

# LOOSENING EXERCISES

## 'YOGIA'

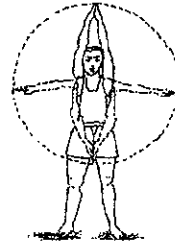
### SHITHALIKARANA : PRACTICE

Before starting the asanas one has to loosen all parts of the body. For this we feel positive effect on the body. So every day we have to practice shithalokarana before starting the asanas.

#### 1) Hands Rotation

Stand on the legs with a distance of one foot between the feet, without folding the hands at the elbow move them up and rotate slowly clockwise and anticlockwise.

Practice this posture atleast twice. According to your physical condition.



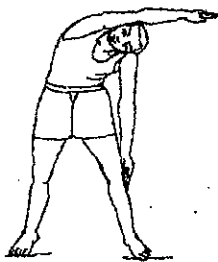
#### 2) Side Twist

Keeping a distance of two feet between the legs, stand straight. Spread the hands parallel to the shoulder. Now fold right hand and place it on the chest and twist the upper body towards the left as much as possible. Slowly return to previous state. Similarly perform it from the right side.



#### 3) Lateral Bending

Stand straight on the legs with a distance of 2 feet. Raise the right hand until it touches the head. Keeping the left hand touching the left thigh, start bending laterally on the left side to the extent your left hand touches the ground. Don't struggle hard to touch the ground with the left hand. Slowly return. In the same way, bend the body on the right side attempting to touch the ground with the right hand.



#### 4) Twice Forward Bending with exhalation

Stand straight spreading the legs. Raise both the hands straight and then bend backward. While going backward take the breath in. Then start bending forward twice with exhalation. See that the knees are not bent and when you are bending forward exhale.



#### 5) Forward Bending & Twisting with exhalation

Spreading the legs stand straight and spread both hands parallel to the shoulders. Then bend forward and with the left hand touch the right foot. While touching the right foot twist the waist and look at the right hand which is above the head. In this posture, allow the breath to go out. Similarly touch the left foot with the right hand. When you start rising take the breath in and come back to the normal position.



6) i) Spreading the legs stand straight. Keep both hands on the thighs with the palms facing forward. This is the prior posture. Now raising the hands gradually, place the hands on the back portion of the shoulders. While you do this see that the elbows are raised as high as possible (in this position take the breath in) staying for a while in this final position, gradually bringing the hands down come back to the previous position (Now breathe out) Repeat this for number of times.

ii) Exercise of hands along with breathing

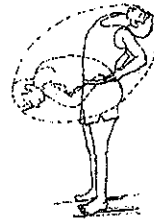
Spreading the legs stand straight. Spread both hands parallel to the shoulders. Now slowly bring the hands down. As you are bringing the hands downwards keep exhaling the breath. Now place the right palm from below near the left arm pit and the left palm near the right arm pit. In this position, both elbows resting on each other is the shape of scissors. Releasing the breath, stay in this final posture for some time.

Next, inhaling the breath, spread both hands laterally raise the right hand and place on the back of left shoulder; left palm on the back of the right shoulder. Here both the fore arms are crossing each other. Stay for a while in this state.

Gradually come back to the previous position. Repeat this.

### 7) Waist (Upper Side) rotation

Spreading the legs stand straight and keep the hands on the waist. In this position rotate the upper body from the waist in a circular manner both clockwise and anti clockwise manner.



### 8) Neck Rotation

Stand straight with the legs spread and hands on the waist. Close the eyes and rotate the neck in both clockwise and anti clockwise direction.

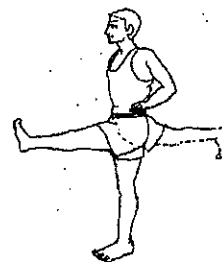


### 9) Knee Rotation

Stand straight. Then bend the knees slightly. Place the hands on the knees. Holding this position rotate the knees in both directions left to right and right to left.

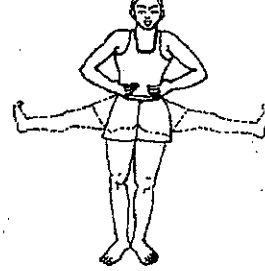
### 10) Lifting the Leg Forward & Backward

With the hands resting on the waist stand erect. Keeping the body straight, raise the right leg forward without bending the knee. In this position the leg will be perpendicular to the upper body. Remain in this position for some time and come back to the normal position. Again, try to raise the same leg backward. Perform this exercise by the left leg also.



11) **Lifting the leg laterally**

Place the hands on the waistline and stand erect. Gradually lift the right leg laterally in the right direction. Remain in this raised position of the leg for sometime. Then slowly return to the normal position. Perform this with the left leg also.



12) **Lateral jumping**

Place both hands touching the thighs and stand straight with both feet together.

1) Spreading the legs and the hands together, jump sideward.

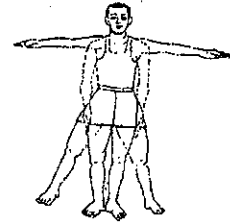


fig a

2) Jumping again, join the feet and bring down the hands. Repeat this exercise as many times as you feel comfortable.

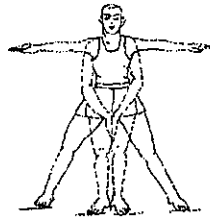


fig b

Along with the exercise follow other exercises of the hands as shown in the figure a-

- a- hands sideward
- b- hands frontside.
- c- hands backside.



fig c

After performing these exercises spread the legs, close the eyes and take deep breaths. This provides wonderful relaxation to the body.

13) **Static running :**

A- Standing in the same place make running action with the hands and legs. When you are running this way, see that the heels touch your buttock.

B- Running this way, now lift the thighs alternately; lift the thighs so that the thighs can touch the stomach.



**Note :** All these exercises should be done minimum twice, whereas, jumping and running exercises can be done many times. For more agility and mobility of the body, these can be repeated.

**Benefits :**

- These exercises done in standing posture render the body flexible.
- Respiratory and circulatory systems improve considerably.
- Muscles develop agility.
- Whole body becomes flexible.

