

# Yoga for stress management ...



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## Certain yogic techniques to combat stress

1. Breathing Techniques helps relax train the respiratory organs to cope-up with technique of pranayama breathing.
  - (a) abdominal
  - (b) thoracic
  - (c) cavicular

Procedure : Either in lying or sitting posture, close the eyes, place one palm on abdomen, absorb the rhythmic breathing the abdomen should raise (bloat) when you breath & suck in where you breath out 3-5 rounds. Same 3-5 rounds the placing the palm on chest & at throat.

2. AUM chanting-mentally & loudly also by spitting the syllabus v, Å, e
3. Relaxing joint exercises - slow i breath awareness do the all round joint movements from neck, shoulders, elbow, wrist, fingers, spinal stretching, knee movements, ankle movements /stretches.
4. Instant relaxation technique - lie down comfortably on a carpet bring legs together, hands by the side of thighs. Now tighten one by one consciously & quickly the ankle, calf muscles, knee joints, thighs, buttocks, low back, abdomen, chest, neck, back of neck, facial muscles, hold the breath, tighten the whole body & let loose the whole body at a stretch and relax. Deep breathing.

1. Shavasan
2. Makarasan
3. Bhujangasan
4. Shalabhasan
5. Suptavasan
6. Vakrasan
7. Pranayan : Naadi Shudhi, Ujjayee, Bramharee
8. Meditation

