



TANTRA

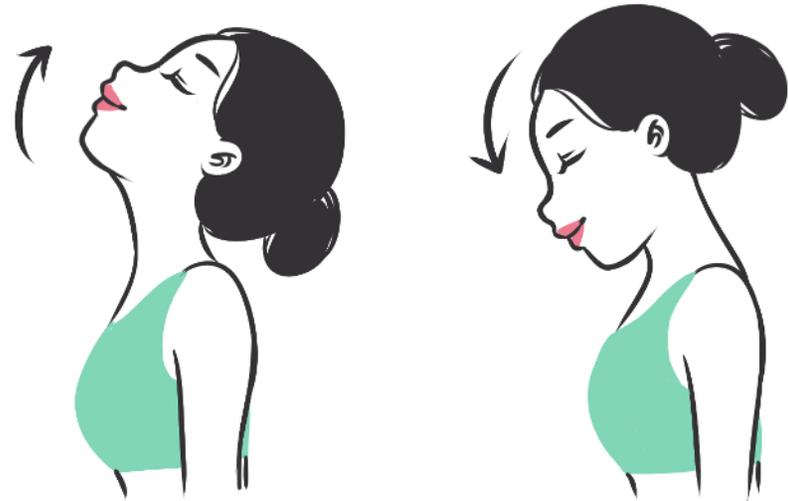
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**YOGA**

BY GURU BHANESHWARANAND

# 1) FRONT & BACK HEAD TILT

Tilt your head back and forth ten times. Move slowly.



## 2) SIDEWAY HEAD TILT

Tilt your head slowly to the side. Five times to the left and five times to the right.



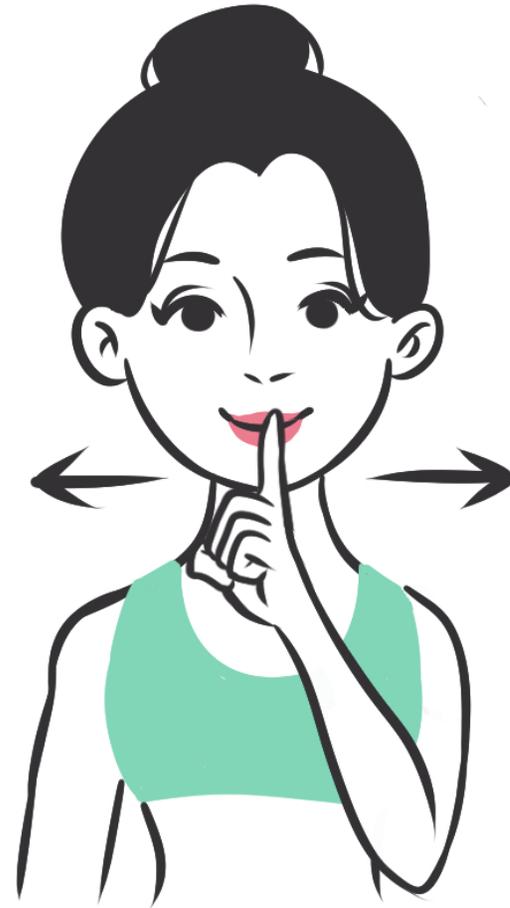
### **3) HEAD CIRCLES**

Turn your head five times in one direction, then five times in the other direction. Move slowly. Make sure to start the movement by tilting the head forward, only then start circling.



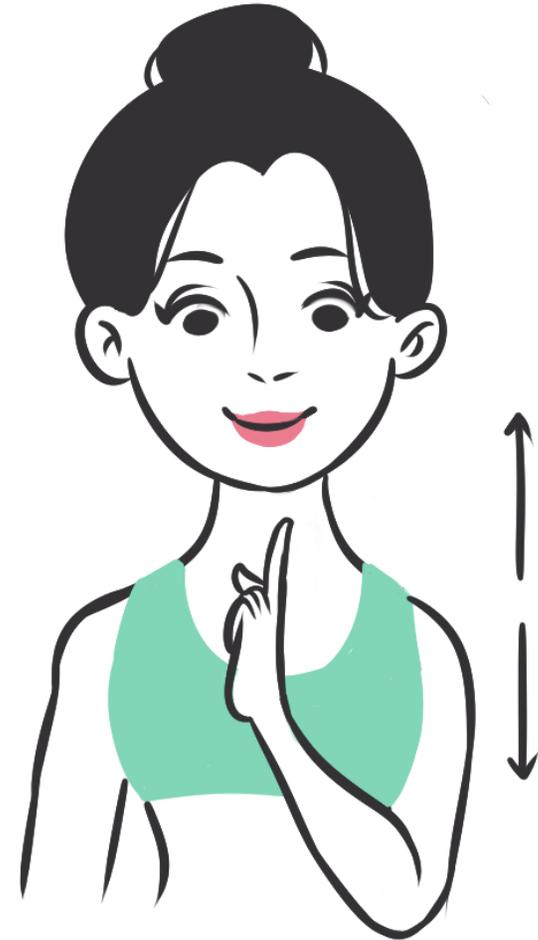
## 4) SIDEWAYS EYE MOVEMENT

Follow your index finger with your eyes. Make sure you don't move your head, just your eyes. Move the finger slowly back and forth to the periphery of your field of vision. Five times to the left and five times to the right.



## 5) UP & DOWN EYE MOVEMENT

Follow your index finger with your eyes. Make sure you don't move your head, just your eyes. Move the finger slowly up and down in front of your face to the periphery of your field of vision. Five times up and five times down.



## 6) CIRCULAR EYE MOVEMENT

Follow your index finger with your eyes. Make sure you don't move your head, just your eyes. Move the finger slowly in a circular motion in front of your face to the periphery of your field of vision. Three times clockwise and three times counterclockwise



## 7) SOOTHE YOUR EYES

Rub the palms of your hands against each other several times and very fast until they start generating heat. Then lay the heated palms gently onto your eyes. Repeat twice.



## 8) PUMP YOUR HANDS

Stretch both arms out in front of you and start closing your hands into fists, then opening them again with the wrists bent back. Repeat ten times.



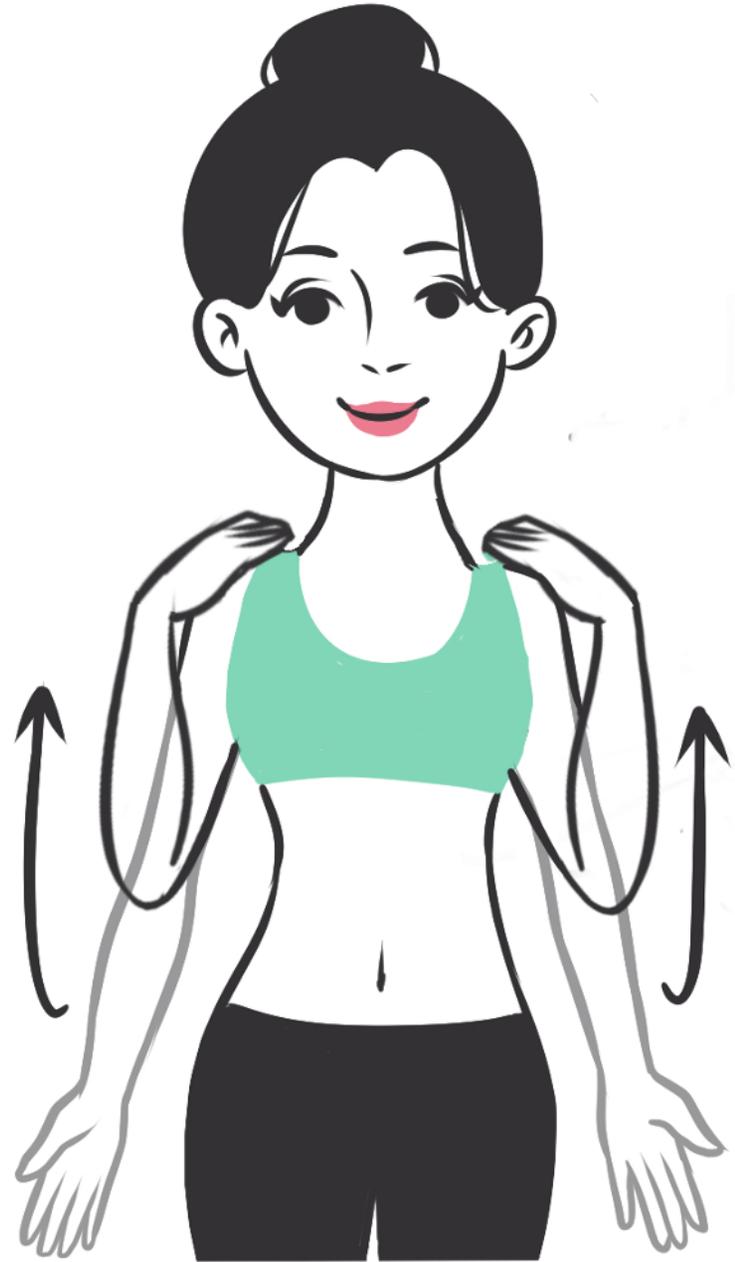
## 9) TURN YOUR WRISTS

Without putting your arms down start circling your wrists with the hands bent back. Turn them ten times to the inside and ten times to the outside.



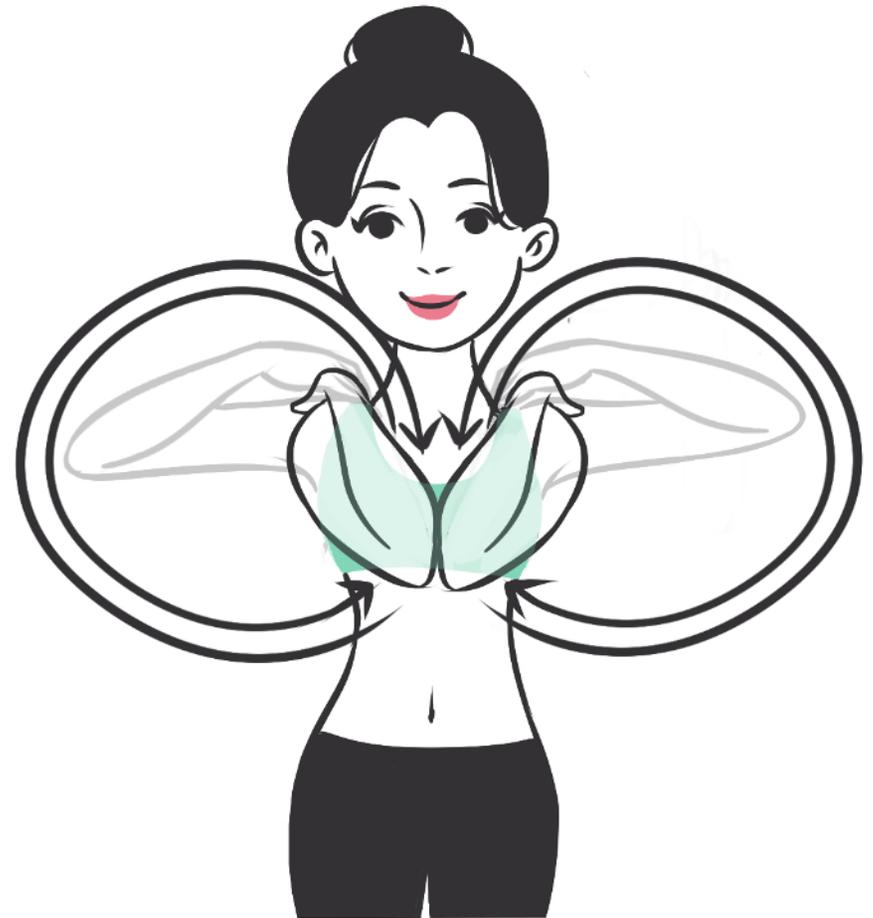
## 10) BEND YOUR ELBOWS

Stretch out your elbows, then bend them back so that your fingers are touching your shoulders. Ten times.



## **11) CIRCLE YOUR SHOULDERS**

While your hands are touching your shoulders circle your elbows, so that they are touching each other in front of your body. Five times forward and five times backward.



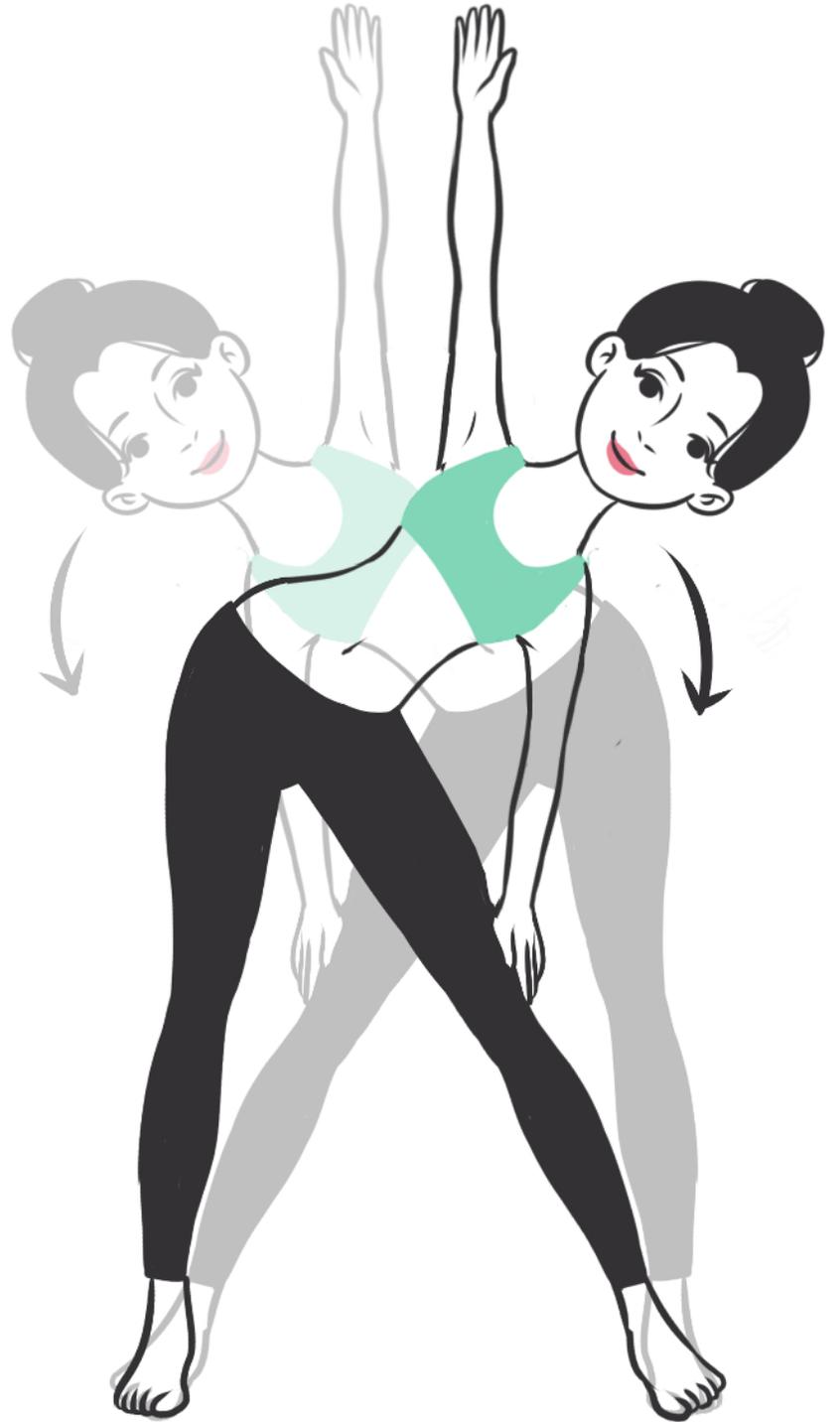
## 12) TWIST YOUR TRUNK

Stretch out both arms to the side,, palms face down. Twist your body to the left until your armand fingers point straight back behind you. Follow with your head. Then repeat the same twist to the right side. Five times each side.



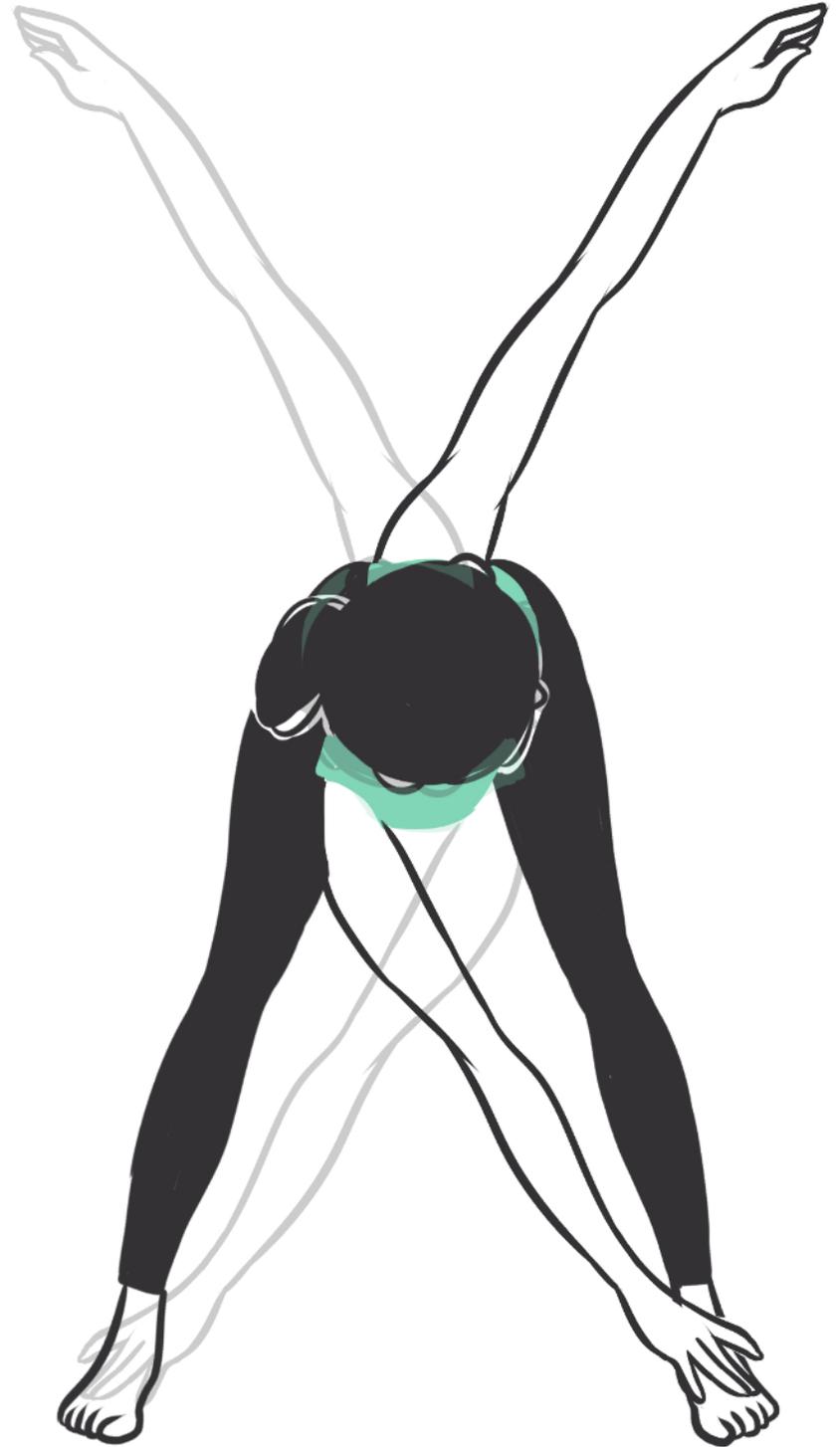
## 13) SIDEWAY BEND

This is where we start implementing out breath with the exercises. Without bending your knees bend to the left side and try to touch your left ankle with your left hand. As you move down exhale gently. Repeat the same on the right side. Inhale each time you come back to the center position. Move slowly.



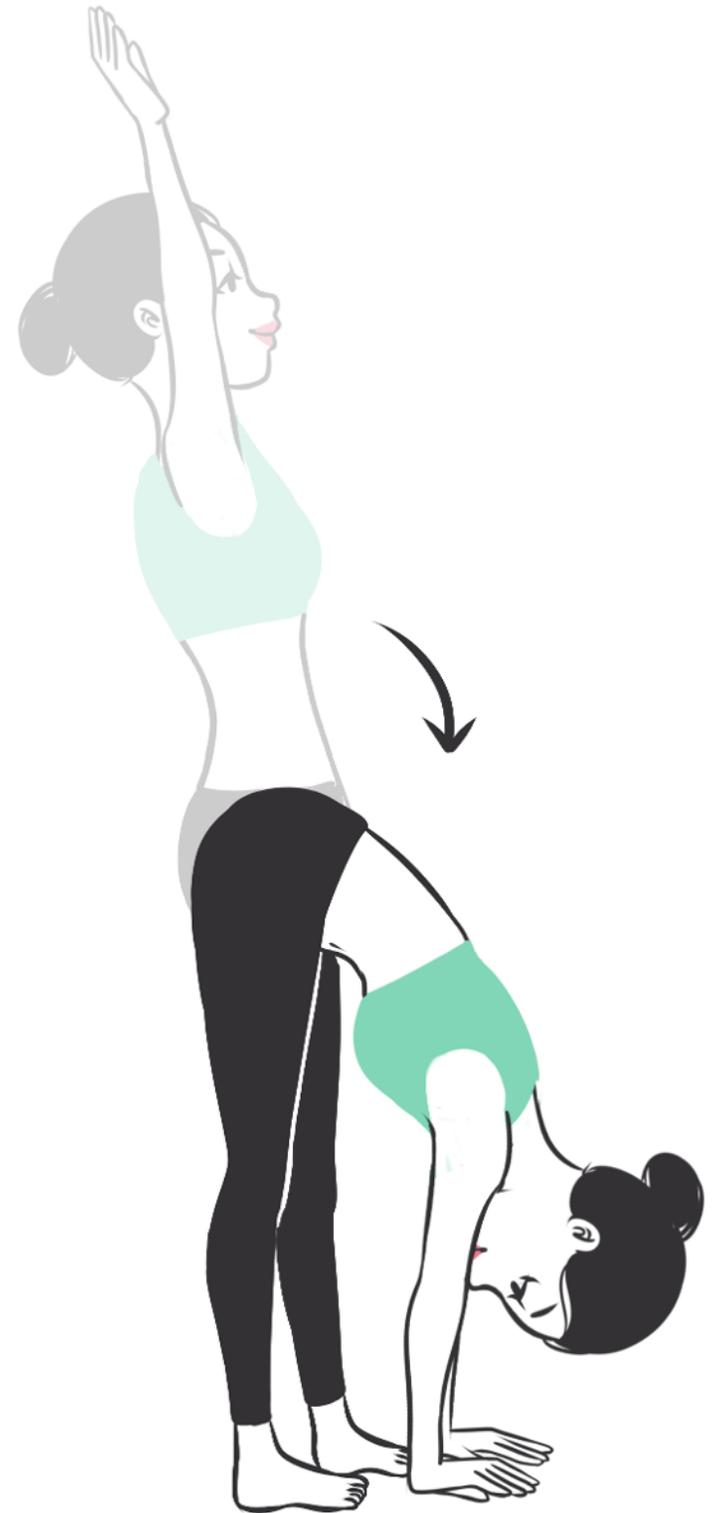
## 14) HAND TO OPPOSITE ANKLE

Without bending your knees touch your left ankle with your right hand. If you cannot reach that far don't worry, but leave your knees straight. Five times each side. Inhale as you come up and exhale as you go down.



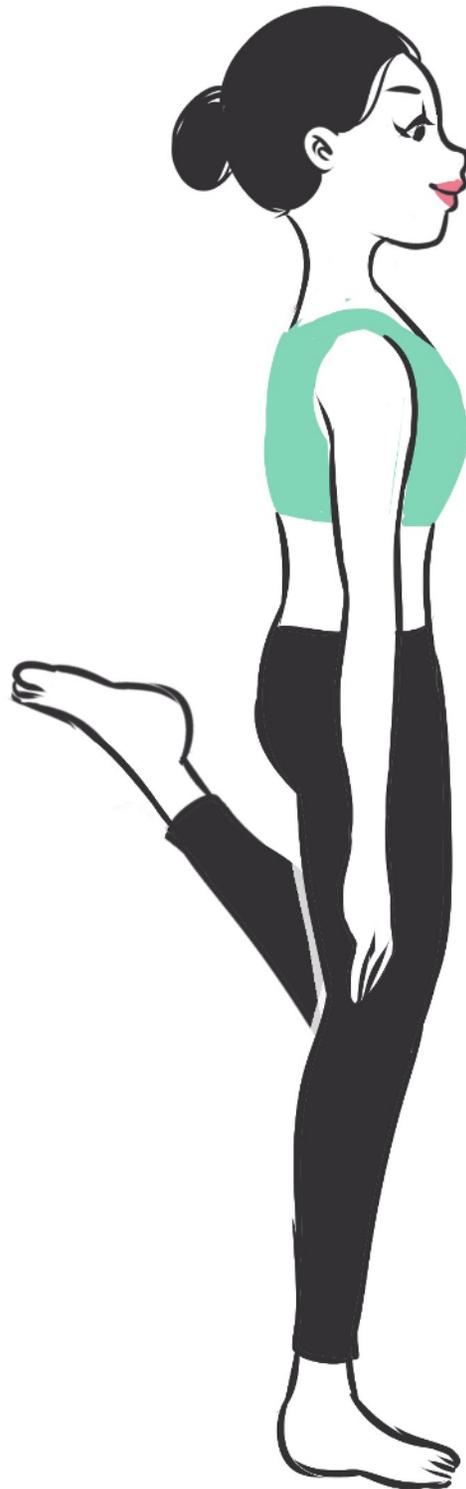
## 15) BACKWARD / FORWARD BEND

Without bending your knees bend forward as you exhale. Inhale as you come up and bend back with your arms extended above your head. Five times to the front and five times to the back.



## 16) HEEL TO BUTT

Bend your left knee until your left heel touches your buttock. Repeat with your right leg. Five times each side. The breath has no importance here/ breathe as you want.



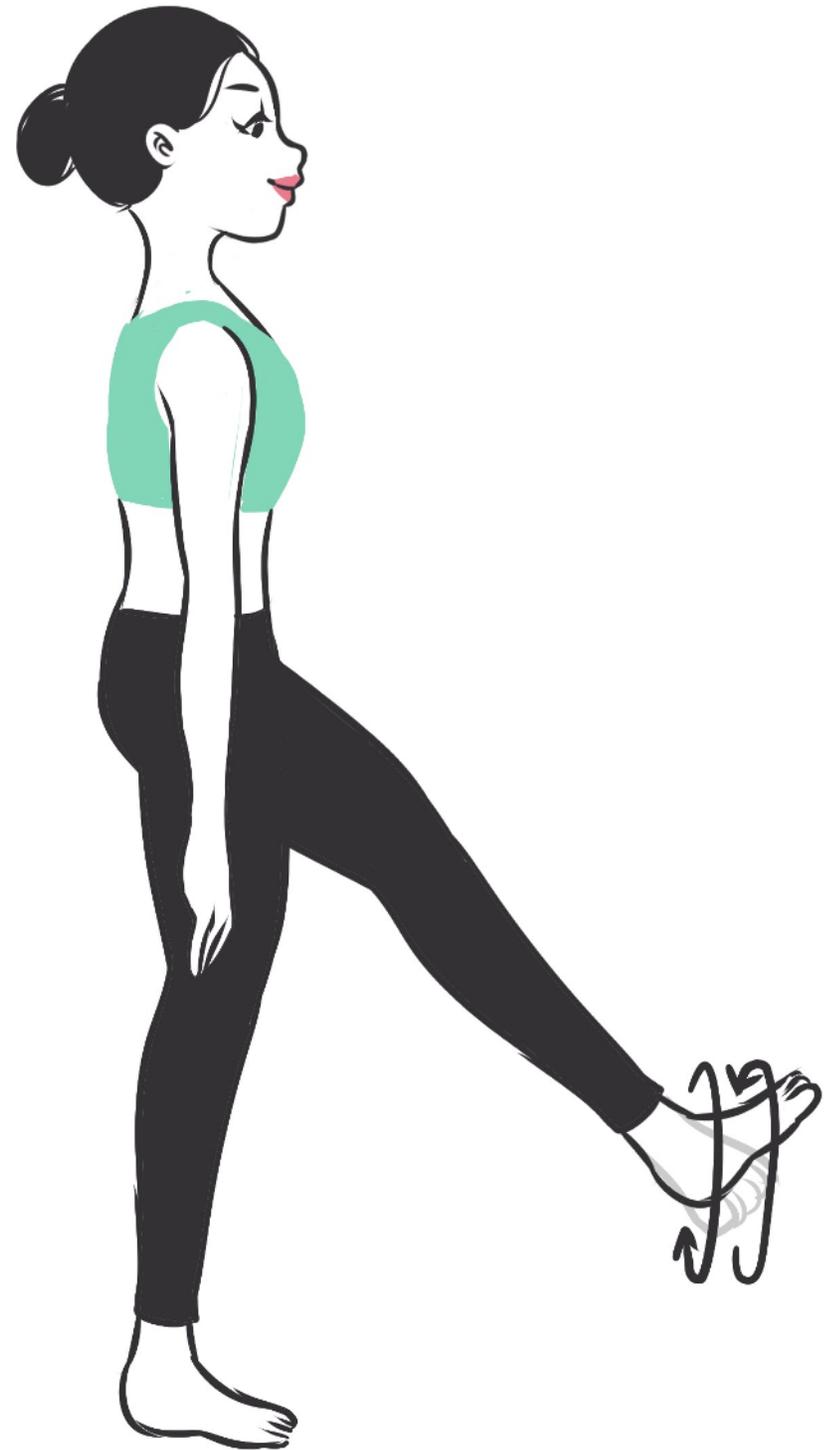
## 17) CIRCLE THE KNEES

Rotate your knees ten times in one direction, then ten times in the other direction. Breathe as you want.



## 18) ANKLE MOVEMENT

Stretch out your left leg in front of you, then roll your foot to the inside, then to the outside and finally pull it in and stretch it out (see next page). Five times each. Then repeat with the other leg. Breathe as you want.



## 18) ANKLE MOVEMENT (CONTINUED)

Stretch out your left leg in front of you, then roll your foot to the inside, then to the outside (see previous page) and finally pull it in and stretch it out. Five times each. Then repeat with the other leg. Breathe as you want.



## 19) CRANE POSE

Lift your left ankle, grab it with your hands and pull it up so that the palm of your left foot is firmly locked with your right thigh. Hold your hands in prayer pose. Then move your hands above your head until they are stretched out above your head, all as you inhale. Exhale and move your hands back down in front of your chest, still in prayer pose. Complete the pose, all standing on one leg. Then switch and repeat on the right side. Breathe as you want.



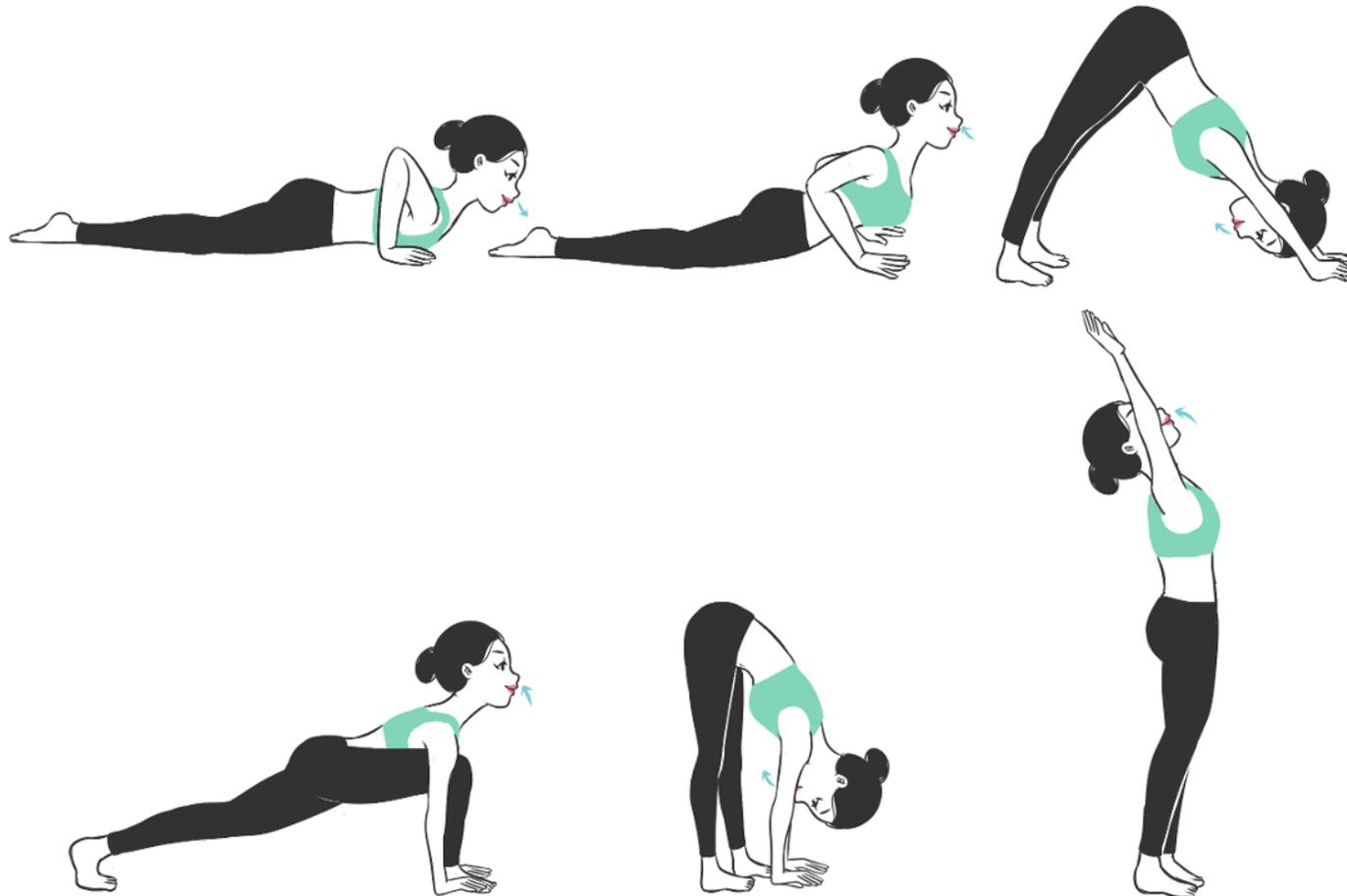
## 20) SUN SALUTATIONS

Begin in prayer pose standing. Inhale as you bend backward. Exhale as you bend forward with your knees straight. Inhale as you bend your knees and move your left foot straight back. Exhale as you move the second foot back and come into downward dog pose. Inhale as you come into child's pose...(continued on next page)



## 20) SUN SALUTATIONS (CONTINUED)

(continued from last page) Exhale as you come into half plank pose. Inhale as you come into half cobra pose. Exhale as you go back into downward dog pose. Inhale as you move your right foot forward between your hands and stretch your head back and up as if attempting to do cobra pose. Exhale as the other foot follows and you come into a standing position. Inhale as your upper body comes up and bend back. Exhale as you come into standing prayer pose. Now do the same exercise with the other leg. After you finished the whole exercise with the other leg repeat the whole sequence a second time.



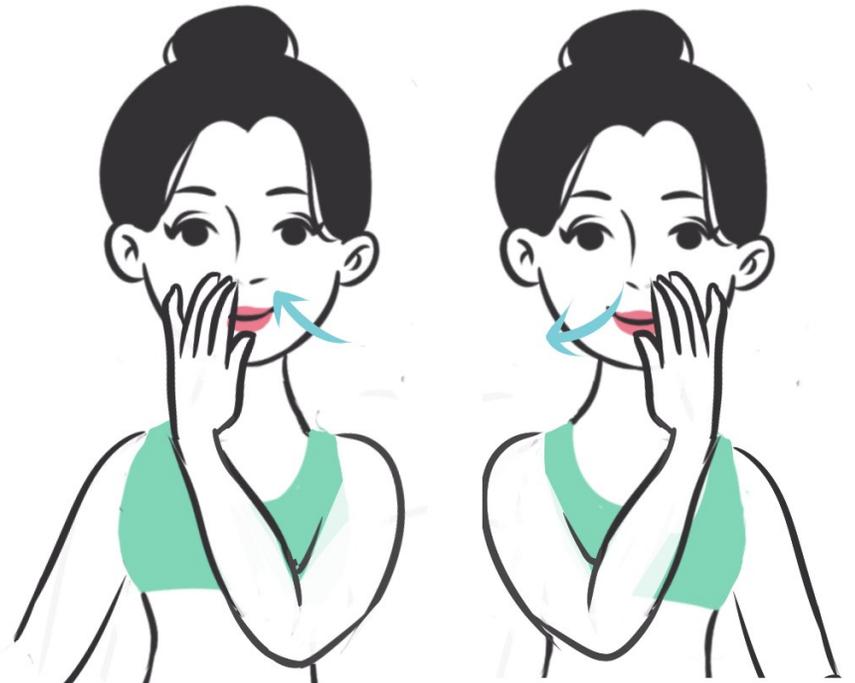
## 21) LOTUS POSE

Sit in lotus pose, or if you are not able to do that in half lotus pose / cross legged position. Remember which foot is on top and which foot is on the bottom. The next set of poses are all done in this position.



## 22) ALTERNATE BREATHING

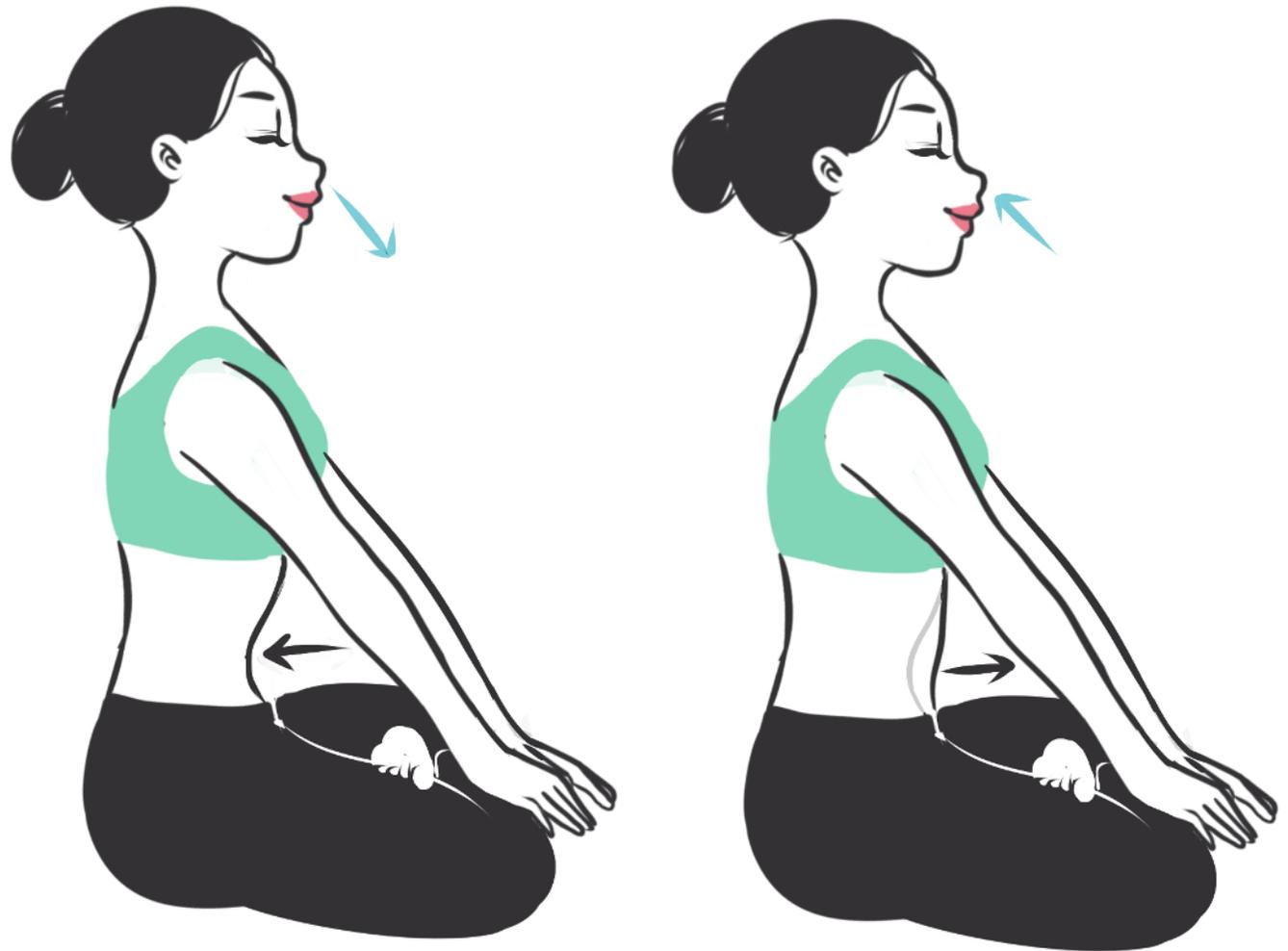
Inhale with the left nostril, exhale with the right nostril. Then reverse. Breathe forcefully through each nostril.



## 23) RHYTHMIC DIAPHRAGM BREATHING

Breathe rhythmically, with about one to two inhaled and two exhales per second. Extend your belly while inhaling and pull it back in while exhaling.

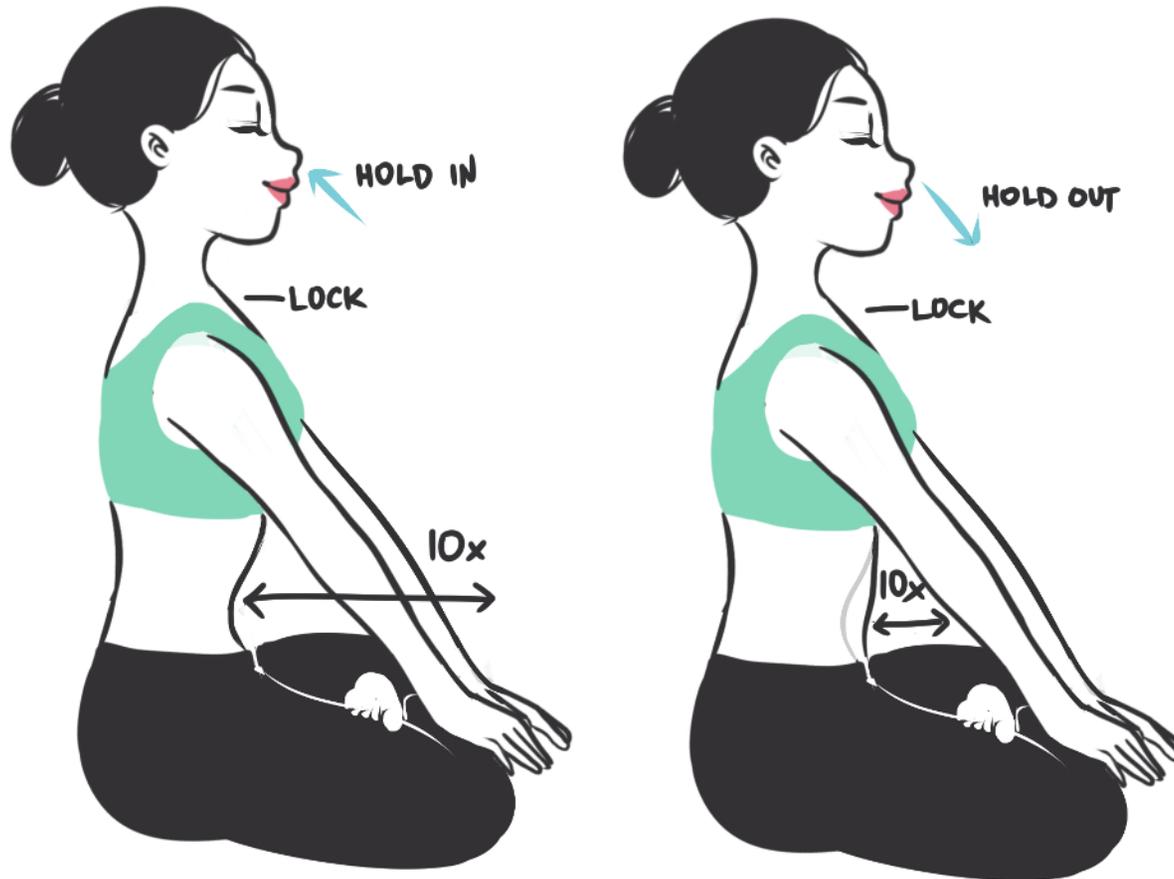
Do this for about ten to fifteen seconds. Relax, then repeat.



## 24) BELLY PUMPING

Inhale and hold your breath as you pull your belly in and out ten times. As you do this lock your breath at the level of the throat, so no air comes higher up than that. (You can do this by pushing your head slightly back against an imaginary resistance on the back of your head. This will lock your throat automatically.) Then exhale slowly through your nose and hold your breath out, making sure to lock your throat again. In this position pump your belly ten times.

In the beginning do this exercise once, later you can increase up to four times.



## 25) BEAUTY POSTURE

Inhale through the left nostril, once fully inhaled close your nose with two fingers. Gently push your breath against your face from the inside as if attempting to exhale. You may feel your ears pop. After a few seconds exhale through the right nostril. Then repeat on the other side by inhaling through the right nostril and exhaling through the left.

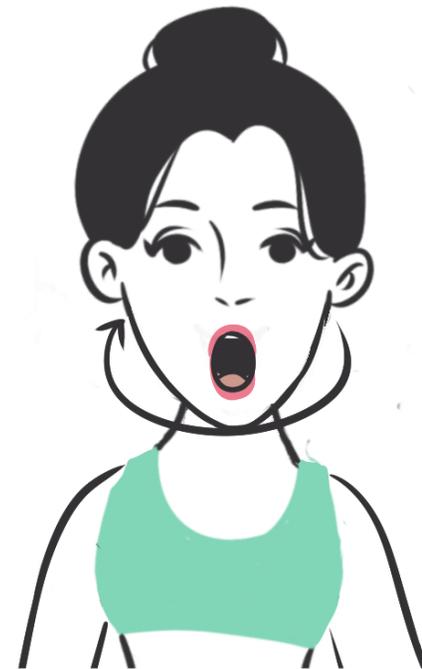
Be gentle, never do this exercise forcefully as you can hurt your eardrums.



## 26) JAW GRINDING

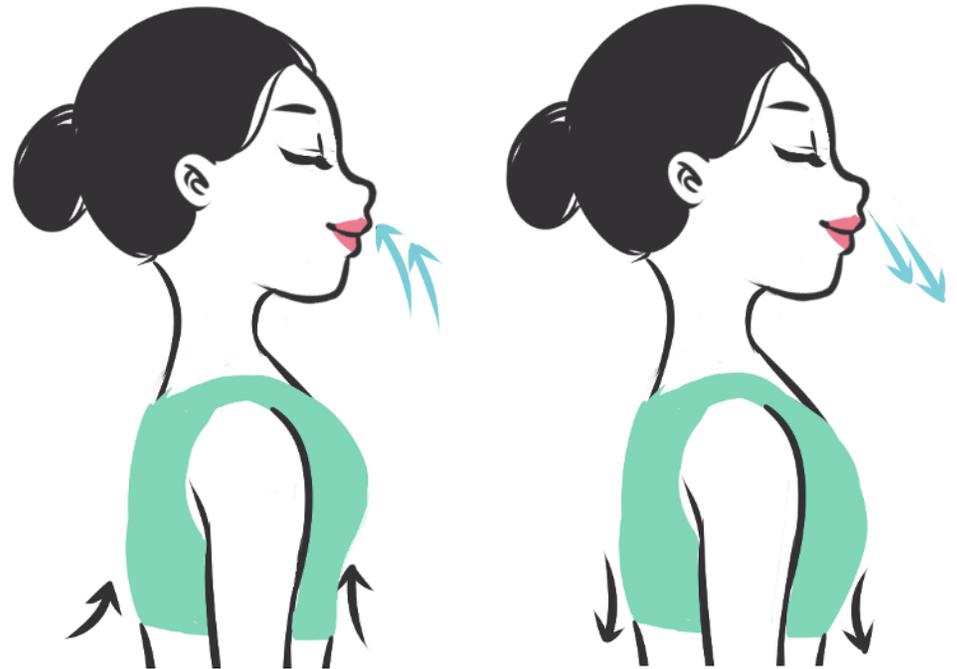
Roll your jaw in circles as if grinding the lower jaw against the upper jaw in one direction about ten times.

Repeat the exercise by rolling your jaw in the other direction.  
Breathe as you want.



## 27) BREATH OF FIRE

Inhale and exhale rhythmically with about one to two inhales and one to two exhales per second. The focus is on the inhale which creates chest breathing and an emphasis on clearing the sinuses. The breath in this posture is more forceful than at the previous exercise "Rhythmic Belly Breathing". Keep breathing for about fifteen to twenty seconds. Repeat twice.



## 28) ALTERNATE BREATHING WITH HOLDING

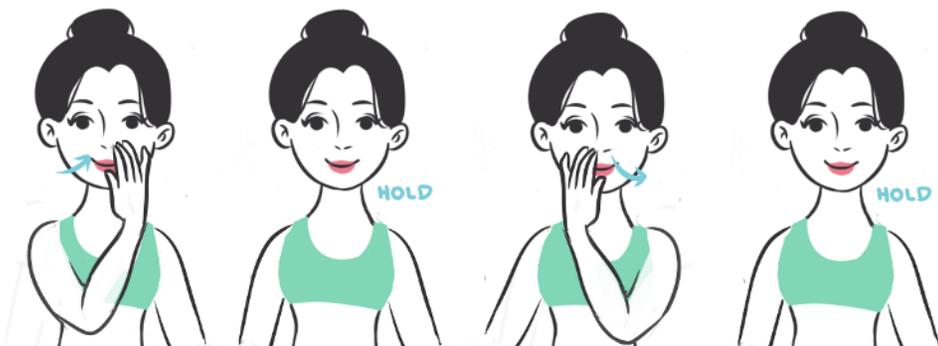
Inhale through the left nostril, then hold the breath at the top of the inhale while pulling up the muscles of the root chakra.

Exhale through the right nostril and hold the breath at the bottom of the exhale.

Inhale through the right nostril and hold the breath at the top of the inhale while pulling up the muscles of the root chakra.

Exhale through the left nostril and hold the breath at the bottom of the exhale. Finally inhale one more time through the left nostril, exhale and relax.

(This exercise can also be performed breathing through both nostrils.)



## **29) LIFTING YOURSELF OF THE FLOOR**

Put both hands on the floor next to you and lift yourself of the floor while still sitting in lotus position. If you cannot do lotus pose, do the best you can (it might be a little difficult to lift yourself off the floor unless you are actually in lotus position). Breathe as you want.



## 30) SWITCH LOTUS POSE

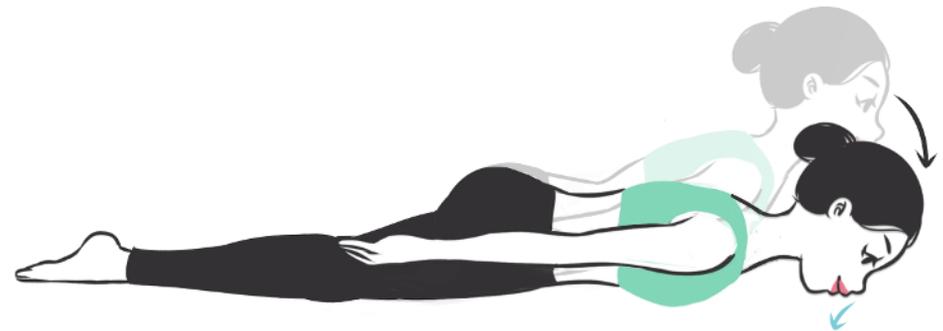
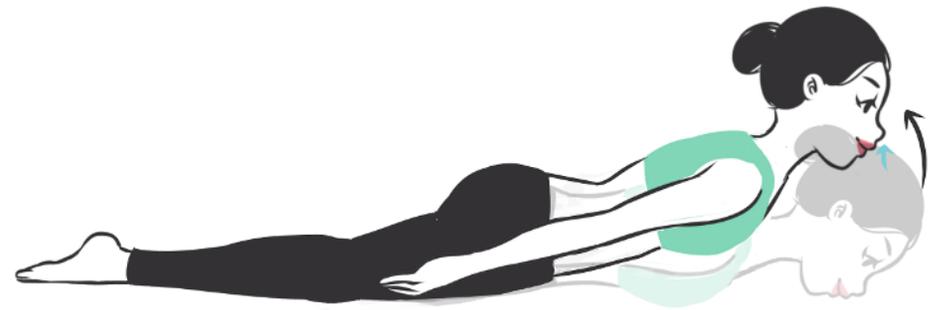
Now switch your legs in the lotus position so your other foot is on top.

Then repeat the exercises twenty-one to twenty-nine in the reversed lotus position.



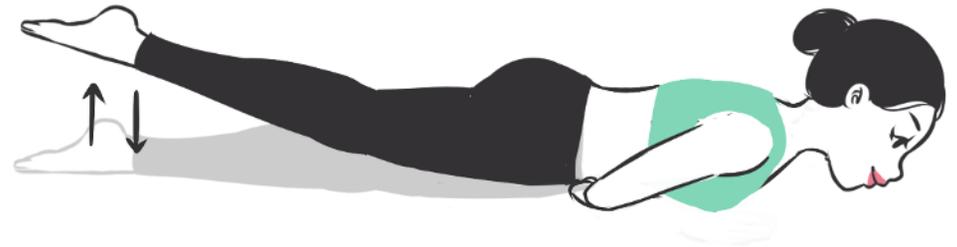
## 31) COBRA POSE

Lie on your belly, with the arms on the side of your body. Inhale fully, then gently lift your upper body and tilt your head up. Hold and relax down the exhale. Three repetitions without taking additional breaths in between.



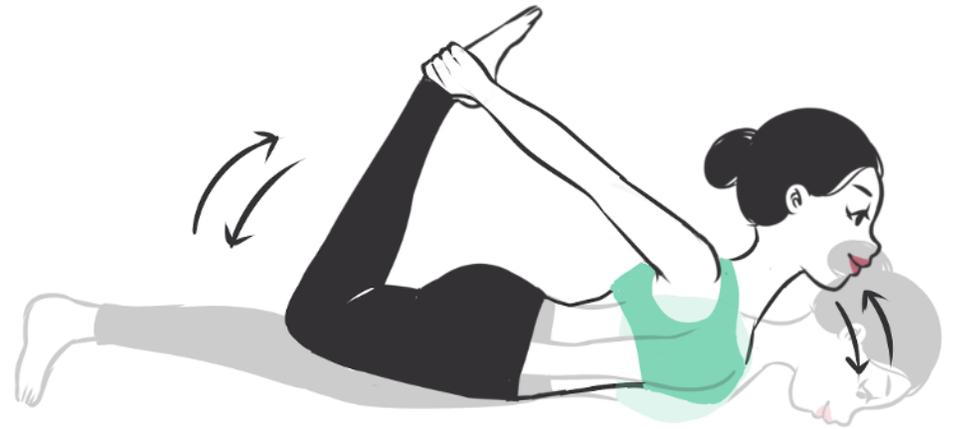
## 32) PRONE LEG LIFT

Lie on your belly, arms by the side of your body with both fists underneath your groin. Inhale then gently lift your stretched legs from the hip a few inches off the floor. Hold the position for a few seconds and relax down. Then exhale. Three repetitions without taking additional breaths in between.



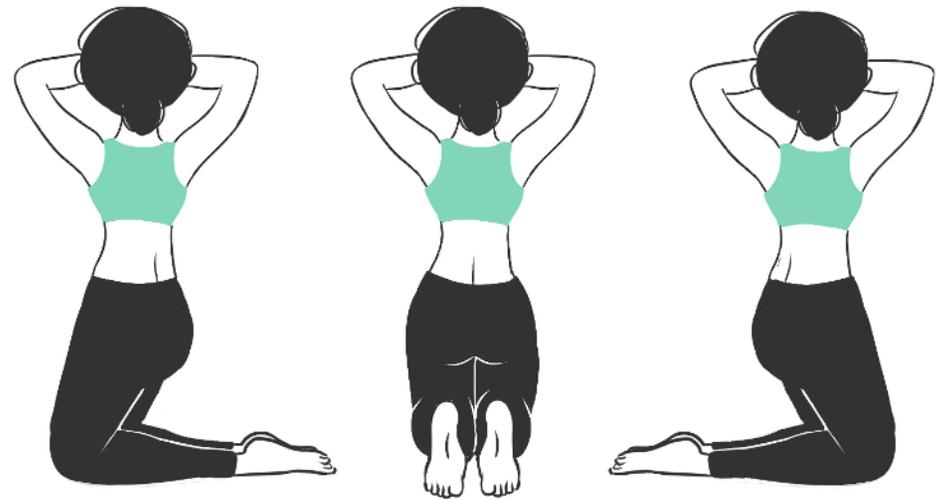
## 33) BOW POSE

Lie on your belly, grab your ankles with your hands. Leave the legs as close as possible together. Inhale then gently lift your chest and pull the ankles towards you as you push out and up with the legs. Hold the position for a few seconds then relax down. Now exhale. Three repetitions without taking additional breaths in between.



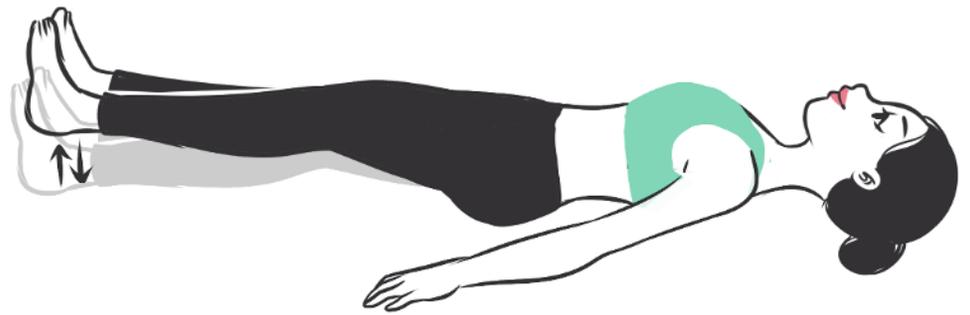
## 34) PRONE LEG TWIST

Lie on your belly, put your forearms in front of your face and rest your forehead on your hands. Bend your knees ninety degrees so that your calves and feet are sticking straight up into the air. Inhale in the middle position, then exhale and let your calves and feet fall to the left until your feet touch the floor. Attempt to keep your chest and shoulders on the floor. Lift the legs to the middle position as you inhale, then exhale and let them fall to the right. Five times each side.



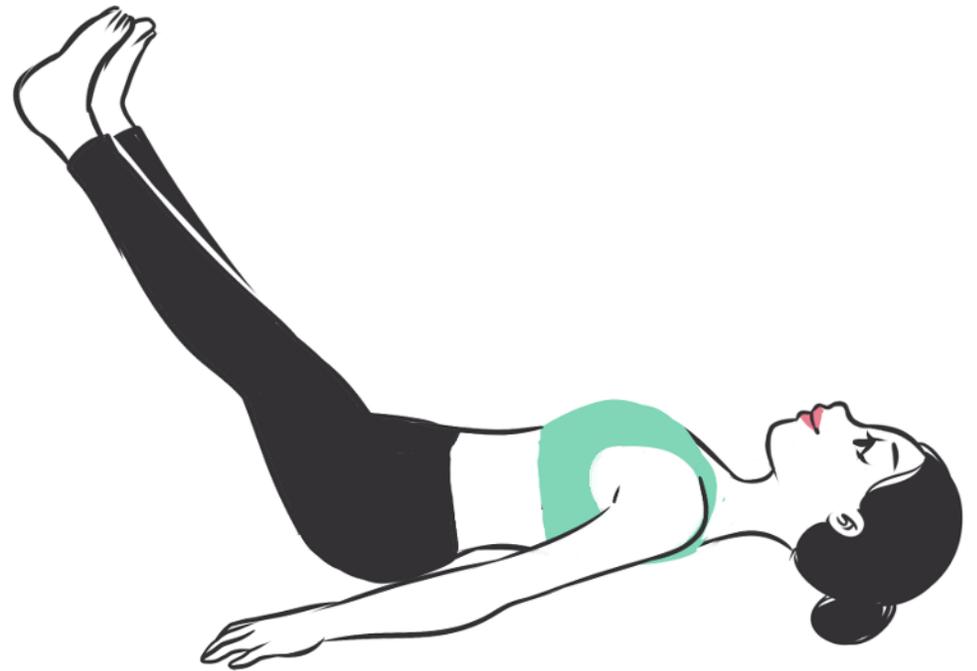
## 35) TWO INCH LEG LIFT

Lie on your back, have your arms are by your side. Inhale, then push your lower back to the floor as you lift your straight legs two inches off the floor. Hold for several seconds then relax down. Now exhale. Three repetitions without taking additional breaths in between.



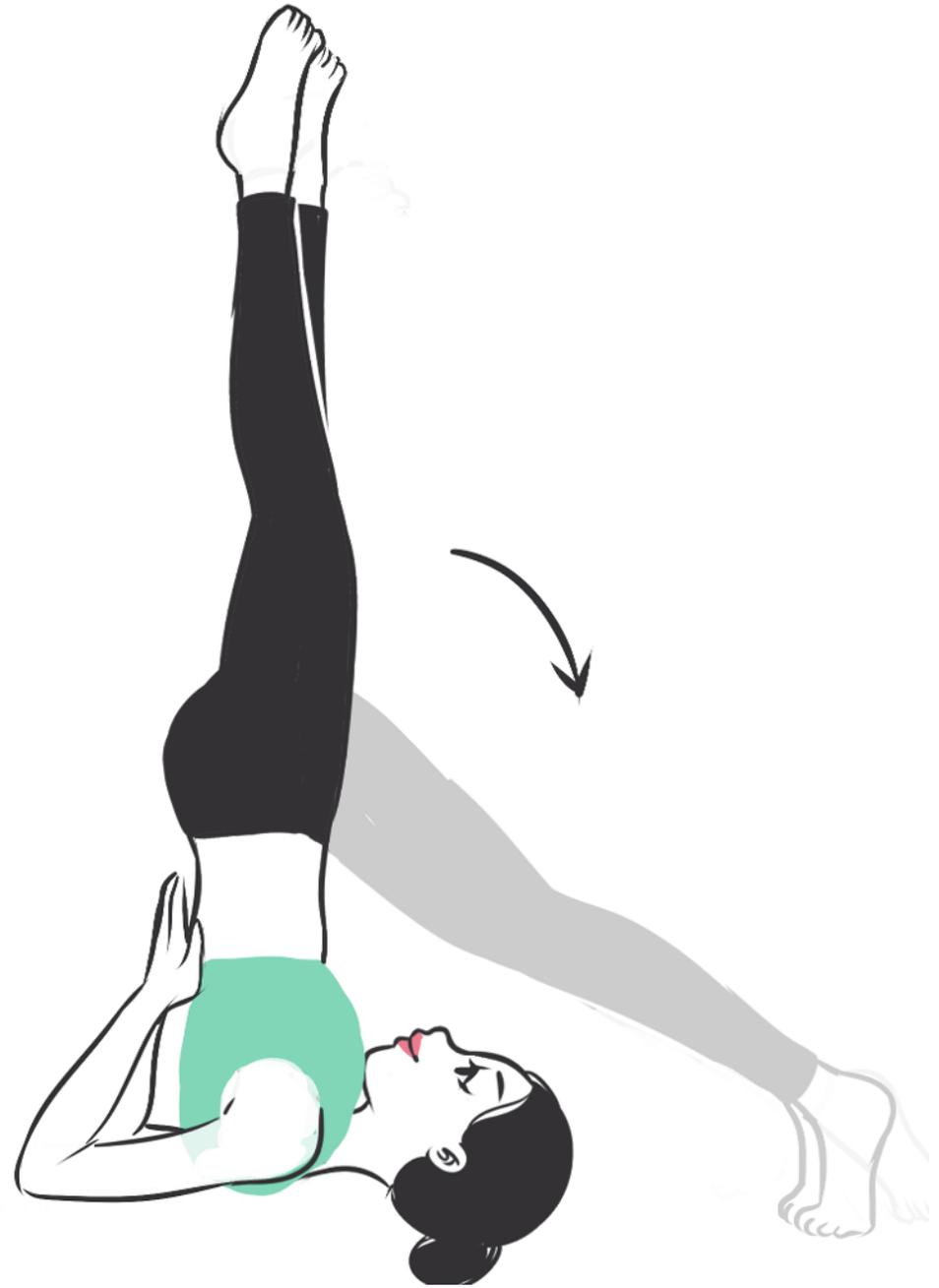
## **36) SEVENTY-FIVE DEGREE LEG LIFT**

Lie on your back, have your arms by your side. Push your lower back to the floor and inhale. Then lift your straight legs seventy-five degrees off the floor as you exhale. Inhale as you lower your legs back down. Three repetitions without taking additional breaths in between.



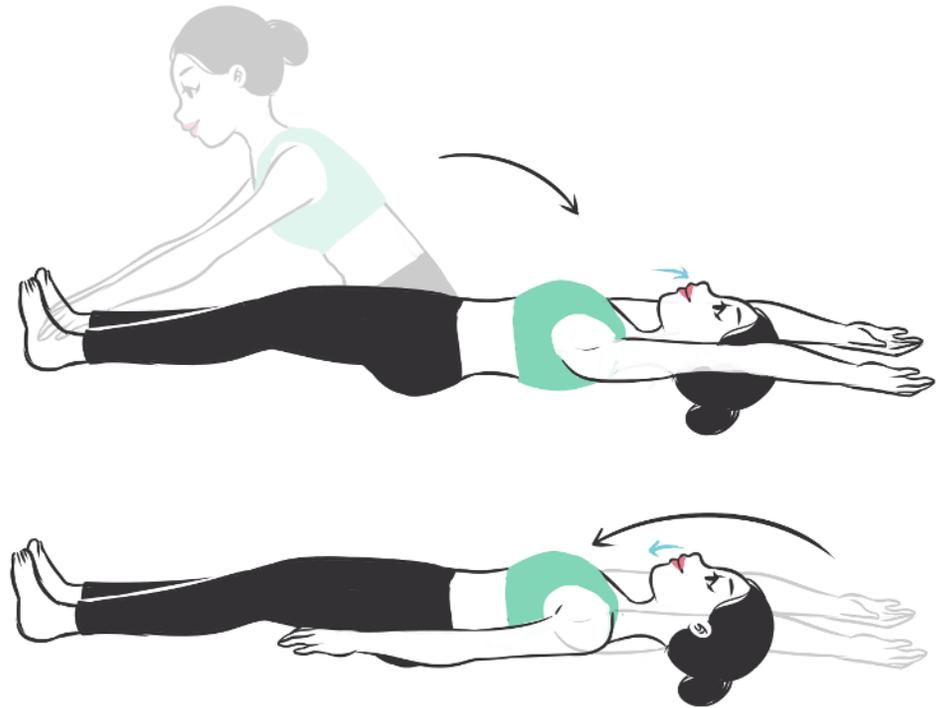
## 37) SHOULDER STAND WITH BACK BEND

Lift yourself up into a shoulder stand. Exhale as you bend your straight legs back over your head. Inhale back up into a straight position. Three repetitions.



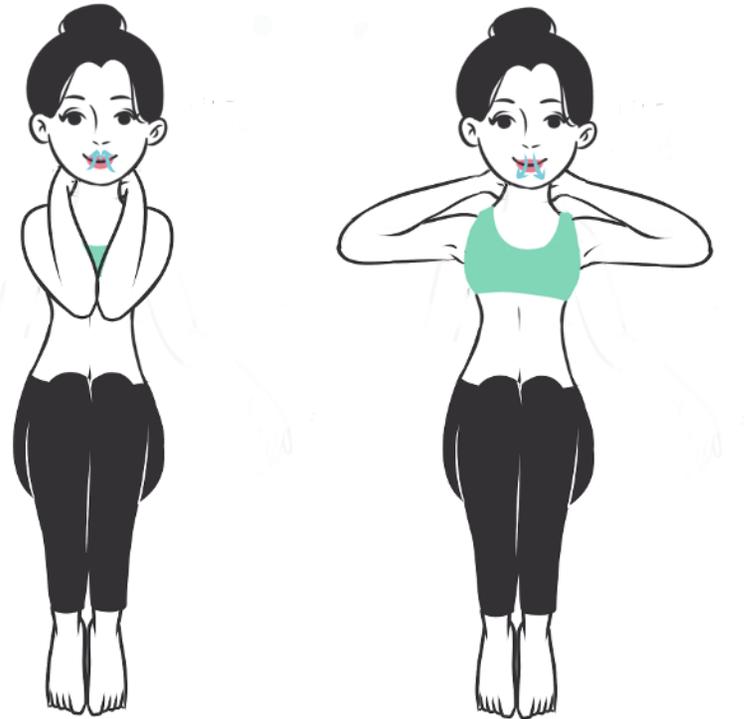
## 38) TWO BREATH EXERCISE

Lie on your back, have your arms by your side. Lift your arms over your head as you inhale, then slowly lift one vertebra at the time off the ground until you are in a sitting position as you exhale. Your hands should be touching the ankles (or whatever part of your calves, knees or thighs you can comfortably reach without bending your knees). Inhale as you move back into a lying position with your arms raised over your head. Make sure to slowly let one vertebra after another touch the floor. Once you are lying with your arms stretched over your head exhale as you move your arms to the side of your body.



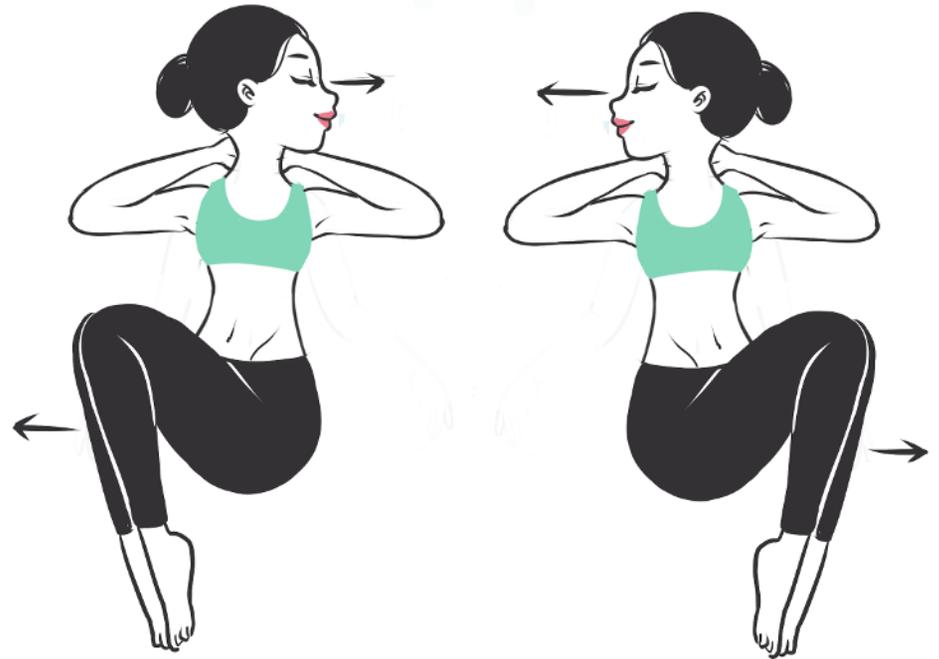
## 39) ELBOW RAISES

Lie on your back, have your hands crossed behind your neck. Your knees are bent, the feet are flat on the floor. Lift your arms and close your elbows in front of your face until they touch as you inhale. Exhale as they move back down. Five repetitions. Breathe and move slowly.



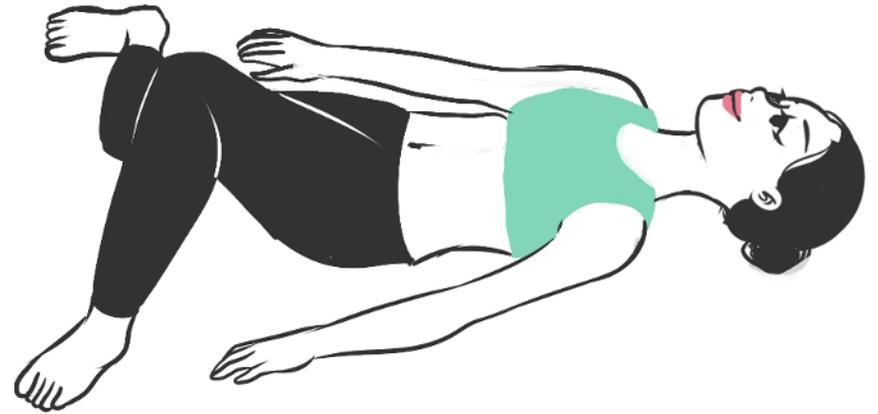
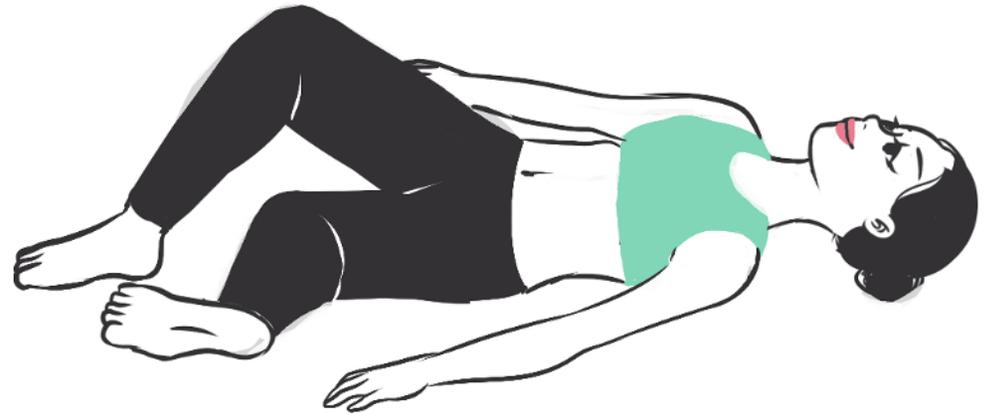
## 40) SCREW DRIVER

Lie on your back, have your hands crossed behind your neck. Your knees are bent, the feet are flat on the floor. Inhale, then twist your body as you exhale. Your face is thereby turning to one side, while your knees are touching the floor on the other side. Inhale to the middle then exhale and do the opposite side. Five times each side.



## 41) HIP TWISTER

Lie on your back, have your hands by your side. Your knees are bent, the feet are flat on the floor. Widen the stand of your feet. Inhale, then exhale as you bend one knee inwards until it touches the ground in between your legs. Inhale up and exhale and move the other knee inwards. Five times each side.



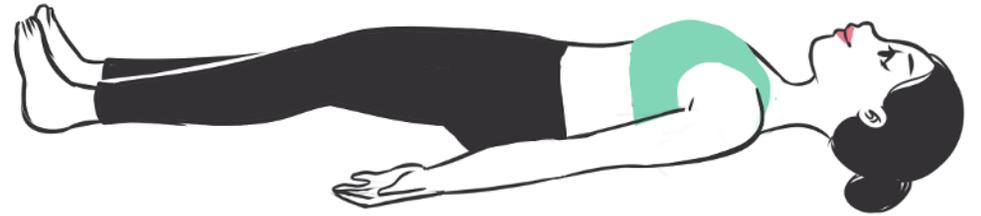
## 42) GASTRIC POSTURE

Lie on your back, have your hands by your side. Inhale, then pull in your legs and wrap your arms around your knees as you exhale. Hold your breath out for a few seconds as you attempt to touch your knees with your forehead. Inhale again as you relax down into a lying position. Five repetitions.



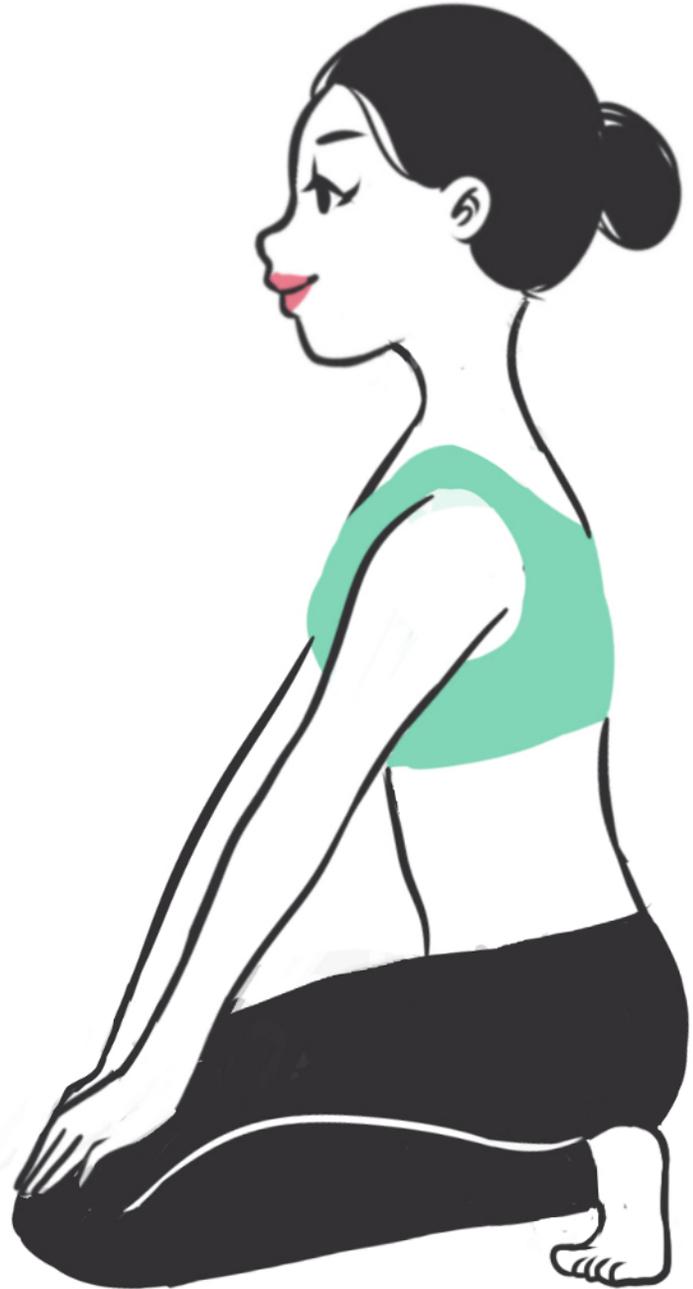
## 43) DEAD BODY POSTURE

Lie on your back, have your hands by your side, palms face upwards. Close your eyes, relax your whole body and breathe deeply. Remain in this pose for several breaths.



## 44) SIT ON TOES

Come into a sitting position and sit on your heels with the toes bent backward and stretched against the ground. Let your own body weight gently stretch your toes. Remain for about twenty seconds.



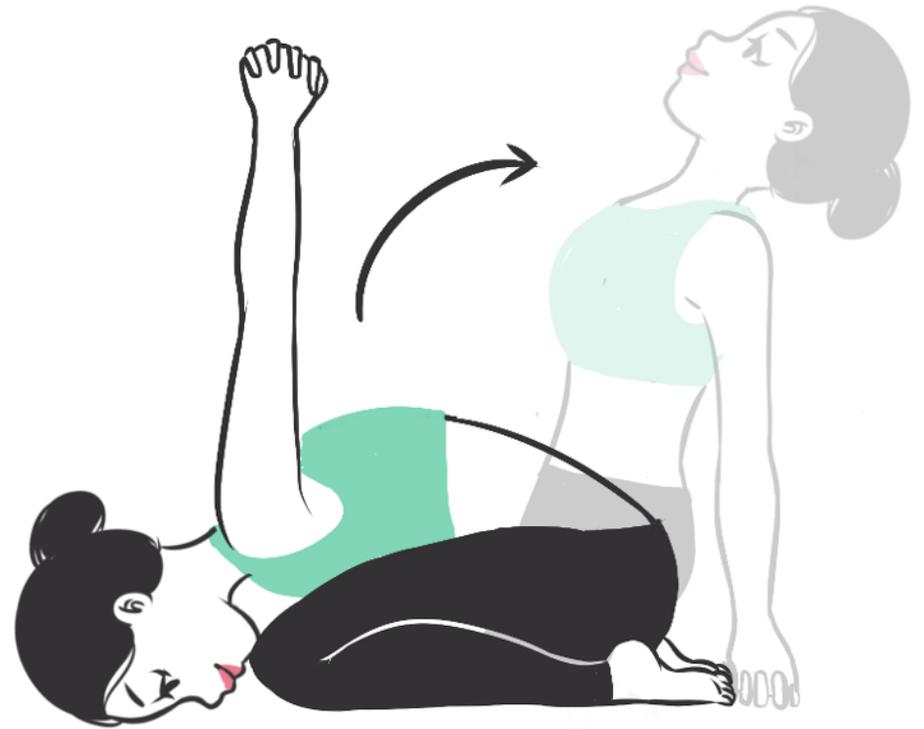
## 45) SIT ON HEELS

Stay in the same sitting position and move the toes back so that you are now sitting on the backside of your feet.



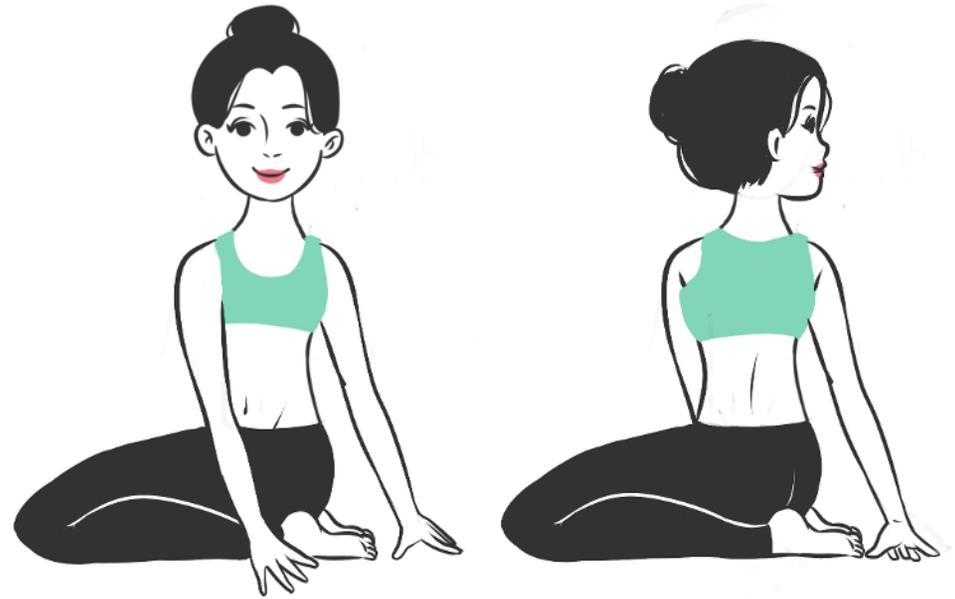
## 46) BACK AND FORWARD

Lean on the floor behind you with the palms of your hands, then lean back as far as you can while you inhale. Then exhale as you move forward into child's pose. You can either lift your arms as you move forward, or you can just let your arms relax at the side of your body. Five times back and five times forward.



## 47) SIDEWAY TWIST

Still sitting on your calves and feet twist to the left side as you exhale, while putting your palms on the floor to your left. Inhale back to the middle, then exhale as you repeat the same exercise on the right side. Five times each side.



## 48) DOG BREATH

Stick out your tongue and breathe in and out hard several times. Then relax and repeat.



## 49) LAUGHING POSTURE

Laugh as hard and loud as you can. Keep laughing for at least thirty seconds.



## 50) OHM

In the same sitting position take a deep inhale and sound a long and even OHHHHHHMMMM. Relax, inhale again and repeat.



# 51) PRAYER TO THANK

In the same sitting position fold your hands in front of your chest and recite the following prayer:

MATRA PITRA GURU CHARAN KAMALEBHIO NAMAH

(I pray to my mother, father, guru and surroundings)

BRAHMA MURARI TRIPURANT KARI

BHANUH SHASHIH BHUMI SUTO BUDHASHA

GURU SHUKRAH SHANI RAHU KETAWAH

SARVE GRAHAH SHANTI KARA BHAVANTU

(Oh god, and sun, moon, mars, mercury, jupiter, venus, saturn, north node and south node. Kindly make our morning good and we thank you for giving the gravitational force to support life)

SARVE BHAVANTU SUKHINAH

SARVE SANTU NIRAMAYAH

SARVE BHADRANI PASHYANTU

MA KINCHIT DUKH MAVAPNUYAT

OHM SHANTHI, SHANTIH, SHANTIH

SA MA..... SHANTIH REDHI

(We pray that everyone in the universe shall be happy, everyone shall be free of diseases, everyone should live in bliss and there should be no sadness anywhere in the universe. Peace, peace and only peace!)

