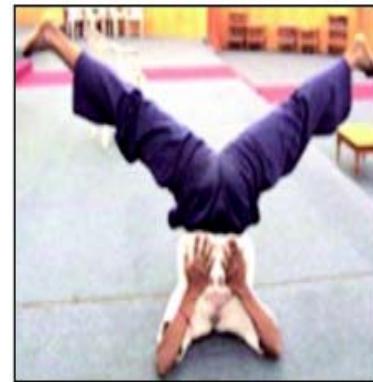




5. PRASARITA SARVANGASANA

Sthiti: Supine

- Inhaling raise both the legs to 45 Degrees.
- With further inhalation raise the legs to 90 Degrees.
- While exhaling bring the back to vertical position. Legs will come parallel to the ground. Exhaling further, raise the legs straight to vertical position. Spread both the legs. Maintain for a minute.
- Come back through the same steps



6. MATSYASANA

Sthiti: Supine Sthiti

Practice :

- Take the right leg and place it on the left thigh.
- Place the left leg on the right thigh as in Padmasana.
- Place the palms on either side of the head with fingers pointing towards the shoulders.
- Inhale, take the weight on the palms and lift the head and the back off the ground.
- Bring the center of the crown of the head to the ground by bending the dorsal and cervical spine backwards.

- Exhale and remove the hands after the weight is well-balanced on the head and catch hold of the big toes hooking the index fingers around them.
- Press the elbows on the ground to bear the weight of the upper half of the body.
- Maintain this position for one minute with normal breathing.
- As you exhale come back slowly step-by-step to supine sthiti.
- Relax in Savasana.



Notes



Benefits :

- Complementary to Sarvangasana.
- Good for respiratory problems.



INTEXT QUESTIONS 11.1

1. Give any two benefits of Ardh Shirshana.
2. What are four essentials for Asanas?



WHAT HAVE YOU LEARNT

- In this lesson we have learnt some of the Yogic practices which helps to clear the mind and detach from the ego helps to focus on our learning process, which include:



- Sithilikarana Vyayama: Back stretch , Back Stretch (Sidewise), Sit ups from Supine Posture, Namaste rotation
- Breathing Practices: Hamsasana Breathing, Eka Pada Halasana Breathing
- Yogasanas: Viparitakarani, ArdhaSirasana, Maricyasana, Hamsasana, Prasaritha Sarvangasana, Matsyasana.

**TERMINAL QUESTIONS**

1. What are Benefits of Ardha Sirsasana?
2. What is Breathing Practice?
3. What is Yogasana?

**ANSWERS TO INTEXT QUESTIONS****11.1**

1. Benefits
 - i. This asana prepares you for the practice of Shirasana.
 - ii. Useful for headache.
2.
 - i. Stability
 - ii. Ease
 - iii. Effortlessness
 - iv. Unlimited Happiness in the final position.