

DAILY YOGA

K V S K MURTHY - M.Sc., P.G.Dip.Yoga

Cell - 98665 46046 ,98854 66160

Yoga Master,pvpsit.

Email - Yogamurthyk@gmail.com

1. Pranayama
2. Sitting Warm ups
3. Standing Warm-ups
4. Exercises
5. Neck Therapy
6. Standing Asanas
7. Udyana Bandha
8. Suryanamaskaras
9. Claps - Kakimudra –
Simhasan - Laughing
10. Savasan
11. Abdomen Exercises
12. Cycling – 60 Times
13. Savasan
14. Brahmanadi Mudra
15. Sitting Asanas
16. Back - Bending Asanas
17. Front - Bending Asanas
18. Vajra or Padmasan
19. Nada Anusandana
Mudrana Pranayama
20. Ome - chanting
21. Prayer -
Mrutyunjaya Mahamantra
22. Bramari Pranayama
23. Yoga Mudra
24. Aswani Mudra
25. Gowtham Budda
Meditation Namaskar to all
26. Meditation
27. Savasan
28. Part vise Relaxation
29. Sitting Position
30. Acupressure - Open eyes.

PRANAYAMA

1. Kapalabhathi
2. Bhastrika – 2 parts
3. Nadisuddi Pranayama
4. Agnisara Kriya
5. Vujjai – Bramari
6. Seethali – Seethkari – Saddanata
7. Brahmamudra – Yogic breathing

STANDING ASANASAS

1. Ardhakati Chakrasan
2. Ardha Chakrasan
3. Padahastasan
4. Trikonasan-Viloma
5. Utkatasan
6. Garudasana
7. Vrukshasan

SITTING ASANAS

1. Baddakonasana
2. Ardhamatsendrasana or Vakrasana
3. Gomukhasana
4. Vrustasana
5. Madyalasan

FRONT BENDING ASANAS

1. Pashimotasan
2. Poorvotasan
3. Halasan
4. Sarvangasan
5. Matyasan
6. Uttana Padasana
7. Nowkasan
8. Kandarasan – Chakrasana

BACK BENDING ASANAS

1. Makarasana – 3 steps
2. Bhujangasana – 4 Steps
3. Salabhasana – 6 steps
4. Dhanurasana – 2 steps
5. Makarasana – Relax

YOGA LAYA

1. Badda Konasan
2. Badda Padmasan
3. Ardha Mastendrasan- L & R
4. Gomukhasan - L & R
5. Ustrasan
6. Madyalasan
7. Pachimotasan
8. Poorvothanasan
9. Halasan
10. Sarvangasan - Sarvanga padma
11. Matyasan
12. Savasan
13. Vuttanapadasan - 90° - 45° - 25°
14. Kandarasan/Chakrasan
15. Nowkasan
16. Pavana muktasan – Rolling Exercise
17. Makarasan - 3 Steps
18. Bhujangasan – 4 steps
19. Salabhasan – 6 steps
20. Dhanurasan - 2 steps
21. Relax Makarasan
22. Mayurasan
23. Advance asanas
24. Seershasan
25. Savasan