

ROUNDING FOR VEDIC MEDITATORS

Asanas should not be attempted without personal instruction. This sheet is only a reminder showing the correct sequences. Asanas should be done slowly without any forcing or sudden position movements. Be guided by Maharishi Patanjali who said 'Asana is perfected by relaxation of effort and the dawn of unboundedness'. Find the point where there is effort in the stretch and then relax slightly back from it. Remember that you will be doing this sequence many times. Easy repetition of the Asanas will produce better results than forced stretching.

Each position can be held from 5 to 15 seconds.



TONING OF THE BODY

Press and release using both hands maintaining contact with the body:

Front of head
Back of head
Hands / arms (inside and outside)
Abdomen
Lower back
Feet / legs

ROLL

Lie on back, bring knees to chest, clasp hands around knees, roll towards right then left (3 x each side)

LEG EXTENSION

Extend legs one at a time, keeping outstretched leg slightly above the ground (3 x each side)

KNEELING - VAJRA (SEAT STRONG) ASANA

Rise up using upper legs, hold, then lower down (3 x each side)

ARM STRETCH - BALASANA (CHILD POSE)

Stretch forwards with both arms and hold. Forehead on the ground, arms and fingers active stretching out the upper body. Slowly pull back to seated position (repeat 3 times)

BACK STRETCH - JANUSIR (HEAD OVER THIGH) ASANA

Lean forward, grasp toes & touch forehead to knee of outstretched leg (repeat 3 x each leg then 3 x both legs out stretched)

SHOULDER STAND / PLOUGH / SHOULDER STAND VIPARITA KARANI (REVERSING) ASANA HALA (PLOUGH) ASANA

Feet together, legs straight. During shoulder stand, toes should be directly above the eyes. Support back with hands. Fold over into Hala Asana keeping legs straight. Arms join in clasp behind back or cross arms behind head. Slowly return by reversing back to shoulder stand then lower self down to laying and relax. (30 sec - 1 min for each movement)

COBRA - BHUJANGA (COBRA) ASANA

Use the muscles in your back to lift your chest and abdomen off the ground and then use your arms to gently press down and release the pressure in your back - arms provide support only. Advanced Cobra - Rise up so just your hands are supporting you. Lower self back down (repeat 3 times)

LOCUST - SHALABHA (LOCUST) ASANA

Chin on floor, feet together, fists under pelvis, raise legs and hold then lower down. If too strenuous, lift one leg at a time (repeat 3 times)

SPINAL TWIST - VAKRA (TWIST) ASANA

Right leg outstretched, left leg raised and crossed over right. Right elbow around left knee (arm can be facing up or hand can grasp right ankle). Twist with upper body by extending left arm around back and placing on ground. Head looks towards the back. Twist to the left and hold then the right and hold (3 x each side)

HAND FOOT POSE - PADA HASTA (HAND FOOT) ASANA

Roll down, touch forehead to knees, hands on ground or wrap arms around ankles or place under the feet and hold (repeat 3 times)

RESTING - SHAVASANA (RELAXATION POSE)

Arms 45 degrees out from the body, palms facing up, body relaxed, chin slightly tucked (2 minutes)

SUKHA PRANAYAMA (COMFORTABLE BREATHING EXERCISE)

Alternate inhalation and exhalation from one nostril at a time. Using right thumb, block right nostril and start with an outward breath through the left nostril. Breathe inward through left nostril then switch and block left nostril using middle and ring fingers and exhale through the right. Continue breathing deeply but comfortably. End on an outward breath through the left nostril (4-5 minutes)

