

R C Yoga Protocol for Beginners

- Ramachandra Raju Kalidindi - Mystic - Yogi

Sukhma Vyayama:

1. Neck
2. Shoulder
3. Trunk
4. Knee
5. Rist and Ankle

Kriyas:

1. Trataka
2. Kapalabhathi

Asana:

1. Namaskarasana(OM chanting 5 times)
2. HasthaUttanasana & Ardha chakrasana
3. Padhahasthasana
4. Thadasana
5. Vruksaasana
6. Veerabadhrasana (left)
7. Veerabadhrasana (right)
8. Trikonasana (left)
9. Trikonasana (right)
10. Salabhasana(left)
11. Salabhasana (right)
12. Jaanu Sirasana (left)
13. Jaanu Sirasana (right)
14. Pavana mukthasana
15. Bhujangasana
16. UtthanaPadhasana
17. Sasangasana
18. Naukasana
19. Makarasana
20. Vajrasana

Pranayama

1. Chandra Bhedhi - 20 times
2. Surya Bhedhi- 20 times
3. Anuloma Viloma - 20 times
4. Seethali - 20 times
5. Bramari- One minute

Preparation for Dhyana:

1. Pathajali Pranayama (observation of breath) -one minute
2. Prathyahara & Dharana - one minute
3. OM intonation - one minute
4. Shambhavi Mudra - concentration on Ajna - 3 minutes

This custom Yoga routine is designed by me, for beginners who wish to improve their Physical mental and Spiritual Health. This routine, if practiced regularly can keep one fit and helps preventing life style diseases such as Hypertension, diabetes, endocrine disorders, spinal disorders and sinusitis.



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