

## Our Yog Class list of Asans

This is a list of asans of our Yog class. Your help in improving and making it complete is highly appreciated. A set of asans is specific to a person that depends on his/her physical and mental status. For this reason, every Bandhu practices a subset of these asans exclusively selected for him/her. I request every Bandhu to remember the name of these asans. Please let me know if I have missed to include some asans of every category.

I have described some benefits of each asan listed in this document. You can find complete benefits on the internet and on other authentic sources.

Each asan has a set of variations. In this list mostly the main asan is listed and its variations are taught in the class. The list of asans is divided into three categories: Standing, sitting, and lying down. The basic order of asans is given; however, the order may be revised for some Bandhu depending upon their physical condition and strength. The entire session flows as follows. The session starts every Sunday from 9:30 am and finished at 10:45am.

1. Surya Namaskaar
2. Hand and palm exercise
3. Savasan
4. Standing asans
5. Sitting down asans
6. Lying down asans
7. Savasan
8. Pranayam
9. Philosophical discourse (chanting of mantras, discussion on practical philosophy, etc.)
10. Dhyan.

### 1. Surya Namaskaar

**Surya Namaskaar** means “to greet or to salute or to worship the Sun God. Please read the meaning of each name of the Sun Bhagwaan (God) from the book which is available on our web site. The entire process has the following essential components:

1. A set of 12 asans. From 1 to 7 asans are different but asan 8 is repetition of asan 5, asan 9 is repetition of asan 4, asan 10 is repetition of asan 3, asan 11 is repetition of asan 2, and finally asan 12 is repetition of 1. Surya (Sun) passes through 12 positions (Kaal) while completing its journey. These twelve positions (kaal) are called Raashi in Jyotish Viddya. Each position manifests special virtue of the Surya. The name of the Surya represents these special virtues and 12 mantras are created by combining the position and the virtue of the Surya. Through uttering the mantras with devotion and with right pronunciation and tune, we acquire or assimilate these virtues in our life.
2. Each position has its own Mantra, which can be uttered mentally or loudly. The essential point is the creation of the special vibration that affects the mind and the body. Without mantra Surya namaskaar is not complete. Each mantra is a name of the Sun God and its structure is as follows:

**“OM + <name of the Sun God> + NAMAH” (worship you)**

## Matra (Cycle)

One repetition of 12 positions completes one cycle (Matra) of Surya Namaskaar. These asans are performed without interruption and in a synchronized way.

**Surya Namaskaar 1:** This is a prayer mudra (mudra can be vaguely translated as position). It prepares you mentally and physically for the entire process.



**OM MITRAYE NAMAHA. Namaskar to the friend of all.**

**Surya Namaskaar 2:** This resembles Hasta Uttanasan.



**OM RAWAYE NAMAHA. Namaskar to the shining one.**

**Surya Namaskaar 3:** Resembles Padhasthasan



**OM SOORYAY NAMAHA. Namaskar to the motivator of activities.**

**Surya Namaskaar 4:** Resembles Aswasanchalan asan



**OM BHANWEY NAMAHA. Namaskar to one who illuminates.**

**Surya Namaskaar 5:** Resembles Parwatasan



**OM KHAGAYE NAMAHA. Namaskar to one who flies in the sky.**

**Surya Namaskaar 6:** Ashtang namaskaar



**OM POOSHNE NAMAHA.** Namaskar to one who nourishes and gives strength.

**Surya Namaskaar 7:** Resembles Poornabhujangasan



**OM HIRANYAGHARBHAYE NAMAHA.** Namaskar to the golden cosmic self.

**Surya Namaskaar 8:** Repetition of 5.



**OM MAREECHYE NAMAHA.** Namaskar to the Bhagwan of dawn.

**Surya Namaskaar 9:** Repetition of 4.



**OM AADITYAYE NAMAHA.** Namaskar to the son of Aditi the cosmic mother.

(Note: In the photo it is not shown but remember the position of the legs reverses, that is, the leg which was stretched back comes forward here.)

**Surya Namaskaar 10:** Repetition of 3.



**OM SAWITRYE NAMAHA.** Namaskar to Bhagwan of creation.

**Surya Namaskaar 11:** Repetition of 2.



**OM ARKAYE NAMAHA.** Namaskar to the one who is praiseworthy.

**Surya Namaskaar 12:** Repetition of 1.



**OM BHASKARAYE NAMAHA.** Namaskar to the one who enlightens us.

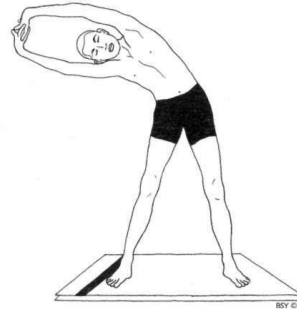
**2. Hand and Palm Exercise.**

**3. Shavasan.**

**4. Standing Asans**



**1. Tadasan and its Variations**

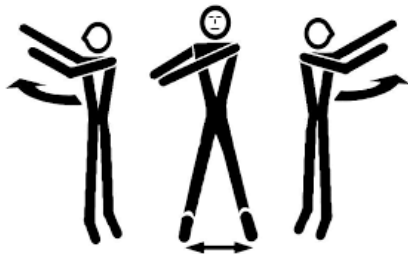


**2. Tiryak Tadasan**

**Benefits**

Tadasan: Makes stomach muscles strong leading to a better digestion. Strengthens shoulders, arms, ankles and leg muscles. Strengthen intestine muscles.

Tiryak Tadasan: Improves blood circulation. Rejuvenates ankles, back and legs.



**3. Kati Chakrasan and its variation**



**4. Hasta Padangushthasan**

**Benefits**

Kati Chakrasan: Cures waist ailments. Makes shoulders strong. Strengthens neck muscles.

Hasta Padangushthasan: Excellent for eliminating sciatic pain. Improves balance which helps dementia.



**5. Trikonasana and its variation**

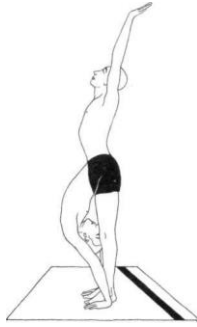


**6. Dolasan**

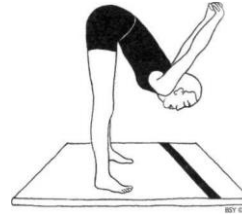
**Benefits**

Trikonasana: Very good for getting rid of sciatic issues.

Dolasan: Excellent asan for making shoulders, waist and spine flexible.



**7. Pad Hastasan and its variation**



**8. Dwikonasan**

**Benefits**

Pad Hastasan: Improves digestion, very good for prostrate, eliminates constipation, improves waistline, reduces excessive fat, etc.

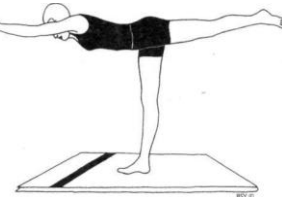
Dwikonasan: Good for reducing stress. Strengthens shoulder muscles. Improves digestion and eliminates constipation.



**9. Ardha Baddha Padmottasan and its variations**

**Benefits**

Ardha Baddh Padmottasan: Most benefits of Tadasan and paschimottasan. Stimulates liver, kidneys and pancreas.



**10. Natrajasan and its variations**

**11. Ek Padasan**

**Benefits**

Natrajasan: Improves concentration and relieves stress. Helpful in dementia. Most benefits of Hasta Padangushthasan.

Ek Padasan: Some benefits of Natrajasan. Very helpful in dementia.



**12. Bakasan**



**13. Uttanasan**

**Benefits**

Bakasana: Improves blood circulation in the brain. Strengthens leg and arm muscles. Stimulates nerves and reduces stress.

Uttanasan: Very good for pregnant women. Strengthen ovaries and female reproductive organs (uterus, etc.)

**Sitting Down Asans**



**1. Paschimottasan**



**2. Janu Sirshashan**

**Benefits**

Paschimottasan: One of the most beneficial asan. Reduces fat around stomach, good for prostate gland, very effective in improving digestion, tones neck and shoulder muscles, cures headache, etc. This asan is especially beneficial for women's reproductive system and menstrual cycle.

Janu sirshashan: Most benefits of paschimottasan. It is especially beneficial for hamstrings.



**3. Vakrasan**



**4. Pad Prasar Paschimottasan**



**5. Shashankasan**

**Benefits**

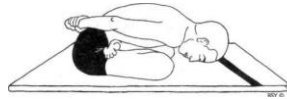
Vakrasan: Some benefits of paschimottasan. It is especially good for women reproductive system. Good for neck muscles.

Pad Prasar Paschimottasan: Most benefits of paschimottasan. Very good for loosening hamstrings. Relieves sciatic issues.

Shashankasan: Very useful for waist and rectum muscles. Good for sciatic issues. Good for improving digestion and constipation. Good for women in reducing fat around stomach.



**6. Padmasana**



**7. Yogmudrasana**



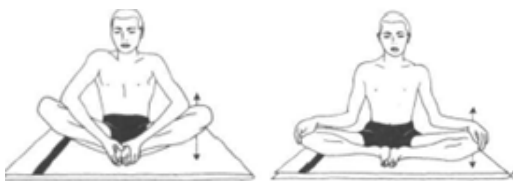
**8. Ardha Matseyandrasana**

### Benefits

Padmasana: Excellent asana for pranayam and dhyana. Good for ankles, waist, and the spine.

Yogmudrasana: Cures indigestion and constipation. Good for spine and prepares the practitioners for deep dhyana.

Ardha Matseyandrasana: Many benefits. It affects the entire digestive system, tones the lower part of the body. Improves the health of liver, kidneys and pancreas.



**9. Titlee asana**

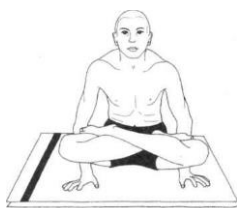


**10. Bhadrasana**

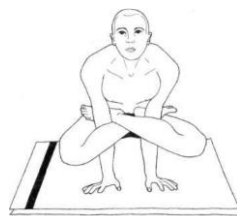
### Benefits

Titlee asana: Lowers tension in the back. Keeps prostate healthy so it does not get enlarged. Shrinks enlarged prostate. Relaxes the lower part of the body. The butterfly asana may provide stretch and strength to your inner thighs, pelvic area, and knees.

Bhadrasana: Stretches and opens the hips, thighs, and groin. Tones the muscles of the inner thighs and pelvic floor and strengthens the legs and backbone. Benefits stomach problems like acidity and constipation and improve digestion. Enhances blood flow to the pelvic region. Encourages focused breathing and mental calmness and can help reduce hyper mental activity.



**11. Lolasan**



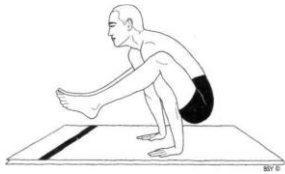
**12. Kukutasana**



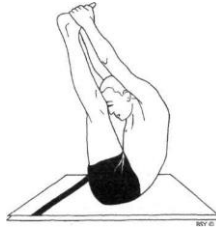
**13. Ustrasana**



**14. Ek Pad Padmottasan**



**15. Dwi Hasta Bhujangasan**



**16. Niralamb Paschimottasan**



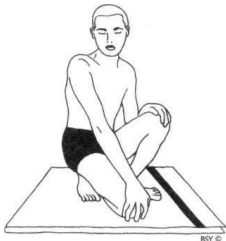
**17. Pad Angushthasan**

### **Benefits**

**Dwi Hasta Bhujangasan:** Strengthens the arms, chest and abdominal muscles and cultivates inner strength.

**Niralamb Paschimottasan:** Stretches the arms and legs, improves core and back engagement, and increases the range of motion in major joints. Increase the strength and elasticity of the spine, helps relieve pain and tightness in the hamstrings. Helps achieve balance in the body and in the brain's left and right sides.

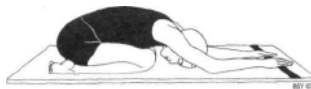
**Pad Angushthasan:** Relieves stress, anxiety, and insomnia. Improves the shape of the upper back and shoulders, stimulates the liver, kidneys, and abdominal organs, stretches the hamstrings and calves, strengthen the thighs and reduces acidity.



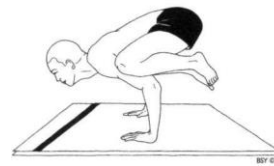
**18. Kauwa Chalasan**



**19. Vajrasan**



**20. Shashankasan**



**21. Bak Dhyanasan**

### **Benefits**

**Kauwa Chalasan:** Increases hip and pelvic muscle mobility and flexibility. Improves blood circulation in the abdomen. Helps with stomach issues like indigestion, gas, bloating, constipation. Promotes deep breathing.

**Vajrasan:** Relieves lower back pain. Improves blood circulation. Regulates digestive system. Improves knee and ankle Joint flexibility. Strengthens pelvic muscles. Loses weight. Relieves gases.

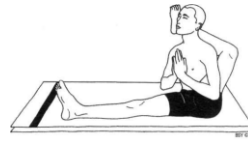
**Shashankasan:** Improves heart health, reduces lower back pain, lowers cholesterol and enhances digestion.

**Bak Dhyanasan:** Strengthens the arms, wrists, shoulders, hips, glutes, and adductors. Increases flexibility in the shoulders, lower back, and spine, and improves range of motion. Develops physical balance and spatial body awareness. Increases coordination and endurance. Balances the nervous system. Massages and tones the abdomen, which can help with indigestion and support the lower back. Helps maintain a calm mind, improve focus and stability, and balance the mind to help make decisions. Improves overall confidence in the body and mind





**22. Gomukhasan**

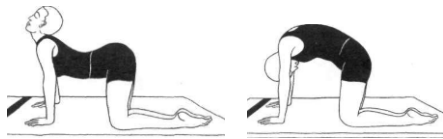


**23. Ek Pad Sirasan**

**Benefits**

Gomukhasan: Enhances flexibility, relieves back pain, improves respiratory function, stimulates circulation, calms the mind and corrects postural imbalance.

Ek Pad Sirasan: Opens up your hips, increases blood flow. Stretches your back. Provides nourishment to the nervous system.



**24. Marjari asan**



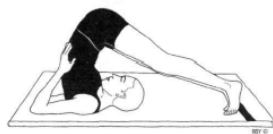
**25. Mandukasan**

**Benefits**

Marjari asan: Improves flexibility in the back, neck, and spine. Strengthens the back, neck, shoulders, and abdominal muscles. Increases blood flow to the body's muscles and tissues, which can also help with headaches. Massages and activates the digestive organs,

Mandukasan: Stretches the muscles of back, hip, knees and ankles, boosts the blood flow alleviating the sciatica pain, helps with shredding the fat in the abdomen and lower belly region, helps to lose the fat accumulated in that region and reduces blood sugar.

**5. Lying Down Asans (Face up)**



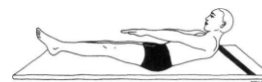
**1. Halasan**



**2. Sarvangasan**



**3. Pawanmuktasan**



**4. Naukasan**

**Benefits**

Halasan: Strengthens muscles, strengthens the back, abdominal, leg, and arm muscle. Massages the digestive system, releases gases, and helps with constipation. Helps reduce belly fat.

Sarvangasan: Stimulate the thyroid gland and regulate the production of thyroxine hormone. Manages thyroid problems by increasing blood flow from the legs to the head.

Pawanmuktasan: Strengthens abdominal muscles and reduces belly fat, massages the intestines and other abdominal organs, tones the arm, leg, and buttocks, aids weight loss, promotes

digestion and relieves constipation, strengthens the back and enhances blood circulation in the hip joints.

Nukasan: Strengthens the back and abdominal muscles, tones the arms and legs, and helps reduce belly fat, Improves digestion, relieves constipation, and massages the digestive system.



5. Uttanpadasan



6. Chakrasan



7. Jatra Parivratasan

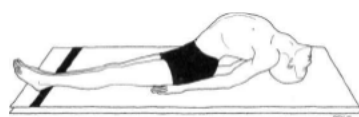


### Benefits

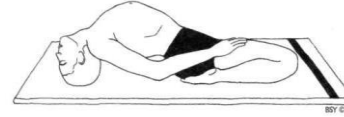
Uttanpadasan: Strengthens and stretches the lower back muscles, which helps relieve pain and improve posture. Improves the flexibility of the abdominal muscles. Massages the abdominal organs, which improves digestion and relieve stomach ailments like constipation, indigestion, and acidity. Increases blood flow and stimulates circulation through the pelvis, which treats varicose veins.

Chakrasan: Strengthens the arms, legs, spine, abdomen, glutes, and thighs. Stretches the shoulders, hip flexors, and core, and increases flexibility in the spine. It helps with breathing issues, asthma, bronchitis, and other respiratory illnesses. It helps digestive problems, cervical issues, spondylitis, and other severe ailments.

Jatra Parivratasan: Strengthens lower back, spinal column, obliques, hamstrings, and tailbone. Stretches spine, pelvis, obliques, shoulders, and glutes. Improves blood circulation in the spine, flexibility, and range of motion. Relieves tension in the neck, shoulders, and psoas muscles, as well as lower back pain, neck pain, and sciatica pain



8. Matsyasan

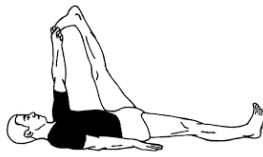


9. Supt Vajrasan

### Benefits

Matsyasan: Stretches and strengthens the upper back and neck muscles and increases the elasticity of the pelvis joints. Improved breathing. Expands the chest and lungs, stimulates the throat, and improves oxygen intake. One can float on the water with this asan.

Supt Vajrasan: The gentle compression on the abdomen stimulates digestive organs, helping to break down food more efficiently. Strengthening the neck, back, chest, thigh, and sacral region muscles.



**10. Supta Padangushthan**



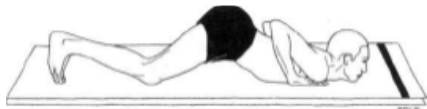
**11. Karnapadasan**

### **Benefits**

Supta Padangushthan: Helps with stiffness, backaches, and sciatic pain. Creates traction in the lower back and relieve tension and compression in the spine. Stretches the muscles at the back of the thighs.

Karnapadasan: Improves digestion. Develops a calming effect on the nervous system, reduce stress, anxiety, fatigue and sleeping disorders.

### **5. Lying Down Asans (Face down)**



**1. Gand Bherandasan**

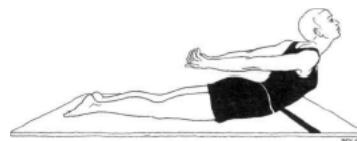
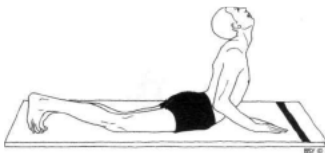


**2. Parvatasan**

### **Benefits**

Gand Bherandasan: Supports the spine and the upper limbs with the movements of muscles. Balancing the body on the chin and elbows with the legs raised high increases flexibility and range of motion of the spine and the hip joint.

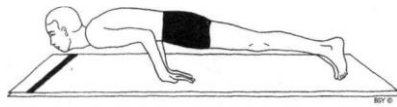
Parvatasan: Strengthens and stretches the entire body, including the arms, shoulders, hamstrings, legs, feet, and hips. Improves posture by stretching the spine. Calms the mind and reduces stress.



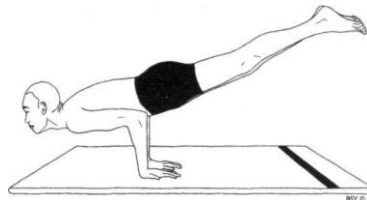
**3. Bhujangasan and its variation**

### **Benefits**

Bhujangasan: Improves blood circulation. Helps open the lungs and heart, which can improve breathing good for asthma.



**5. Hansasan**

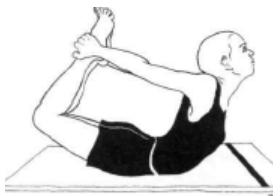


**6. Mayurasan**

### **Benefits**

Hansasana: Helps reduce anxiety, depression, and bring balance between the body, mind, and emotions. Improves lung capacity and can help treat respiratory disorders like asthma and bronchitis. Helps improve posture and get rid of slouching. Helps with constipation by improving blood circulation and stretching. Reduces blood sugar.

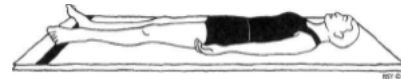
Mayurasana: All benefits of Hansasana plus significantly improves digestion and protection from stomach issues such as bloating, gas, etc. It is one of the best asanas for reversing diabetes.



**7. Dhanurasan**



**8. Finish with Paschimottasan and then 9. Shavasana**



### **Benefits**

Dhanurasana: Improves flexibility in the back, shoulders, hip flexors, and spine. It is especially beneficial for people who sit or stand for long periods of time. Strengthens abdominal, leg, and arm muscles. Excellent for eliminating excess belly fat. Very good for curing hernia.

### **8. Pranayam (minimum 8-20 mins)**

- 1. Nadishodhan**
- 2. Kapalbhata**
- 3. Bhastrika**
- 4. Anulomwilom**
- 5. Bhramri**
- 6. Sheetali**
- 7. Udgeeth.**

**9. Dharm discourse: chanting of mantras, discussion on practical philosophy, OM singing, etc.)**

**10. Dhyana.**