

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 prescribed to 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.

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> + NAMAHA” (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

Surya Namaskar 2: This resembles Hasta Uttanasan.



OM RAWAYE NAMAHA

Surya Namaskar 3: Resembles Padhastaasan



OM SOORYAY NAMAHA

Surya Namaskar 4: Resembles Aswasanchalan asan



OM BHANWEY NAMAHA

Surya Namaskar 5: Resembles Parwatatan



OM KHAGAYE NAMAHA

Surya Namaskar 6: Ashtang namaskar



OM POOSHNE NAMAHA

Surya Namaskar 7: Resembles Poornabhujangasan



OM HIRANYAGHARBHAYE NAMAHA

Surya Namaskar 8: Repetition of 5.



OM MAREECHYE NAMAHA

Surya Namaskar 9: Repetition of 4.



OM AADITYAYE NAMAHA

(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 Namaskar 10: Repetition of 3.



OM SAWITRYE NAMAHA

Surya Namaskar 11: Repetition of 2.



OM ARKAYE NAMAHA

Surya Namaskar 12: Repetition of 1.



OM BHASKARAYE NAMAHA

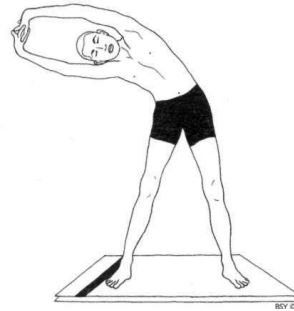
2. Hand and Palm Exercise.

3. Shavasan.

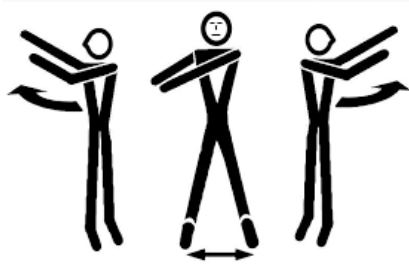
4. Standing Asans



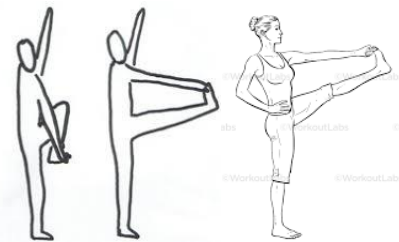
1. Tadasan and its Variations



2. Tiryak Tadasan



3. Kati Chakrasan and its variation



4. Hasta Padangushthasan



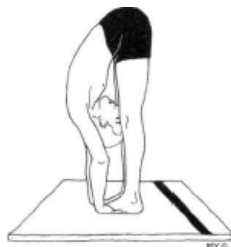
5. Trikonasan and its variation



6. Dolasan



7. Pad Hastasan and its variation



8. Dwikonasan



9. Ardha Baddha Padmottasan and its variations



10. Natrajasan and its variations

11. Ek Padasan



12. Bakasan



13. Uttanasan

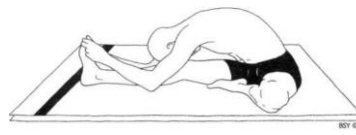
5. Sitting Down Asans



1. Paschimottasan



2. Janu Sirshashan



3. Vakrasan



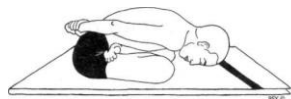
4. Pad Prasar Paschimottasan



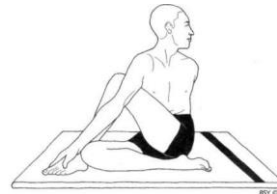
5. Shashankasan



6. Padmasan



7. Yogmudrasan



8. Ardha Matseyandrasan



9. Titlee asan



10. Bhadrasan



11. Lolasan



12. Kukutasan



13. Ustrasan



14. Ek Pad Padmottasan



15. Dwi Hasta Bhujangasan



16. Niralamb Paschimottasan



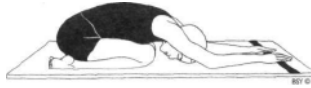
17. Pad Angushtasan



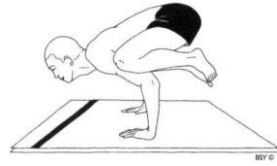
18. Kawa Chakasan



19. Vajrasan



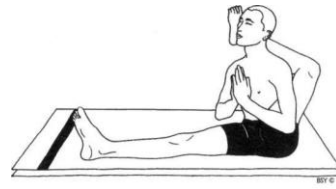
20. Shashankasan



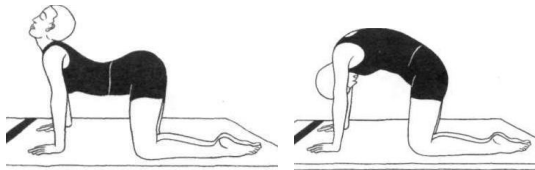
21. Bak Dhyanasan



22. Gomukhasan



23. Ek Pad Sirasan



24. Marjari asan

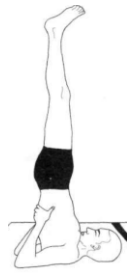


25. Mandukasan

5. Lying Down Asans (Face up)



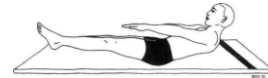
1. Halasan



2. Sarvangasan



3. Pawanmuktasan



4. Naukasan



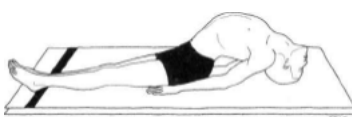
5. Uttanpadasan



6. Chakrasan



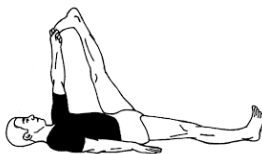
7. Jatra Parivratasan



8. Matsyasan



9. Supt Vajrasan

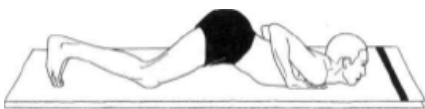


10. Supta Padangushthan



11. Karnapadasan

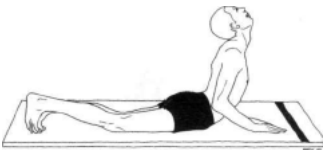
5. Lying Down Asans (Face down)



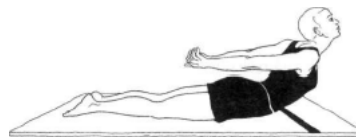
1. Gand Bherandasan

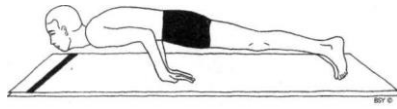


2. Parvatasan

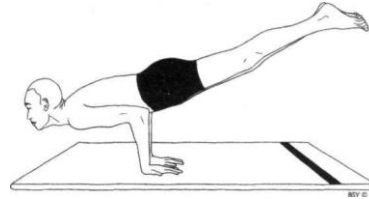


3. Bhujangasan and its variation

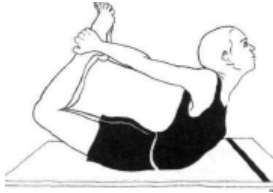




5. Hansasan



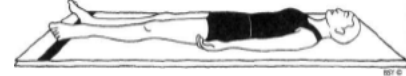
6. Mayurasan



7. Dhanurasan



8. Finish with Paschimottasan and then Shavasana



8. Pranayam (minimum 8-10 mins)

1. Nadishodhan.
2. Anulomwilom.
3. Bhastrika.
4. Kapalbhati
5. Sheetali

9. Philosophical discourse (chanting of mantras, discussion on practical philosophy, etc.)

10.Dhyan.