

J.M.J COLLEGE FOR WOMEN [AUTONOMOUS] TENALI

Syllabus for Yoga

BASIC SET OF ASANAS			
NAME	TYPE/CATEGORY	BENEFITS	LIMITATIONS
1. ARDHAKATI CAKRASANA	Standing Cultural	Reduces fat in waist region, stimulates sides of the body. Give lateral bending to the spine, improves lever functions.	No limitations
2. PADA- HASTASANA	- Do-	Makes the Spine flexible, Strengthens the thighs. Helps Preventing constipation and menstrual problems. Improves digestion due to the contraction of the abdomen. Enhances blood flow to the head region.	People with Vertigo, Hypertension, Cervical Spondylitis, Cardiac problems & spinal problems to avoid this posture.
3. ARDHA CAKRASANA	- Do-	Makes the spine flexible, Stimulates the spinal nerves, Promotes circulation of blood into head. Strengthens the neck muscles. Expands chest and shoulders. Improves breathing.	People with Cardiac problem, those who have undergone recent abdominal surgery, Vertigo problems are to avoid this posture.
4. TRIKONASANA	- Do-	Helps in preventing flat foot, strengthens the Calf & thigh muscles, corrects back, strengthens the waist muscles and makes the spine flexible.	People who have undergone recent abdominal surgery, cardiac problem, slip disc/sciatica may avoid this posture.
5. PARIVRUTTA TRIKONASANA	-Do-	Gives rotational movements to the spine. Improves the functioning of Kidneys, strengthens the thigh muscles.	People with spinal problem, heart problems, severe hypertension may avoid this posture.
6. PARVA KONASANA	-Do-	Expands the thorax strengthens the thighs, prevents back pain, stimulates the intestinal peristalsis.	People with Cardiac problems may avoid this posture in the beginning days.

NAME	TYPE/CATEGORY	BENEFITS	LIMITATIONS
7. VAJRASANA	Sitting Meditative	Stimulates Vajra nadi at the ankles which increases the awareness, helping the meditation. Useful in cases of Varicose veins. Makes the ankles flexible and prevents flat foot. The only posture which can be performed even after heavy food.	People suffering from Rheumatic problems to avoid this posture.
8. SASANKA-SANA	Sitting Cultural	Enhance blood flow to the head, stimulates the brain, gives flexibility to the spine, ankles and knees. A good posture for breathing ailments.	Diabetic patients to avoid this posture.
9. SUPTA VAJRASANA	-Do-	Stretches the lumbar vertebra, stimulates the lumbar spinal nerves. Helps to overcome sciatica. Mobilises the hips, ankles and lower back. Helps in cases of Varicose veins.	Cardiac patients to avoid this posture.
10. PASCIMOTANASANA	-Do-	Gives flexibility to the back bone. Stimulates the spinal nerves and back muscles. Improves digestion, Energises the whole body. Removes constipation.	People with heart ailments, back problems and spondylosis should avoid this posture.
11. USTRASANA	-Do-	Makes the spine flexible. Increases circulation to the head region.	Those who have undergone any recent operation at the chest or abdomen, people with hernia problems, severe hypertension must be cautious.
12. PADMASANA	Sitting Meditative	Erects the spine. Its a symmetrical posture, brings stability to the mind.	No limitations.
13. YOGA MUDRA	Sitting Cultural	Energises the whole body by activating Mulabandha Cakra. Enhances blood flow to the head. Brings flexibility to the back and hips.	People with spinal problems may avoid this posture.

NAME	TYPE/CATEGORY	BENEFITS	LIMITATIONS
14. VAKRASANA/ ARDHA MATSYENDRA ASANA	Sitting Cultural	Lateral twist gives flexibility to the spine, tones up the spinal nerves. Helps to cure constipation dyspepsia, stimulates the pancreas and improves the lung capacity.	People who have recently undergone the abdominal surgery may avoid.
15. BHUJANGA SANA	Prone Cultural	Brings flexibility to the dorsal spine. Strengthens the spinal muscles. Reduces the abdominal fat Useful in management of bronchial problems and back problems.	Those who have undegone the abdominal surgery may avoid this Asana for 2 months.
16. SALABHASANA	-DO-	Helpful in managing sciat-ica and low back ache. Tones up the kidneys and hip muscles.	Cardiac patients may avoid this posture.
17. DHANURASANA	-Do-	Removes gastro intestinal disorders, stimulates and helps in slimming the whole body. Gives good stimulation to the back.	People with any health problem should be cautious while performing this Asana.Practice experts consultation after expert consultation.
18. VIPARITA KARANI	Supine Cultural	Relaxes the spinal muscles Reversed circulation effects the whole body. The posture used as Kriyas and Mudra. Helpful in curing constipation, G.I disorders and menstrual disorders.	Persons with cervical spondy-losis, hypertension and spinal problems must avoid this posture.
19. SARVANGA- SANA	-DO-	Stimulates and keeps the thyroid healthy. Influ-ences the pelvic organs. Useful in curing vericose veins, piles, hernia and menstrual disorders.	People with Cervical spondylosis, severe hypertension should not do this posture.
20. MASTYASANA	-DO-	Complementary to Sarvang- asana good for diabetes, Asthomatics and other respiratory problems.	Those who have recently under- gone any abdomi- nal or thoracic surgery should avoid this posture for 3 months.

NAME	TYPE/CATEGORY	BENEFITS	LIMITATIONS
21. HALASANA	Supine Cultural	Stretches and stimulates the back muscles, spinal joints and lumbar nerves. Enhances blood flow to the neck, effecting the thyroid. Keeps spine flexible.	People with any problem with the spine, hypertensives and those with the cardiac problems must avoid this Asana.
22. CAKRASANA	-DO-	Brings very good flexibility to the spine, stimulates and activates all parts of the body. Strengthens the arms, shoulders and legs.	Only those who are free from any kind of disease can perform this asana.
23. SAVASANA	Supine Relaxative	One of the most effective posture in relaxing the body and reducing the tension. It also calms down the mind. Hence the master remedy for all psychosomatic disorders.	No limitations.

hal
bid