



## 7

## YOGA PRACTICES FOR ANGER MANAGEMENT-I

We all get angry - and children are no different. What techniques should we recommend for children to express their anger in an acceptable manner. Anger is a strong feeling of displeasure which leads to frustration and confusion.

There are three approaches to deal with anger

- i. Suppression: Suppression is where a person either is not aware of the anger or doesn't feel safe in expressing. This can lead to deeper long-term ailments
- ii. Calming: Calming is a way to get ready for thinking through a situation and figuring out how to express the anger, for example taking slow, deep breaths and counting 10 backward.
- iii. Expression: Expression is the healthiest way to deal with anger to express it appropriately.

Children must be taught an appropriate expression of anger which means, there should be healthy emotional expression. As long as children are interacting with the world, they will get angry. We



cannot control them and expect them to always be at peace with everyone and everything.

Research has shown that physical outlet helps them with their feelings, although sometimes turning to a creative outlet is perfect for him as well. Hence in Yoga we have some physical exercises, Asanas, Suryanamaskara, Pranayama, Sukshma Vyayama and simple Meditation techniques which helps them to calm down their mind with express appropriate expression of anger



## **OBJECTIVES**

In this lesson you will be learning the practices which help in anger management.

After studying this lesson, you will be able to:

- explain different types of yogic practices;
- demonstrate Sukshma Vyayama and
- describe various Asanas.

### **7.1 SUKSHMA VYAYAMA**

Sukshma Vyayama is the system of Yogic practices which loosens your joints and removes the energy blockages. This system has a strong purifying effect on body energy of a human.

The simple, gentle joint movements are very useful to improve blood supply towards the parts of joints like cartilage, ligaments etc. Especially those joint movements are very much significant if performed early morning. It also helps to drain some toxic materials in the interstitial spaces related to joint. The most

important and beautiful facet of Yogic Sukshma Vyayama is that every body part such as every muscle, joint and organ is taken into consideration.

The main features or components of Sukshma Vyayamaa are

- (1) Breathe awareness
- (2) Concentrating on the specific joints
- (3) Synchronization of inhalation and exhalation with the movement of the joints

## **1. ANGULI SHAKTI VIKASAKA**

Sthiti: Tadasana

**Practice :**

- With exhalation, throw out your arms in front, keeping them parallel to the ground at shoulder level.
- Simultaneously give the fingers of both arms the shape of the hood of a cobra. Now, stiffen the entire length of the arms from the shoulder joints to the finger tips as much as you can so that they start trembling.
- Inhaling bring the palms to chest.
- Repeat 10 times.



**Note**

- Tighten the arms until they start trembling.

**Notes**



## **2. BHUJABANDHA SHAKTI VIKASAKA**

### **Sthiti: Tadasana**

#### **Practice :**

- Make fists of your hands with the thumbs tucked in.
- Bend the elbows and raise the forearms till they are parallel to the ground (forming 90 degree with the upper arm) and the fists facing each other.
- Now, push both the right arm forwards forcefully and vigorously to the level of the shoulder with exhalation.
- Then, pull it back to the starting position with inhalation.
- Repeat 10 times.
- Repeat with left hand. Repeat for 10 times.
- Repeat the same thing with both hands together.
- Repeat twenty times.



#### **Note**

- When pushed forward, the arms should be parallel to the ground and palms facing up.
- When pulled back, the elbows must not go back beyond the body (i.e., the starting position).

### **3. JANGHA SHAKTI VIKASAKA**

#### **Sthiti: Tadasana**

#### **Practice**

- Stretch out the arms straight in front at shoulder height, palms facing downwards.
- While inhaling bend your knees gradually till your thighs come parallel to the ground.
- Hold the breath and maintain this position
- Come up while exhaling.
- Repeat 5 times.



**Notes**

#### **Note**

- The knees must be together throughout the practice.
- You must not raise the heels or toes from the ground at any time during the practice.
- If you find it difficult to hold the breath, you can do it with normal breathing initially for a few days.
- Keep the arms parallel to the ground all through.
- Keep the back, neck and head as erect as possible.

#### **Variation 2:**

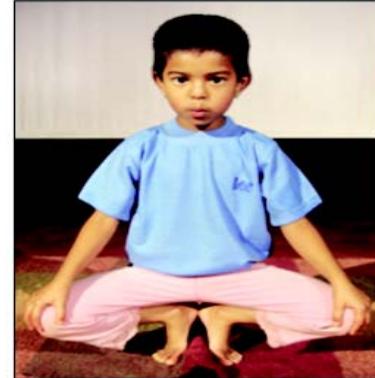
- Inhaling jump spread your legs away come on toes, raise the hands up bring them close together above the head. (No clapping )
- Exhaling bring the legs together and drop the hands come down to tadasana.
- Repeat 10 times.

**Variation 3:**

- Exhaling jump spread your legs away come on toes, raise the hands up bring them close together above the head. (No clapping)
- Inhaling bring the legs together and drop the hands come down to Tadasana.
- Repeat 10 times.

**Variation 4:**

- Stretch the hands on both sides of the body at the shoulder level horizontally.
- Exhaling, bend the knees and spreading the knees with maximum separation come down raising the heels, heels together. (Do not sit on the heels).
- Inhaling come up.
- Repeat 10 times.

**4. PINDALI SHAKTI VIKASAKA****Sthiti: Tádásana****Practice :**

- Clench the fists and stretch your arms forward at shoulder height.
- While inhaling, squat and go down as far as you can.



**Notes**



- Holding your breath, stand up while your arms describe one full circle in the style of rowing a boat.
- On completion of the circle, the arms should be held before the chest, fists touching each other.
- Then exhale sharply while pulling the arms slightly backward and expanding the chest.
- Repeat ten times.

#### **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.

## **5. BHUJANGASANA AND PARVATHASANA**

### **Sthiti: Prone Sthiti**

#### **Practice :**

- Place the palms at the level of the last rib bones.
- Elbows close to the body.



- Tuck the toes. Inhaling, raise the head, chest, abdomen up making the back concave and the only parts of the body touching the ground are palms and toes.
- This is Bhujangasana position.
- While exhaling raise the hips up bring the head down coming into inverted V pose. In this position palms and foot touch the ground.
- This is Parvatasana position.
- Repeat to go into bhujangasana position with inhalation and Parvatasana position with exhalation.
- Repeat 10 times.

## **6. KAPONI SHAKTI VIKASAKA**

**Sthiti:** Tádásana

**Practice :**

- Stretch the arms straight down beside the body, palms facing upward.
- Inhale, bend the arms at the elbows



**Notes**

- Exhaling, stretch them straight.
- Repeat twenty times.

### **Note**

- The upper arms should remain stationary.
- The fists must come up to the level of the shoulders but should not touch the shoulders and then down straight.
- The fists must, not touch the thighs when they come down.

## **7.2 ASANAS**

Asanas 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



## 1. TRIKONASANA

**Sthiti: Tádásana**

**Practice :**

- While inhaling, take the right leg away from the left by about a meter and raise both the hands simultaneously till they reach the horizontal position.
- Slowly bend to the right side until the right hand reaches the right foot.
- The left arm is straight up, in line with the right hand.



- Palms face forward.
- Stretch up the left arm and see along the fingers.
- Maintain for about one minute with normal breathing.
- Return slowly to Sthiti.
- Repeat on the left side.

**Benefits :**

- Strengthens the waist muscles and makes the spine flexible.

## **2. VIRABHADRASANA 1**

**Sthiti:** Tadasana

**Practice :**

- Stand in Tadasana.
- Raise both the arms and adopt namaskar above the head.
- Take the right leg away from the left by about one meter.
- Turn the right foot rightway by 90 Degrees.
- Bending the right leg at the knee bring the right thigh parallel to the ground making 90 Degrees angle at right knee.
- Slightly turn the left foot towards right side.
- Look up at the palms. Maintain the posture for half minute.
- Come out the same way.



**Notes**

**Benefits :**

- Relieves the stiffness in shoulders and back.
- Cures stiffness of the neck.

## **3. VIRABHADRASANA II**

**Sthiti:** Tadasana

**Practice :**

- Stand in Tadasana.



- Raise both the arms and stretch them to the sides at the shoulder level parallel to the ground. Take the right leg away from the left by about one meter.
- Turn the right foot rightway by 90 Degrees.
- Turn the body to the right side.
- Bending the right leg at the knee bring the right thigh parallel to the ground making 90 Degrees angle at right knee.
- Slightly turn the left foot towards right side.
- Look at the right palm.
- Maintain the posture for half minute.
- Come out the same way.

**Benefits :**

- Leg muscles become shapely and stronger.
- It relieves cramps in the calf and thigh muscles.
- Brings elasticity to the leg and back muscles.

**4. VIRABHADRASANA III****Sthiti: Tadasana****Practice :**

- Stand in Tadasana.
- Raise both the arms and adopt namaskar above the head.



**Notes**

- Take the right leg away from the left by about one meter.
- Turn the right foot rightway by 90 Degrees.
- Bending the right leg at the knee bring the right thigh parallel to the ground making 90 Degrees angle at right knee. Slightly turn the left foot towards right side.
- Inhale, raise the left leg up simultaneously straightening the right leg at the knee, bringing the front part of the body parallel to the ground.
- In this position, the whole body weight on the right leg and the rest of the body perpendicular to this leg and is parallel to the ground.
- Maintain with balance for half minute and return.

#### **Benefits :**

- Balances the body.
- Balances the mind.
- Makes the leg muscles strong.



## 5. MAKARASANA

**Sthiti: Supine sthiti**

**Practice :**

- Lie down on the abdomen.
- Legs apart, heels inwards.
- Right palm on the left shoulder, left palm on the right shoulder. Chin on the cross of both the hands.



**Benefits :**

- Gives nice relaxation.

## 6. VIRASANA

The name comes from the Sanskrit words "Vira" meaning "hero" and Asana meaning "posture" or "seat".

**Practice :**

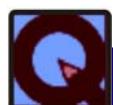
- Kneel on the floor. Keep the knees together and spread the feet about 18 inches apart.
- Rest the buttocks on the floor, but not the body on the feet.
- The feet are kept by the side of the thighs, the inner side of each calf touching the outer side of its respective thigh.
- Keep the toes pointing back and touching the floor.
- Keep the wrists on the knees, palms facing up, and join the tips of the thumbs and forefingers.
- Keep the other fingers extended.
- Stretch the back erect.

- Stay in this position as long as you can, with deep breathing.
- Then rest the palms on the knees for a while.
- Now interlock the fingers and stretch the arm straight over the head, palms up.
- Stay in this position for a minute with deep breathing.
- Exhale, release the finger lock, place the palms on the soles, bend forward and rest the chin on the knees.
- Stay in this position for a minute with normal breathing.
- Inhale, raise the trunk up, bring the feet forward and relax.
- If you find it difficult to perform the pose as described above, try placing the feet one above the other and rest the buttocks on them.
- Gradually move the toes further apart, separate the feet and bring them to rest outside the thighs. Then, in time the buttocks will rest properly on the floor and the body will not rest on the feet.



### **Benefits :**

- Relieve heaviness in the stomach



### **INTEXT QUESTIONS 7.1**

1. What is the Sthiti for Anguli Shakti Vikasaka? (Tdasana)
2. What is the literal meaning of 'Virasana'?
3. Write any two benefits of Virabhadrasana III.

**Notes**



## WHAT HAVE YOU LEARNT

- In this lesson we have learnt some of the Yogic practices which helps in control anger and to focus on our learning process, which include:
- Sukshma Vyayama: Anguli Shakti Vikasaka, Bhujabandha Shakthi Vikasaka, Jangha Shakti Vikasaka, Pindalini Shakti Vikasaka, Bhujangasana and parvathasana, Kaponi Shakti Vikasaka
- Asanas: Trikonasana, Virabhadrasana I, Virabhadrasana II, Vrabhadrasana III, Makarasana, Virasana



## TERMINAL QUESTIONS

1. What is the meaning of Sukshma Vyayama?
2. Which practices need to be followed for Bhujabandha Shakti Vikasaka?
3. Which postures are used in Asanas?



## ANSWERS TO INTEXT QUESTIONS

### 7.1

1. Tadasana
2. Hero Posture
3. i. Balances the body.  
ii. Balances the mind.  
iii. Makes the leg muscles strong. (Any two)