

**CCRYN-Collaborative centre for Mind body intervention
through Yoga**

PGIMER, CHANDIGARH.

“TECH YOGA”

FOR

IIT, MANDI, HIMACHAL PRADESH

“SESSION -1”
(GENERAL YOGA SESSION)

S.NO	PRACTICE	DURATION
1.	STARTING PRAYER	
2.	LOOSENING EXERCISE: <ol style="list-style-type: none"> 1. Neck exercise (up and down, side bending, side twisting, rotation) 2. Shoulder Movements (Rotation- together and alternate) 3. Wrist movement 4. Spinal twisting 5. Side bending with leg spread 6. Hip rotation 7. Ankle movements 8. Jogging 	15 Min
3.	QUICK RELAXATON TECHNIQUE	5 min
4.	ASANA: Standing Asana <ol style="list-style-type: none"> 1. Tadasana 2. Ardhabhaktasana 3. Padahasthasana Sitting Asana: <ol style="list-style-type: none"> 1. Dandasana 2. Vajrasana 3. Vakrasana Prone Asana: <ol style="list-style-type: none"> 1. Makarasana 2. Bhujangasana 3. Shalabhasana Supine Asana: <ol style="list-style-type: none"> 1. Uttanpadasana 2. Pawanmuktasana 3. Shavasana with relaxation 	20 min
5.	OM CHANTING	(5 ROUNDS)
6.	CLOSING PRAYER	

“SESSION-2”

1. **LOOSENING EXERCISE:** All the Practices will be done with the breathing.

S.NO	PRACTICE	DURATION
1.	Neck exercise (up and down, side bending, side twisting, rotation)	3 min
2.	Shoulder Movements (Rotation- together and alternate)	2 min
3.	Elbow exercise	1 min
4.	Wrist movement	2 min
5.	Spinal twisting	2 min
6.	Side bending with leg spread	2 min
7.	Hip rotation	2 min
8.	Hip Joint movement (front and back, sideways)	2 min
9.	Knee movements	2 min
10.	Ankle movements	2 min
11.	Jogging	4 min

2. **BREATHING PRACTICES**

S.NO	PRACTICES	DURATION
1.	Hand in and out breathing	1min
2.	Hand stretch breathing	1 min
3.	Ankle stretch breathing	1 min
4.	Dog breathing	2 min
5.	Tiger breathing	2 min
6.	Rabbit breathing	2 min
7.	Abdominal breathing	1 min
8.	Chest breathing	1 min
9.	Clavicular breathing	1 min
10.	Yogic Breathing	2 min

3. **PRANAYAMA/ KRIYA SESSION:**

S. NO	PRACTICE	DURATION
1.	Kapalbhati kriya	60 stroke *1 rounds
2.	Bhastrika	30 stroke *1 rounds
3.	Sheetali	10 rounds
4.	Sheetkari	10 rounds
5.	Sadanta	10 rounds
6.	Surya bhedan	10 rounds
7.	Chandrabhedan	10 rounds
8.	Ujjayi	10 rounds
9.	Anulom- Vilom	10 rounds
10.	Bhramari	10 rounds

“SESSION -3”

STRUCTURE OF CYCLIC MEDITATION PRACTICE (Ideally it Takes 40-50 min)

***EXPLAIN THE SESSION BEFORE STARTING IT.**

I. Savasana & starting prayer. (Laye sambodhayet cittam.....)

II. I. R. T.

Relaxation

III. Tadasana (from the left side)

IV. Centering.

V. Standing postures

* Ardhakati cakrasana (from both sides)

* PadahastasanaM---kar

Stimulation

* Ardha cakrasana.....A....kar

VI. Savasana (from right side)-Q. R. T.

Relaxation

VII. Legs stretch sitting position (with the help of elbows & palms)

VIII. Sitting postures.

* Vajrasana

* Sasankasana.....M-kar

Stimulation

* Ustrasana..... A-kar

IX. Savasana (with the support of elbows & palm) d. R. T. **Relaxation**

X. Any comfortable sitting position.... & closing prayer.

(Serve bhavantu sukhinah.....)

TIPS TO THE PRACTITIONERS.













1. All the asanas are performed very slowly & in tune to the instructions. It is much slower than the way we do in Yogasanas session.
2. Normal breathing goes on throughout the practice.
3. Final position of the asanas will vary from person to person & is not very important.
4. Stretching should be maximum to a region of pleasurable pain.
5. Eyes remain closed throughout the practice once you have learnt the full technique.
6. Feel all the changes going on in the body-mind complex. The more your able to feel them, the deeper will be the relaxation to your body & greater will be the silence of the mind.

“SESSION-4”

“SURYANAMASKAR”

(12 Step Surya namaskar- 10 ROUNDS)



CHAIR SURYANAMASKAR (5 ROUNDS)					
1	Namaskar		2	Ardha-Chandra Asana	
3	Sasankaasana		4	Aswasanchalana Asana	
5	Pavanamukth Asana		6	Ardha-Chandra Asana	
7	Sasankaasana		8	Aswasanchalana Asana	
9	Pavanamukth Asana		10	Ardha-Chandra Asana	
11	Sasankaasana		12	Ardhachandra Asana	

- DRT
- OM Chanting – 9 rounds
- Ending Prayer

“SESSION-5”

“MIND SOUND RESONANCE TECHNIQUE (MSRT)”

1. Prayer
2. a) Ahata (Loud) chanting of A, U, M.
b) Anahata (Silent) chanting of A, U, M.
3. a) Ahata (Loud) chanting of Maha Mrityunjaya mantra (MM)
b) Anahata (Silent) chanting of Maha Mrityunjaya mantra (MM)
4. Anahata of OM
5. Japa-Ajapa of OM
6. Stay in Silence
7. Resolution
8. Ending prayer

“SESSION- 6”
(COMMON AILMENTS)

S.NO	PRACTICE	DURATION
1.	STARTING PRAYER	
2.	LOOSENING EXERCISE: <ul style="list-style-type: none"> • Neck exercise (up and down, side bending, side twisting, rotation) • Shoulder Movements (Rotation- together and alternate) • Wrist movement • Spinal twisting • Side bending with leg spread • Hip rotation • Ankle movements • Jogging 	16 Min
3.	INSTANT RELAXATON TECHNIQUE	3 min
4.	ASANA: Standing Asana <ol style="list-style-type: none"> 4. ArdhaKati chakrasana 5. Trikonasana 6. Veerbhadrasana Sitting Asana: <ol style="list-style-type: none"> 4. Padmasana 5. Ardhaushttrassana/Ustrasana 6. Paschimottanasana Prone Asana: <ol style="list-style-type: none"> 4. Bhujangasana 5. Shalabhasana 6. Dhanurasana Supine Asana: <ol style="list-style-type: none"> 4. Uttanpadasana 5. Setubandasana with folded legs 6. Shavasana with relaxation 	20 min
5.	OM CHANTING	(5 ROUNDS)
6.	CLOSING PRAYER	

“SESSION-7”
(OM MEDITATION)

1. Starting Prayer
2. Kapalbhata Kriya
3. Nadishuddhi Pranayama
4. Sadanta Pranayama
5. Bhramri Pranayama
6. Dharna on OM (Do with chanting of OM with imagination)
7. Silence
8. Resolution
9. Ending Prayer

“SESSION- 8”

(COMMON YOGA PROTOCOL)

S.NO	PRACTICE	DURATION
1.	Prayer	
2.	Loosening exercise: <ul style="list-style-type: none"> • Neck exercise • Shoulder movement • Trunk movement • Knee movement 	15 MIN
3.	YOGASASNA: Standing asana <ul style="list-style-type: none"> • Tadaasana • Vrikshasana • Pada- hastasana • Ardha- chakrasana • Trikonasana Sitting asana: <ul style="list-style-type: none"> • Bhadrasana • Vajrasana • Ardhastrasana • Ustrasana • Sasankasana • Uttanmadukasana • Vakrasana Prone asana: <ul style="list-style-type: none"> • Makrasana • Bhujangasana • Shalabhasana Supine asana: <ul style="list-style-type: none"> • Setubandhasana • Uttanpadasana • Halasana • Pawanmuktasana • Savasana 	20-25 MIN
4.	KRIYA: Kapalbhati	3 MIN
5.	PRANAYAM: <ul style="list-style-type: none"> • Anulom- vilom (alternate nostril breathing) • Sitali Pranayam • Bhramri 	10 MIN
6.	DHYAN	5 MIN
7.	SANKALPA(Resolution)	1 MIN
8.	SHANTI MANTRA	1 MIN

“SESSION- 9”

“DEEP RELAXATION TECHNIQUE (DRT)”

1. Relax each specific part of the body from the tip of the toes to the waist, followed by chanting ‘A’.
2. Relax each body part from the waist to the neck, followed by chanting ‘U’.
3. Relax head and neck, followed by chanting ‘M’, the last part of ‘A-U-M’.
4. Let the body collapse on the ground with a feeling of ‘letting go’, chanting the whole word, ‘AUM’.
5. Let oneself feel apart from the physical body, aware of expansion, and merging with a limitless space like the sky.
6. Supine Rest (SR): the subject lies supine, with legs apart, hands, palms up, away from the sides of the body, eyes closed; no instructions are given.

NADANUSANDHANA (POINTS TO NOTE)

Different sounds like A, U, M, A-U-M combine are produced loudly so that they generate a fine resonance all over the body. (Resonance will occur only when the natural frequency of the body matches with the induced frequent [chanting]). These resonant sounds act as stimulation & the post-resonance silence deepen the awareness and releases even very subtle tensions. Therefore, while producing different sounds (A, U, M, A-U-M combine) try to adjust the pitch in such a way that a fine resonance is achieved.

