

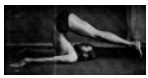




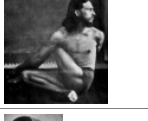




Asana and Pranayama Practice Chart

Padmasana and siddhasana are mainly for japa and meditation. Recommend sitting in them while sitting in your normal activities at home to increase flexibility. Sitting in vajrasana for about 10-15 minutes after your meal helps digestion.

		From time	To time	Times
Suryanamaskar		8-10 cycles	20 cycles	
(More a well-rounded system of exercise, it is recommended before the asana routine)				
	Sirshasana (You can go longer if inclined)	1 minute	3 minutes	2
	Sarvangasana (You can go longer if inclined)	1 minutes	3 minutes	2
	Matsyasana	1 minutes	3 minutes	2
	Halasana	1 minutes	3 minutes	2
	Pachimotasana	1 minutes	3 minutes	2
	Mayurasana	5 seconds	30 seconds	2
	Bhujangasana	30 seconds	1 minute	2
	Salabhasana	10 seconds	45 seconds	2
	Dhanurasana	30 seconds	2 minutes	2
	Ardhamatsyendrasana	1 minute	2 minutes	2
	Padahastasana	1 minute	2 minutes	2
	Savasana	1 complete relaxation		
Pranayama		10 cycles	20 cycles	