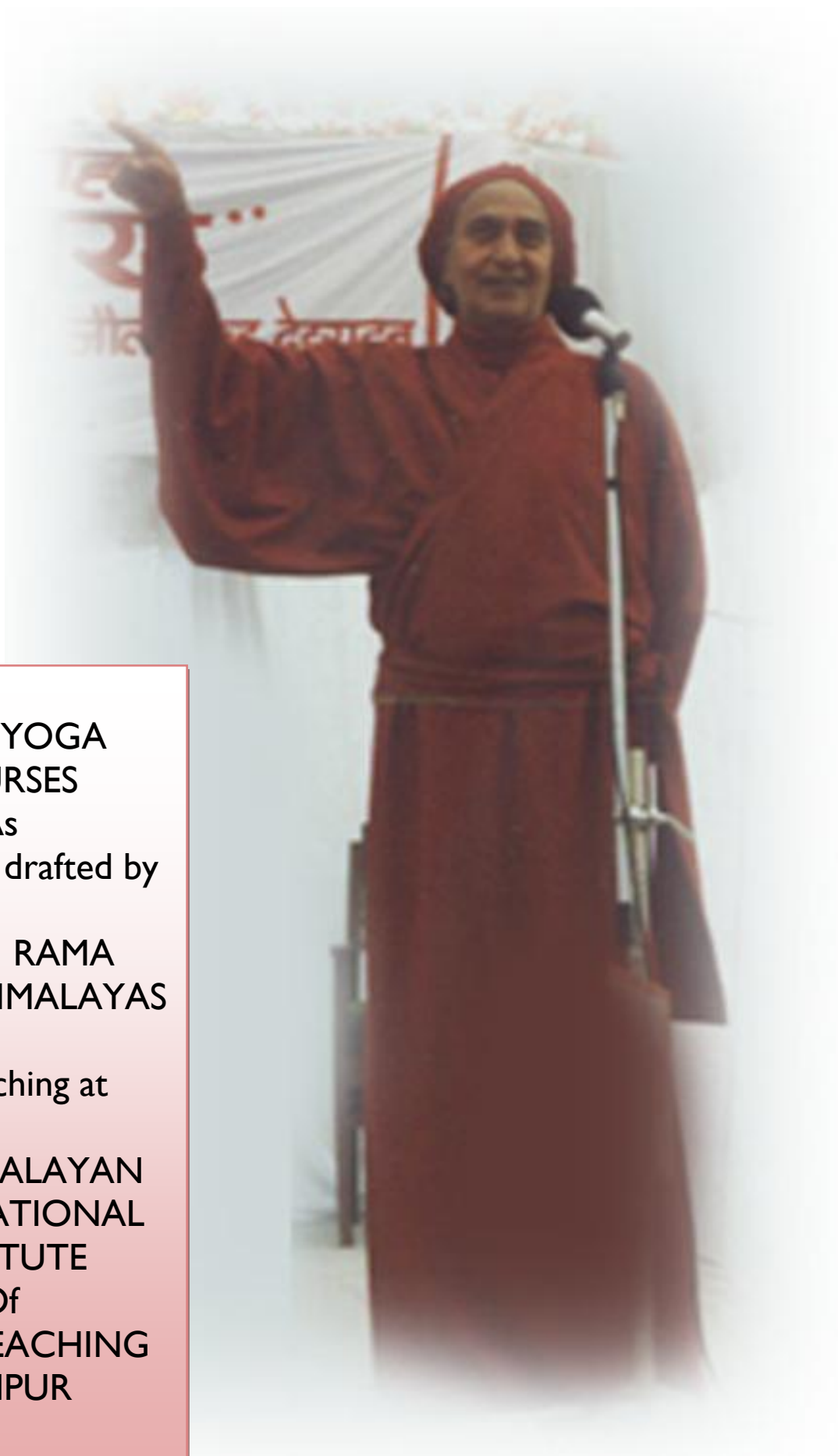


**BASIC YOGA
COURSES**
As
Personally drafted by

**SWAMI RAMA
OF THE HIMALAYAS**

for teaching at

**THE HIMALAYAN
INTERNATIONAL
INSTITUTE
Of
YOGA TEACHING
KANPUR**



UNIVERSAL PRAYER

Asto ma sad gamaya
Tamso ma jyotir gamaya
Mrityor ma amritam gamaya

Om Saha navavatu
Saha nau bhunaktu
Saha viryam karavavahai
Tejasvinavadhi tamastu
Ma vidvishavahai

Om Shanti Shanti Shanti Om

Om may Braham protect us (Teacher and student) both
May Braham nourish us both
May we both acquire energy (as a result of this study)
May we both become illumined by this study
May love and harmony prevail between us

Om Peace Peace Peace

Om purnamidah Purnamidam Purnat Purnamudachayate

Purnasya Purnamadaya Purnamevavashiyate

Om Shanti Shanti Shanti

Om, The invisible (Braham) is the Full
The visible (The world) too is the full
From the Full (Brahman the full (visible Universe) has come
The Full (Brahman) remains the sam
even after the full (the visible universe) has come out of the full (Brahman)

Om Peace Peace Peace

COURSE NOTES
FOR YOGA CLASS

Conducted by:

**HIMALAYAN INTERNATIONAL INSTITUTE OF YOGA SCIENCE
AND PHILOSOPHY**

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**FIRST COURSE
JOINTS AND GLANDS EXERCISE**

General Instructions:

Practice daily, be regular, always move slowly with concentration on your movements. Try to be aware of the breath at all times and unless otherwise specified keep the breath even. Repeat all exercise three times but avoid going beyond your capacity, when you feel strain stop and relax, then proceed more gently.

EXERCISE OF THE FACE:

1. Face Massage: Use the mount of Luna on your hand. Start from the chin and move upwards massaging gently in a circular movement, clockwise and anti clockwise. Massage the entire face, following the bony structure of the mouth, cheeks and forehead, smoothing the muscles and the skin.

Do not massage so hard as to cause sensation of burning. This massage smoothes out wrinkles resulting from continuous tension in the face. Massage similarly, the back side of your head but a little harder. Start from the neck area.

2. Upper Sinus Massage: Make a loose fist with both hands, and using the second joint hand (lower bone) of the thumbs, massage the forehead in a

circulate movement, clockwise and anti-clockwise. Start from the center of forehead and gradually move outwards. Follow the bony structure around the eyes and end across the temples.

3. Lower Sinus Massage: Next, use the first joint bone of the thumb (first from top) and

gently massage the rim of the eye socket in a circular movement, clockwise and anti-clockwise. Start from the center of eye brows and moving along the complete rim reach the nose, revert back and end across the temples.

CARE: Eyeball should not be massaged.

4. Massage to remove mucus from the sinuses: Make a formation of first two fingers. Press hard and slide your fingers from the center of eyebrows to the ears. Do three times.

Repeat the exercise starting from the center of nose and ending at the ears. Do 3 times.

This massage helps break up and loosen any mucus obstruction in the nasal sinuses.

5. Stretching of the forehead: Keeping the eyes closed and the head stationary, raise the eyebrows slowly without any jerks of quick movements as high as you can. Create tension and wrinkles on the forehead. Hold for five seconds. Slowly lower the eyebrows, releasing the tension from the forehead.

EXERCISE OF GUMS:

1. Pressing of jaws (3 times): Press the jaws gently and gradually, give full pressure and remain in this position for minimum five seconds. Then slowly relax.
2. Pressing of front teeth (3 times): Press the front teeth gently and gradually, give full pressure and remain in this position for minimum five seconds. Then, slowly relax.

EXERCISE OF MOUTH:

To all these gesture remain in each gesture for minimum five seconds with three seconds gap between each gesture.

1. Stretching of the mouth (2-3 times): Open your mouth as wide as possible and look up the whole face should be stretched. Relax and come to normal position.
2. Stretching of the mouth with teeth covered (2-3 times): Same as (1) but with teeth covered by lips.
3. Stretching of the mouth with tongue outside (Lion Pose): Same as (1) but while opening the mouth (as wide as possible) thrust the tongue out and down, trying to touch the chin.
4. Stretching of the mouth with tongue outside and teeth covered (2-3 times): Same as (3) but with teeth covered by lips.
5. Pouting of lips forward (2-3 times): Close the mouth, now curl both lips forward. Relax completely.

REMOVE THE TENSION OF THE FACE BY PALMS

EXERCISE OF THE EYES:

Keep the head stationary and facial muscles relaxed in the following eye exercise. For several seconds after each variation, relax the eyes by gently closing them. All eye exercises are done three times in each direction or to your capacity.

1. Vertical movement: Start with the eyes straight forward, then slowly turn the eyes toward the ceiling. Feel the stretch in the eye muscles. Hold for few seconds and then slowly come back to normal position.

Look down in the same manner and again return to the normal position. Always balance what you do on one side by doing the same thing to the opposite side, holding for the same length of time in each direction. Relax by closing the eyes.

2. Sideways Movement: Slowly turn the eyes to the left as far as possible. Eye should be fully open. Hold for a few seconds and slowly come back to normal position. Look to the right in the same manner and again return to normal position. Then relax by closing the eyes.

3. Diagonal Movement: Look to the upper left hand corner. Hold for a few seconds and then bring the eyes back to normal position. Look to the lower right hand corner and return the eyes to the normal position.

Look to the lower left hand corner. Hold for a few seconds and return to the normal position. Look towards the upper right hand corner and again come back to the normal position.

4. Rotation of the eyes: First look downwards, then start the eyes rolling in a clockwise motion making a complete circle. Reverse the process moving the eyes in the anti-clockwise direction. The movements should be slow and free from jerks. Relax by closing the eyes.
5. Blink and press: Blink the eyelids as rapidly as you can then press the eyelids together for a few seconds.
6. Palming of the eyes: Cover both eyes with your palms. Gently do palming of the eye cups taking care that only palm centers will touch the eye lids and not the mounds.
7. Opening the eyes in darkness: Cover both eyes with your palms such that the eyes see complete darkness. Remain in this state for some time (eyes may be open or closed) open your eyes and gradually move the palms away.

EXERCISE OF NECK:

Note: If these exercises are being done in the morning gently massage the back of the neck first, to remove stiffness and then proceed.

The starting position for all the neck exercises is the same, stand with the head, neck and trunk straight, facing forward. The shoulders should not move in any of the neck exercises only the neck and the head should move.

Note: Maintain each of these neck exercises for minimum five seconds.

1. Forward and backward stretching of the neck (2-3 times): Keeping the shoulders stationary, exhale and thrust the chin and head as far forward as possible, keeping the mouth closed and the teeth together. Inhaling, slowly come back to the center, then moving the head back, touch the chin into the neck, forcing an extreme double chin. Exhale and relax returning to the normal position.

2. Forward and backward bending of the neck (2-3 times): Exhale slowly bringing the head downwards taking the chin toward the chest. Feel the stretch of the muscles in the back of the neck. Inhale slowly lifting the head up and back stretching the muscles of the front of the neck. With an exhalation slowly return to the normal position.
3. Sideways bending of the neck (2-3 times each side): With an exhalation bend the neck trying to touch the left ear to the left shoulder. Inhale, come back to the normal position. Exhaling, bend the neck in opposite direction trying to touch the right ear to the right shoulders. Again inhale, come back to the normal position and relax. Only the head and neck should move. The shoulder should not be raised to meet the ear.
4. Twisting of the neck (2-3 times): with an exhalation, turn the head as far to the left as possible and try to bring the chin in line with the shoulder. Inhale and bring the head back to the normal position. repeat in the same manner on the right side.
5. Rotation of the neck (2-3 times): Lower the chin to the chest and slowly begin to rotate the head in a clockwise direction. Inhale while lifting the head up and back and exhale when bringing it forward and down. Reverse and rotate the same number of times in the opposite, counter clockwise direction. The head, neck and body should be relaxed, allowing the head to rotate freely and loosely.

EXERCISE OF THE SHOULDERS:

1. Overhead stretching of shoulders: Stand erect, feet firmly on floor. Inhaling and raising the shoulders stretch the arms straight above the head and clutch the palms together. without lifting the heels, stretch up toward the ceiling as high as you can, stretching the shoulders, thorax region and lumbar vertebra. Press the palms together and upper arms against the ears. Feel as though you are touching the sky. Hold the breath in stretched position. Exhaling then, slowly bring your hands down and come to normal position.
2. Rotation of hands (2-3 times): Stand erect, arms at the sides and palms inwards. Inhaling, raise the right hand up in a circular manner, keeping it stretched. Exhaling, gradually bring it down from the back. While rotating the hand make a closed circle. The other hands, meanwhile, should be relaxed. Tilt the palm while rotating on the sides. Repeat the exercise with the left hand.

3. Shoulder rotation around its own axis without moving the hands.: Stand with the arms hanging loosely at the sides. Perform the following movement, both shoulders together.
 - a. Press the shoulders down.
 - b. Move them forward and in towards the center of the chest.
 - c. Move them up toward the ears.
 - d. Move them back trying to touch the scapula (shoulder-blades) together.

Come to normal position.

Rotate 3 times in the above sequence and then rotate in the reverse sequence same number of times.

Relax.

EXERCISE OF ELBOW JOINTS:

- a. Stand erect. Raise and stretch the arms straight out to the sides at shoulder level with palms stretched down.
- b. Exhaling, bend the elbows by stretching the biceps and bring the palms close together, fingers lightly touching, in front of the chest. The elbows remain at shoulder level. Hold the breath outside for a few seconds in this position.
- c. Inhaling, by stretching the elbow joints gradually straighten the arms at the sides, swinging them slightly back. Hold the breath inside for a few seconds in this position. Perform the above exercise with the following palm positions:
 - a. Palms front
 - b. Palms down
 - c. Palms in
 - d. Palms up

EXERCISE OF WRISTS:

- I. Movement of wrist joints: Stretch the arms out in front of you with the palms down and the arms in level with the shoulders. Hold the arms straight without movement. Keep the fingers straight and closed. Bending at the wrists only, move the palms in following manner:
 - a. Downward - Upward (3 times)
 - b. Outward – Inward (3 times)

2. Rotation (2-3 times): Rotate the hand at the wrists, the right hand in a clockwise direction and left hand in a counter-clockwise direction. Keep the arms straight and do not allow the forearms to move. Reverse and rotate the same number of times in the opposite direction. Repeat above exercise with closing fists.

EXERCISE FOR FINGER JOINTS:

1. Stretch the arms out in front of you with fingers straight and spread. Inhaling and bending the elbows, gradually contract your hands at the side and simultaneously closing the fingers into clenched fists. Then, gently lower your hand to the sides and relax.
2. Close and open the fingers without giving any strain in the following arm and palm position:
 - a. Arms stretched downwards.
 - b. Arms stretched sideways.
 - c. Arms stretched upwards.
 - d. Arms stretched out in front.

In each of the above arm positions close and open the fingers 4-5 times in each of the following palm positions:

- a. Palms in front
- b. Palms in
- c. Palms back
- d. Palms out

EXERCISE OF THE WAIST:

1. Forward and backward bending (2-3 times each side): Stand erect with the feet and toes joined together. Place the hands at the hips. Exhaling, bend forward making the body parallel to the ground look in the front.

Hold for sometime and inhaling, come to normal standing position. Then inhaling, bend backwards as far as possible. Hold for sometime and exhaling, return to normal position.

2. Sideways bending (2-3 times each side): Stand firm with the feet slightly apart. The legs should remain straight and the body in an even plane as though you are standing against a wall. Place the hands on the hips. Exhale

and bend at the waist to the right. Feel the muscle contraction at the right side of the waist and the stretch along the left side of the torso. Hold for sometime. Inhaling then come to normal position. repeat on the opposite side and relax.

3. Rotation: Stand erect with the feet 15-18 inches apart. Place the hands on the hips. Exhale and lean forward from the waist. Begin to rotate making a complete circle, bending in all directions as far as you can. Rotate three times in each direction.

4, 5 & 6. Bendings and rotation of waist with completely stretched arms:

Repeat exercises 1, 2, & 3 successively with the arms stretched up and hand clutched together above the head. In all bendings and rotations the head must remain between the arms.

EXERCISE OF THE KNEES:

1. Stretching of knee cap (patala bond) upwards: Stand with the feet spread slightly. Stretch and lift all the muscles of the thighs and around the knee caps of both the legs together, raising the knee caps. Relax and let them fall back into place.
2. Movement of the knee joints (cycling movement): Stand firm and place the hands on the waist. Raise the feet above the floor and do cycling motion first from forward to backward and then from backward to forward. Relax and repeat with the right leg.
3. Half sit-up and the toes (2-3 times): Spread the feet about a feet apart and stretch out the arms in front with palms facing downwards. Raising your heels, thus balancing on the toes. Gradually bend the knees and come into a half sit up pose. The head, neck and trunk must be in one straight line. Breathe normally. After a few seconds come to normal standing position.
4. Rotation of the Knees (2-3 times): Stand erect with the hands on the waist. Keep both feet and toes close together and join the knees. Then rotate the knees in clockwise and anti-clockwise direction, number of rotations being same in both directions.

EXERCISE OF THE ANKLES:

1. Stand erect with the hands on the waist. Keep the left leg straight and lift it six inches above the floor. Stretch your ankle downwards, then upwards, then inwards, then outwards, minimum two times each. Repeat the same above exercises with the right foot.

EXERCISE OF THE TOES:

- I. Stand straight with the feet together and the hands on the hips. Inhale and raise up onto the toes as much as you can (to the tip of toes). Come to normal. Repeat twenty times.

ENDURANCE EXERCISE:

Jogging on the toes (without producing sound): Jog on the toes, raising the knees as high as you can, keeping the toes forward.

Relax in corpse posture

NOTES

**HIMALAYAN INTERNATIONAL INSTITUTE OF YOGA
SCIENCE AND PHILOSOPHY**

II COURSE LIGHT POSTURES

(A) STANDING POSTURES

1. Prahamasana (Salutation Posture)
2. Tadsana (Palm – Tree Posture)
3. Urdhvahastasana (Raised Hands Posture)
4. Padahastasana (Hand to Feet Posture)
5. Uttitha Ekpadasana (Raised one-legged Posture)
6. Uttitha Ekpada Angushthasana (Hand Toe Tip Posture)
7. Konasana (Angle Posture)
8. Trikonasana (Triangle Posture)
9. Veerasana (Hero Posture)
10. Akunchan Prasaran (Squeezing & Expanding of Stomach)

(B) SITTING POSTURES

11. Vajrasana (Thunderbolt Posture)
12. Kurmasana (Tortoise Posture)
13. Gomukhasana (Cow's Head Posture)
14. Padmasana (Lotus Posture)
15. Uttithapadmasana (Raised Lotus Posture)
16. Padangushtanasagrasparshasana (Feet-to-nose Posture)
17. Janushirasana (Head-to-knee Posture)
18. Ushtrasana (Camel Back Posture)
19. Paschimottanasana (Posterior Stretching Posture)
20. Vakrasana (Inclined Posture)

(C) LYING POSTURES (ON BACK):

21. Uttitha-ekadasana (Raised one-legged Posture)
22. Uttitha-Dwipadasana (Raised two legged Posture)
23. Dwipadachakrasana (Both legged cycling Posture)
24. Pavanmuktasana (Air Free Posture)
25. Shirshbadh Merudandasana (Headlock Spinal Twist Posture)
26. Stambhasana (Hip Balance Posture)

(D) LYING POSTURES (ON STOMACH)

27. Bhujangasana (Cobra Posture)
28. Shalabasana (Locust Posture)
29. Naukasana (Boat Posture)
30. Dhanurasana (Bow Posture)
31. Makarasana (crocodile Posture)
32. Ardhasarvangasana (Semi-Pan-Physical Posture)
33. Matsyasana (Fish Posture)
34. Shavasana (Corpse Posture)

THIRD COURSE

(A) STANDING POSTURES:

1. Urdhva hastasana (Raised Hands Posture)
2. Hastapadsana (Hand to Feet Posture)
3. Konasana (Angle Posture)
4. Trikonasana (Triangle Posture)
5. Garudasana (Eagle Posture)
6. Natara jasana – First variation (Dancing Posture)
7. Utthita Ekpangushthasana (Standing-Holding Toe-Tip Posture)
8. Natarajasana – Second Variation (Dancing Posture)
9. Utthita Ekpangashthasana (Standing-Holding Toe Tip Posture)
10. Akunchan Prasarana (Squeezing and Expanding of Stomach)
11. Agnisar Kriya
12. Uddiyana Bandha (stomach Lock)
13. Nauli Kriya

(B) SITTING POSTURES:

14. Supta – Vajrasana (Pelvic Pose Posture)
15. Supta – Kurmasana (Sleeping Tortoise Posture)
16. Maha Mudra
17. Ardha – Matsyendrasana (Semi-Spinal Twist Posture)
18. Shayanpaschimottanasana (Sleeping Posterior Stretching Posture)
19. Ardha baddha Padmasana (Semi Locked lotus Posture)
20. Yoga Mudra
21. Ushtrasana (Camel back Posture)

Note: If someone wishes to do Mudras for more than 3 minutes he should do them right in the end after performing all asanas but before Shavasana.

22. Purna buddha Padmasana (Locked Lotus Posture)
23. Samprasarana Bhunamanasana (Forward Head Hand Posture)

(C) LYING ON BACK POSTURES:

24. Halasana (Plough Posture)
25. Kamapidansana (Ear Pain Posture)
26. Ardha Chakrasana (Semi-Wheel Posture)
27. Stambhasana (Hip Balance Posture)
28. Sarvagrasana (Panphysical Posture)
29. Matsyasana (Fish Posture)

(D) LYING ON STOMACH POSTURES:

30. Bhujangasana (Cobra Posture)

31. Shalabhasana (Locust Posture)

32. Naukasana (Boat Posture)

33. Dhanurasana (Bow Posture)

Note: relax in Makrasana (Crocodile Posture) after each of the above for Postures:

(E) MISCELLANEOUS:

34. Mayurasana (Peacock Posture)

35. Vrischabhasana (Scorpion Posture)

36. Dwipada Madhya Shirshasana (Feet Stretched Head Stand Posture)

37. Shirshasana (Head Stand Posture)

38. Shavasana (Corpse Posture)

FOURTH COURSE

1. Surya Namaskar (Salutation to Sun)

2. Pranayama (Breathing Exercises) Kapalbhathi, Nadi Shodhan, Sheetal, Bhasrika, Chaturtha (Alternate Breathing)

3. Dhayana Meditation