

Yoga Flows
for a
Healthy Living



VIKRAM SRINIVASAN

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Matha - Pitha

மாதா - பிதா



Tmt. GEETHA SRINIVASAN



Thiru. R. SRINIVASAN

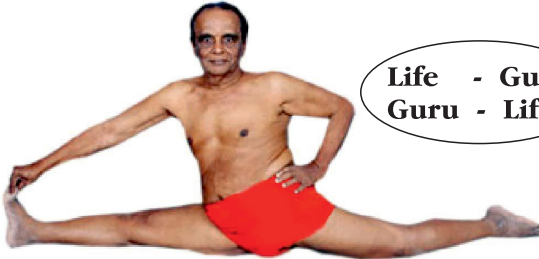
Today I would humbly like to place my book at the feet of my beloved parents who taught me the art of self-discipline right from my childhood.

It is this art which has brought me to the pinnacle of yoga.



Guru

குரு



Life - Guru
Guru - Life

There are no words in any language to express the inseparable bond between me & my guru.

Deivam

தெய்வம்

God is Invisible

But

He is the Ultimate

What they say



One of the greatest contributions of our country to the world is Yoga. However only the correct practice of Yoga can give real benefits. One of the foremost Masters of this discipline, Vikram has contributed immensely towards spreading knowledge about the right way to perform Yoga - among schools, colleges, workplaces and communities. This lucidly written and illustrated book is another feather in his cap. I have been fortunate to learn Yoga from such a committed teacher and this book is testimony to his simple and uncluttered approach towards this art.

VIKRAM KAPUR IAS

Additional Chief Secretary Govt. of Tamilnadu

Yoga is an ancient practice that involves physical poses, concentration and deep breathing through which one can connect to the nature by mind-body balancing. S Vikram's training programme just does that thereby benefitting the participants immensely.



The encouragement given by him to the participants to explore the benefits by doing simple yoga exercises is highly appreciated. I wish him success in all his future programmes.

Ravichandran Ramasamy I.R.S.

Former Principal Chief Commissioner of Income-Tax
Tamilnadu & Puducherry
Member NCLT (National Company Law Tribunal)

What they say



In this book Yogamaster Sbri Vikram explains the yoga in simplified ways, anybody can learn and practice yoga without having difficulty. He thinks that yoga is simple and yoga learning should motivate people to practice and make it as learner's habit. I am very happy that through this book he will reach out many people and help them to have better mental and physical health.

Shri. P. Sriram

Chairman - Chennai Institute of Technology

Hi everyone I am S Nadessan a business man, glad to say about Vikram who made yoga as simple lifestyle activities and can be done even sitting in flight and ensure across all ages this is possible.



S. Nadessan

Joint Managing Director
Kals Group of Companies



In this enlightening volume, my esteemed yoga teacher shares profound insights and practical wisdom, guiding readers on a transformative journey of self-discovery and inner harmony. Drawing from ancient traditions and modern practices, this book serves as a beacon of mindfulness, inviting all seekers to embrace the path of holistic well-being.

Actor Prasanna

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ASANAS



1. PADMASANA (Normal Breathing)

Sit on the floor. Cross your legs over left and right thighs. Heels should touch the lower abdomen. Sit without bending your backbone and keep your hands in chin mudra. If crossing both the legs is difficult, put one leg on the other side and practice for a week, Then it will get easier.

BENEFITS

1. Blood flow to the lower abdomen improves.
2. Cures indigestion.
3. Cures knee and joint pains.

2. JANU SIRASASANA (Normal Breathing)

Sit down stretching both the legs forward and close together. Bend your right leg. Your heel should touch the anus. Raise both the hands and bend forward and try to touch the knee. Stay in the same position breathing normally for 10 to 20 seconds and repeat the same 3 times. After the asana do deep breathing 2 to 3 times.

BENEFITS

1. Cures stomach pain.
2. Reduces hip and back pain.
3. 32,000 nerves get refreshed.
4. Regulates pancreas, cures diabetes.



3. PASCHI MOTTAASANA (Normal Breathing)

Sit on the floor with your legs stretched in front together. Bend forward and try to touch your heel with your fingers. Make your forehead touch your knees. Stay in the same posture for 30 seconds. Repeat the same 3 times.

BENEFITS

1. Removes excess fat from thighs.
2. Cures back and hip pain.
3. Secretes insulin, cures diabetes.
4. You get refreshed.

4. VIBAREETHA KARANI (Normal Breathing)

Lie on your back keeping your hands and legs together. Raise both the legs without bending your knees with the help of your hands. Support your buttocks and chest as you lift them. Keep your legs relaxed and focus your eyes on your big toes as shown in the picture. Stay in the same posture for 2 minutes.

BENEFITS

1. Stimulates thyroid glands.
2. Nervous system and endocrine glands will be refreshed.
3. Relief from headache and stress.
4. Cures constipation.



5. SARAVANGA ASANA (Normal Breathing)

First come to vipareetha karani posture and press your back further up. Chin should touch your chest. Relax your legs. Start focusing eyes on your toes. Stay in the same posture for 2 to 5 minutes,

BENEFITS

1. Total body gets relaxed.
2. Thyroid glands will function better.

6. HALASANA (Normal Breathing)

First come to vipareetha karani posture and swing both the legs over the heads slowly without bending your knees. Breathing should be normal 20 – 30 seconds and repeat 2 -3 times.

BENEFITS

1. Strengthens spinal cord.
2. Nervous system will be refreshed.
3. Secretes insulin, cures diabetes.
4. Cures asthma, bronchitis and urinary tract infections.



7. UTHANA PADAASANA (Normal Breathing)

Lie down on the floor. Keep your arms close to your body. Now slowly raise both the legs to half foot, without bending your knees. Stay in the same position for 20 to 30 seconds and repeat the same 2 – 3 times.

BENEFITS

1. Lower abdomen gets flatter.
2. Gas trouble, indigestion and constipation problem will be cured.

8. BHUJANGASANA (Normal Breathing)

Lie upside down, keep your hands close to your chest as shown in the picture and gently raise your head high, and bend like a snake and slowly lower your head. Breathing should be normal, stay in the same posture for 20 seconds and repeat the same 3 times.

BENEFITS

1. Backbone gets stronger.
2. Cures asthma.
3. Cures back and neck pain.



9. SALABASANA (Normal Breathing)

Lie on your chest, touch your chin on the floor, fingers should be closed and keep your hands close to your body. Raise both the legs upwards by giving pressure on the hands as shown in picture, At first raise your right leg and then the other leg. Do it for 10 to 20 secs, 2.3 times.

BENEFITS

1. Cures constipation.
2. Cures hip and back pain.
3. Cures diseases related to vertebral column.

10. DHANURASANA (Normal Breathing)

Lie on your chest with arms at the sides, fold your legs, hold your ankles with your hands, and pull your legs upwards bending your body like a bow. Breathing should be normal. Hold in the posture for 10 to 20 seconds. Repeat the same 3 times.

BENEFITS

1. Cures diabetes.
2. Strengthens spinal nerves.
3. Improves kidney function.
4. Reduces excess body weight and weight of hip muscles.



11. DHANURASANA VARIATION (Normal Breathing)

Try rolling left and right as shown in the picture to reduce abdomen.

- ❖ You should do this only on an empty stomach.
- ❖ If you have abdominal issues, consult your physician before doing this.



12. VAJRASANA (Deep breathing)

Fold your legs under your buttocks and sit on your heels as shown in the picture. Keep your hands on thighs. Backbone should be straight. Be in this posture for a minute and do deep breathing 4 to 6 times.

BENEFITS

1. Improves concentration power.
2. Relaxes the thigh muscles.

13. USARTRASANA (Deep breathing)

Sit with your knees bent. Hold your ankles with your hands and raise your buttocks from the seated position and bend your head backwards. In that position inhale deeply four times. Repeat the same two times.

BENEFITS

1. It has good effect on the thyroid glands.
2. Lungs get stimulated.
3. Stimulates spinal nerves and relieves backache.
4. It is beneficial for the reproductive system.



14. MAHA MUDRA (Normal Breathing)

Sit in vajrasana posture, fold your hands behind your back and bend forward with your head touching the floor, and breathing should be normal in this position. Stay in the same position for 20-30 seconds, 2 to 3 times.

BENEFITS

1. Bed-wetting is cured.
2. Spondylosis is cured.
3. Functions of stomach and intestines are improved.

15. ARDHA SIRASANA (Normal Breathing)

Sit in the position of vajrasana, Bring your head down and place it on the ground. Now interlock the fingers of the hands and keep them on the backside of the head. You should give the weight of the body only on the elbows, Slowly raise the legs together and stretch them on the ground as much as possible for 1 to 2 minutes. Do this once. After practicing this step well for some weeks, you can go for the practice of sirasana.

BENEFITS

1. The back and neck are strengthened.
2. Strengthens inner ears and eyes.
3. Improves concentration, confidence and creativity.
4. Increases blood circulation to brain and eyes.



16. NINDRA PADASANA (Normal Breathing)

Bend the right knee. Place the right foot on the left upper thigh and stretch the arms up and join the palms. Remain in the same position for 60 seconds. Then keep the right knee down, do the same pose on the other side.

BENEFITS

1. Develops concentration and will power.
2. Cures nervous disorders
3. Flow of blood will be regulated

17. PIRAI ASANA (Normal Breathing)

This asana is also called ardha chakrasana. Stand with legs apart and place your hands well below your lower back and bend as much as possible. Breathe normally and hold for 10-20 seconds. Repeat the same posture 2-3 times.

BENEFITS

1. Makes spine flexible.
2. Back pain and hip pain are relieved.
3. Corrects hunch back.



18. MALASANA (Normal Breathing)

Bend your knees and lower your butt to come to squat position. Bend your elbows to bring the palms together and be in namaste posture. Stay in the same position for 30 seconds.

1. Improves flexibility of spine.
2. Relieves stress and anxiety.
3. Helps to prevent Hernia.
4. Strengthens the back, abdomen, legs and hips.



19. SAVASANA – (SANTHI ASANA) (Normal Breathing)

Lie flat on your back with hands away from your body. Relax the entire body, breathing should be normal, Imagine that you are flying. Close your eyes and start concentrating from forehead to toe, and toe to forehead. Continue the same for 10 to 15 minutes.

BENEFITS

1. Total body will be relaxed
2. Mind will always be alert
3. Improves concentration and memory power



SURYA NAMASKARAM

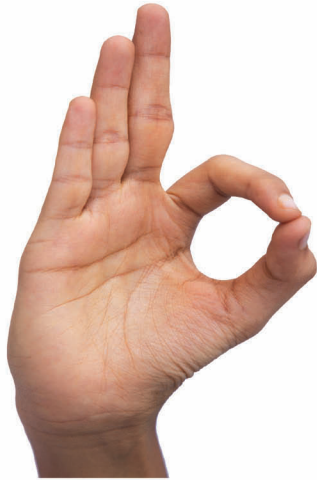
There are twelve different postures or asanas in Surya Namaskar which are performed one after the other in sequence. The asanas stretch the body while contracting and expand the chest alternately to regulate the breathing. With daily practice, Surya Namaskar Yoga benefits the body by improving the flexibility of the spine and joints as well as by trimming down the extra fats from the body. It also prepares the body for other asanas and yoga practices.

*Practice only in the Morning or 3 hours after food

MUDRAS



30 Seconds



1. PRANA MUDRA

“Mudra” means gesture. It guards your body It helps the flow of positive energy and is beneficial for a healthy living.

1. Prana Mudra helps to activate dormant energy in the body.
2. It boosts proper functioning of the lungs, energises the heart and improves blood circulation.
3. It enhances eyesight and immunity.
4. Practice this for 2 to 5 minutes a day.

2. GYAN MUDRA (OR) CHIN MUDRA

1. Improves concentration, memory power and brain power.
2. It has the ability to cure insomnia anxiety and depression.
3. Heals mental issues.
4. Practice for 3 to 5 minutes a day.



30 Seconds



3. PRITHVI MUDRA

1. Powerful mudra which helps in healing many ailments.
2. Capable of healing chronic fatigue, Osteoporosis, and weight loss.
3. Not recommended for pregnant women.
4. Practice this three times a day before food.

4. SURYA MUDRA

1. Enables heat balance in the body.
2. Practice for 15 minutes 2 times a day.
3. It improves appetite and digestion. Regulates body temperature.
4. Lowers cholesterol levels if practiced 20 minutes a day.
5. Helps to reduce weight.
6. Effective remedy for thyroid disorders.



30 Seconds



5. BRAHMA MUDRA

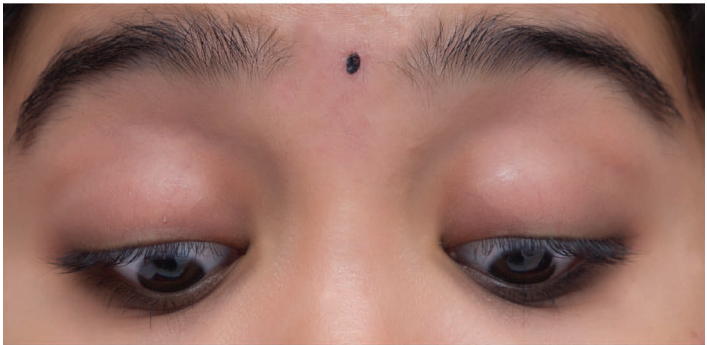
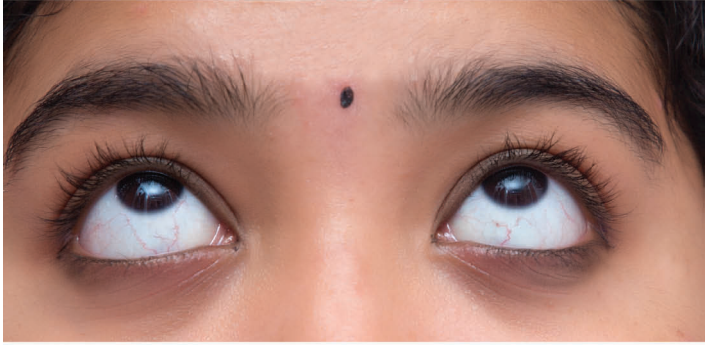
1. Stimulates digestive system and strengthens the nervous system.
2. Relieves disorders of the cervical spine.
3. It opens up the lungs and removes toxins. Cures asthma and respiratory disorders.
4. Strengthens memory, the retinas, neck and shoulder.
5. Practice this 3 times a day for 2 to 3 minutes before food.

EYE EXERCISES

Eyes is the most complex organ of human the body. Our eye is the fastest contracting muscle in the body. Today in the fast paced world, most of the people sit and work for hours in front of digital devices. As a result of this, eye problems are increasing. Yogic eye exercises done at a young age(also called eye yoga) are movements that claim to strengthen and condition the muscles in your eye structure. As a result, it reduces eye strain, improves your eyesight, and prevents dryness.

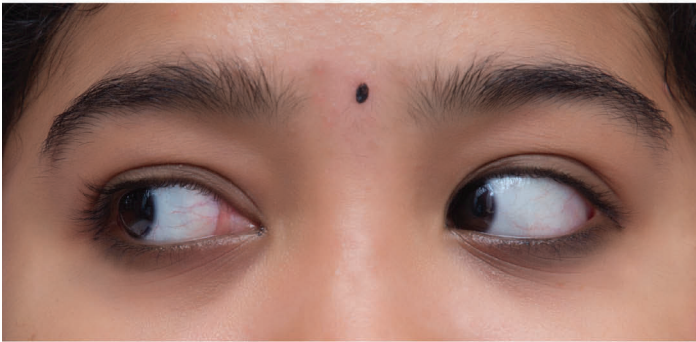
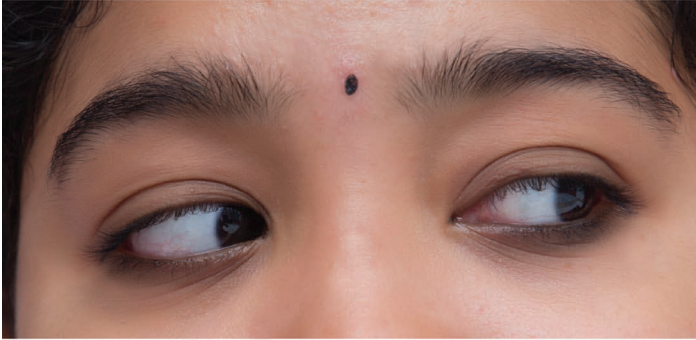


Slow Movement 5 Times





Slow Movement 5 Times

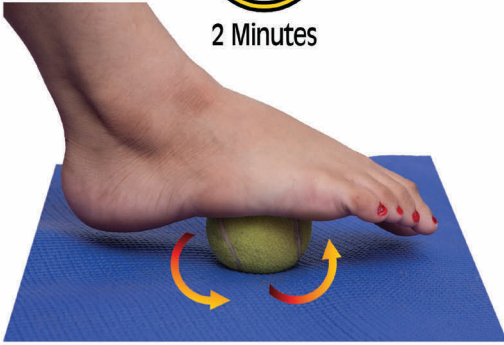


HEEL PAIN

Why do my heels hurt in the morning? This is a common question among many people especially women. We need to understand that the heel is a padded cushion of fatty tissue and strongest muscle tendon that connects calf muscles to the heel bone. The most common causes of heel pain is frequent activity like running (or) walking (or) standing for a long time. It causes an ache tendon to tighten. Proper stretching of these muscles helps to cure heel pain. Yoga exercises help to stretch and strengthen the calf muscles and relieve heel pain.



2 Minutes



30 Seconds
2 Times





60 Seconds



SUPER BRAIN YOGA

Superbrain Yoga is a type of yoga which stimulates the acupressure points in your earlobes. This sends electrical signals to the brain, thus stimulating it and boosting cognitive clarity. The result is a sharper and calmer mind, better performance in school/work and anything else that involves learning, retention, and recall. Superbrain Yoga, for kids and adults alike, boosts electrical activity in the brain and gets it up and running. Your brain is like a muscle and essentially, this type of yoga stimulates it and gives it a workout. It is gentle, easy-to-do, and it doesn't take a lot of time either. Any energy locked away in your lower extremities gets channelled upwards, going right to your brain and boosting its functioning.



10 - 20 Seconds





5 Seconds 10 Times



**PAIN MANAGEMENT
THROUGH YOGA**

Shoulder Pain

It might surprise us to know that our whole shoulder is barely connected to the rest of our skeleton. The only bony connection between our shoulder and our skeleton is via our collarbone. The loose connections result in the shoulder joint being one of the most mobile in our body. That's why it's designed to do more. Our muscles have an important part to play in allowing our shoulder to move and stay stable. Overuse, poor shoulder posture, makes the muscles get weaker. Keeping the muscles strong and stable becomes vital to attain pain free movement. These are the simple yoga asanas that help to prevent shoulder joint injury by strengthening the muscles. Make sure these asanas are done within your comfort level. Don't force yourself. Stay in each posture for 5 secs up to 20 seconds.





20 Times



15 - 20 Seconds

Knee Pain

Keeping our joints healthy, allows us to walk, run, jump, play sports and do other things at will. They are the biggest and strongest joints in our body and we use them almost constantly. Moderate exercise is an excellent way to help protect our own knee joints. Building up the muscles around our knees helps us to reduce the stress on our joints. These are the simple exercises to protect or relieve knee pain. Do these postures very slowly. Stay in each posture for 10 to 30 sec.



15 - 30 Seconds





15 - 30 Seconds
(2 Times) A+B



(A)



(B)



15 - 30 Seconds



Back Pain

Most people have experienced back pain at some point in their lives. Sometimes the pain goes away in a few days but sometimes it lasts for a few weeks. Unsupported postures cause the loads on your spine to disperse incorrectly, weakening the tissues on your lower back. As a result the intricate network of muscles, discs and joints on your back tend to be pushed beyond their tolerance limit, causing pain. Likewise, a sudden injury from lifting a heavy object incorrectly may cause immediate back pain and dysfunction. What can I do for relief, when I have hurt my lower back? This is a common query. Here are a few exercises and stretches to relieve (or) to avoid back problems. Make sure that you are doing all these postures in normal breathing by counting outside so that you are not holding your breath. Stay in the same posture for 5 sec or up to 20 sec.



10 - 20 Seconds





15 - 30 Seconds





15 - 30 Seconds





5 - 10 Seconds
(10 Times)



Neck Pain

Pain in the neck (or) back of the head is very common among people nowadays. Many people experience neck pain (or) stiffness occasionally. In many cases it's from poor posture (or) overuse (or) when we sleep in an unusual position. A common cause of neck pain is muscle strain (or) tension. Usually, everyday activities are the cause like bending over to watch mobile phones for hours, hunching in a poor posture while watching TV (or) reading/sleeping in an uncomfortable position. Usually, we can treat minor neck pain at home. These are the following yoga exercises/postures that help us to improve postures, relieve pain and strengthen our neck muscles.



10 - 15 Seconds





10 - 15 Seconds
Apply Pressure





10 - 15 Seconds
Apply Pressure



TOP 7 LIFESTYLE HABITS

1. Take a bath immediately after waking up, to stay away from cold related disorders.
2. Consume a teaspoon of pasumanjal to keep your body free from impurities.
3. Drink lemon juice without adding anything to it, to stay hydrated.
4. Always keep the people around you positive. Make sure you speak (or) help positively.
5. Find out what makes you happy and make sure you practice it for at least 15 mins. a day.
6. Do breathing exercises at night to bring down your stress. Sleep is the best medicine in the world.
7. Don't have permanent enmity with anyone.

First try taking 2 points at a time to implement for the first 30 days in order to lead a healthy and happy life.

PRANAYAMA

Do you know there is a miracle pill which could reduce pain, your stress, anxiety, depression, improve your sleep, boost your immune system and regulate hormones. Pranayama is the right science of breathing, where deep, regulated and rhythmic breathing are done along with mental purification. Our breathing is a fragile vessel that carries us from birth to death. You know our human body is designed to work on one basic principle that's the oxygen we breathe. Each and every cell of our body needs oxygen to carry out various functions. If our cells do not get proper oxygen, it becomes diseased. That is why yogic breathing is slow and rhythmic. This helps to absorb more oxygen and helps to resolve and prevent diseases. Many people criticise yoga for slow breathing. But we need to understand that most of the fast-paced animals have a short life span. For example, a tiger has nearly 12 to 20 years, whereas a tortoise, one of the slowest animals has a life span of 120 years. That's why the sages propagated yogic breathing. Our nose is the first organ designed to protect us from foreign particles. Normal breathing has a lot of benefits. It helps to inhale more oxygen, dilate blood and boost immunity. Many people practice pranayama only during yoga sessions, but it should be done twice a day. These were written in the book *Thirumoolar Thirumandram*, 3000 years ago.

Henceforth practice *pranayama* twice a day and enjoy the amazing benefits



Breathing exercise

Do these breathing exercises daily in the morning and night before going to bed:-

1. Right Hand on Left shoulder Breathing

1. Sit straight, your spine should be erect, sit in a comfortable position. Close your eyes and concentrate on breathing.
2. Place right hand on left shoulder and other hand on your belly just below your ribs.
3. Take a deep breath, then slowly exhale (when you inhale abdomen should come out when you exhale abdomen should go in).
4. Repeat this breathing 5 times.

2. Left Hand on Right shoulder Breathing

1. Place your left hand on right shoulder
2. Take a deep breath
3. Repeat this breathing 5 times



Both Hands Breathing

1. Sit in a comfortable position with your spine straight. You can even sit on a chair, close your eyes and concentrate on breathing.
2. Now place your right hand on your left shoulder and left hand on your right shoulder.
3. Take a deep breath through your nose and then slowly exhale through your nose.
4. Repeat this 5 times.



Breathing with lifted hands

1. Sit in a comfortable position with your spine straight and close your eyes and concentrate on breathing.
2. Join your palms, keep your arm straight and slowly raise your arms over your head. Inhale through your nose and slowly exhale and put your arms down.
3. Repeat this 5 times.



Alternate Nostril Breathing

1. Sit in a comfortable position with your spine straight. Close your eyes and concentrate on your breathing.
2. First close your right nostril with right thumb, then slowly inhale through left nostril. After inhaling, release your thumb and close the left nostril with your ring finger and exhale through right nostril.
3. After exhaling again inhale through the right nostril and close your right nostril and exhale through left nostril.
4. Repeat this cycle 5 times.



Modified Bramari Pranayama

1. Sit in a comfortable position. Sit erect and close your eyes and concentrate on your breathing.
2. Now inhale through nose and take a deep breath. While exhaling produce *hmm* sound like a bee. Keep your mouth closed and breathe out slowly through your nose.
3. Repeat this 5 times.
