

PRANAYAM

PADMASAN POSITION (OR SUKHASAN)

PROVEN SET OF DAILY EXERCISES FOR MAINTAINING OPTIMUM HEALTH & BMI

1.	BUTTERFLY – 40 TIMES.	
	DURING BUTTERFLY FULL EXHALE, MOOLABANDH (MB) (PERENNIUM LOCK), UDDIYANA BANDH (UB) (STOMACH LOCK), JALANDHAR BANDH (JB) (NECK LOCK), HOLD FOR 7 SECONDS, RELEASE BANDHS, BREATH NORMAL – 3 TIMES.	1 Mt.
2.	MUSCULAR STOMACH ROLL – 60 TIMES (TOP TO BOTTOM)	1 Mt.
3.	KAPAL BHATTI	
3.1	HANDS ON KNEES IN GNAN MUDRA, SHORT-SUDDEN-FORCEFUL EXHALE THROUGH NOSTRILS WITH SOUND - SUCK IN DIAPHRAGM – NORMAL BREATH IN BETWEEN EXHALING – 40 TIMES	1.5 Mts
3.2	SLOW LONG DEEP BREATH IN – SUCK IN DIAPHRAGM – MB, UB, JB – HOLD 7 SECONDS, RELEASE BANDHS, SHORT – SUDDEN FORCEFUL EXHALE THROUGH NOSTRILS WITH SOUND – 5 TIMES	1 Mt.
3.3	SUCK IN DIAPHRAGM, LONG FORCEFUL EXHALE THROUGH NOSTRILS MB, UB, JB HOLD 7 SECONDS, RELEASE BANDHS, NORMAL BREATH IN 5 TIMES.	1 Mt.
3.4	INHALE, EXHALE-SHORT PULSATING DEEP FROM DIAPHRAGM WITH STOMACH PULLED IN – 60 TIMES.	1.5 Mts
4.	ANULOM – VILOM – 20 CYCLES.	
4.1	INHALE LEFT NOSTRIL - EXHALE RIGHT NOSTRIL - INHALE RIGHT NOSTRIL - EXHALE LEFT NOSTRIL - CLOSE ALTERNATE NOSTRILS WITH THUMB OR RING AND SMALL FINGER OF RIGHT HAND. KEEP FORE AND MID FINGERS FOLDED OR STRAIGHT.	3 Mts.
5.	OMKAR	
5.1	CLOSE EARS WITH THUMBS - CLOSE EYES WITH MID AND RING FINGERS OF RELEVANT HAND - DEEP INHALE THROUGH NOSTRILS. SLOW EXHALE THROUGH NOSTRILS WITH “OM” SOUND FROM THROAT, WITH MOUTH CLOSED - 5 TIMES.	1 Mt.
5.2	DEEP INHALE THROUGH NOSTRILS - SLOW EXHALE THROUGH OPEN MOUTH WITH “O” SOUND FROM THROAT, 50% & “M” SOUND WITH MOUTH CLOSED, 50% - 5 TIMES	1 Mt.
6.	PULL IN STOMACH, LIFT DIAPHRAGM, BREATH IN LONG BREATHS WITH SOUND FROM THROAT MB, UB, JB, HOLD 7 SECONDS, RELEASE BANDHS. EXHALE THROUGH LEFT/RIGHT NOSTRILS-ALTERNATIVELY CLOSING OTHER NOSTRIL WITH THUMB OR FOREFINGER OF RIGHT HAND 3 TIMES EITHERSIDE.	1 Mt.
7.	GOLD NUGGET	
	ONE HAND ON STOMACH - OTHER ON CHEST – FORCEFUL EXHALE, PULL IN STOMACH, DIAPHRAGM APPLY MB, UB, JB AND HOLD 30 SECONDS- RELEASE JB ONLY TAKE SHORT QUICK SUPERFICIAL BREATHS (INHALE & EXHALE) 1 TO 2 MINUTES WHILE CONTINUING MB AND UB. RELEASE MB, UB AT END OF BREATHING.	2.5 Mts
8.	AFTER COMPLETION, RUB PALMS TOGETHER AND LIGHTLY PRESS PALM OVER CLOSED EYES BEFORE OPENING – 7 SECONDS – ONCE.	½ Mt.
	Total	16 Mts
	Say:	20 Mts
