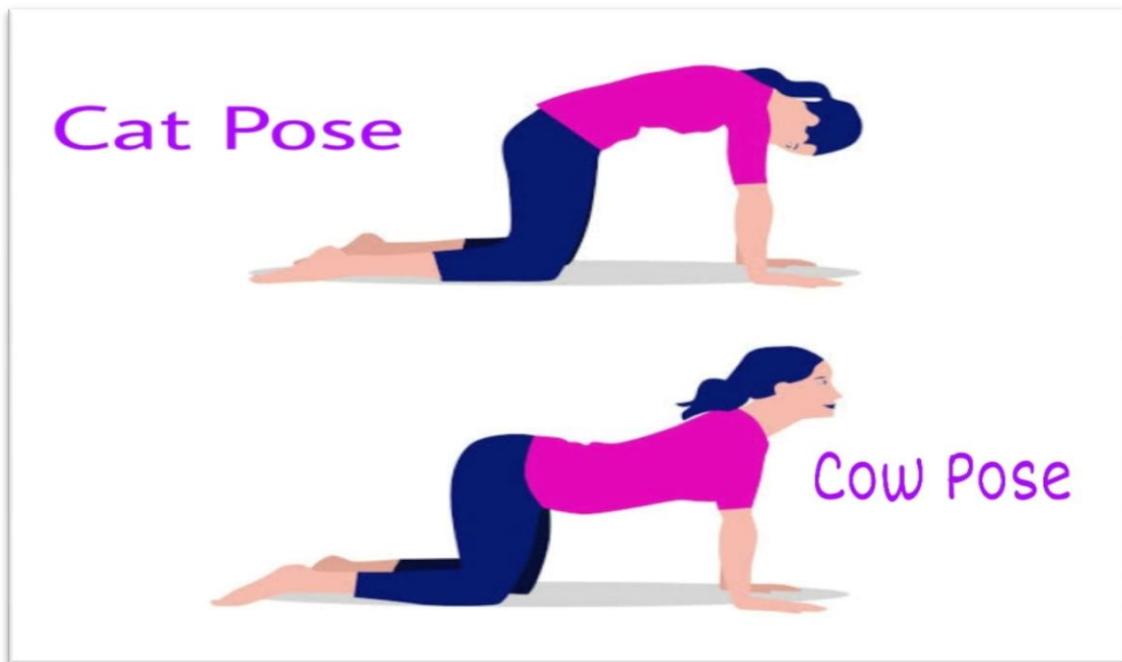


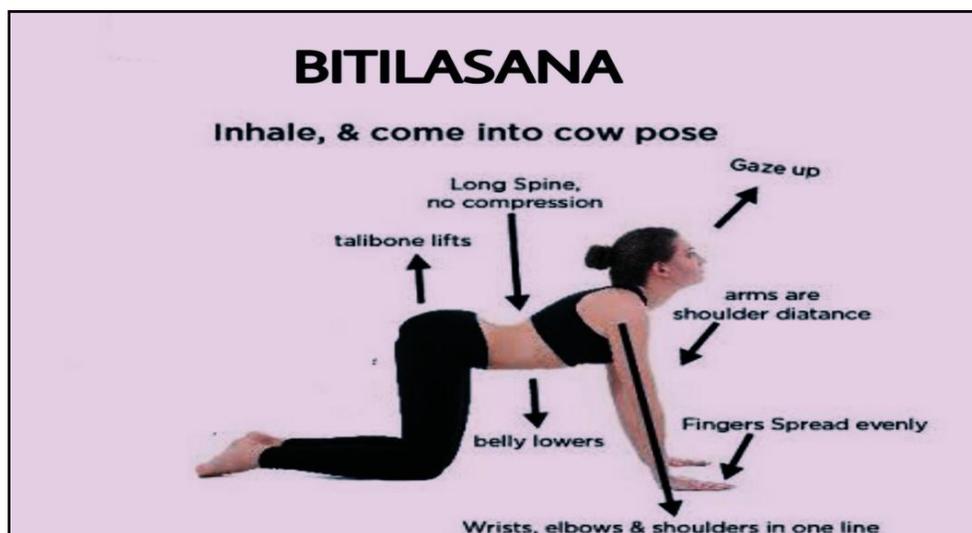
# YOGA FOR SENIORS

NAME - MARJARYASANA [CAT POSE] AND BITILASANA [COW POSE]

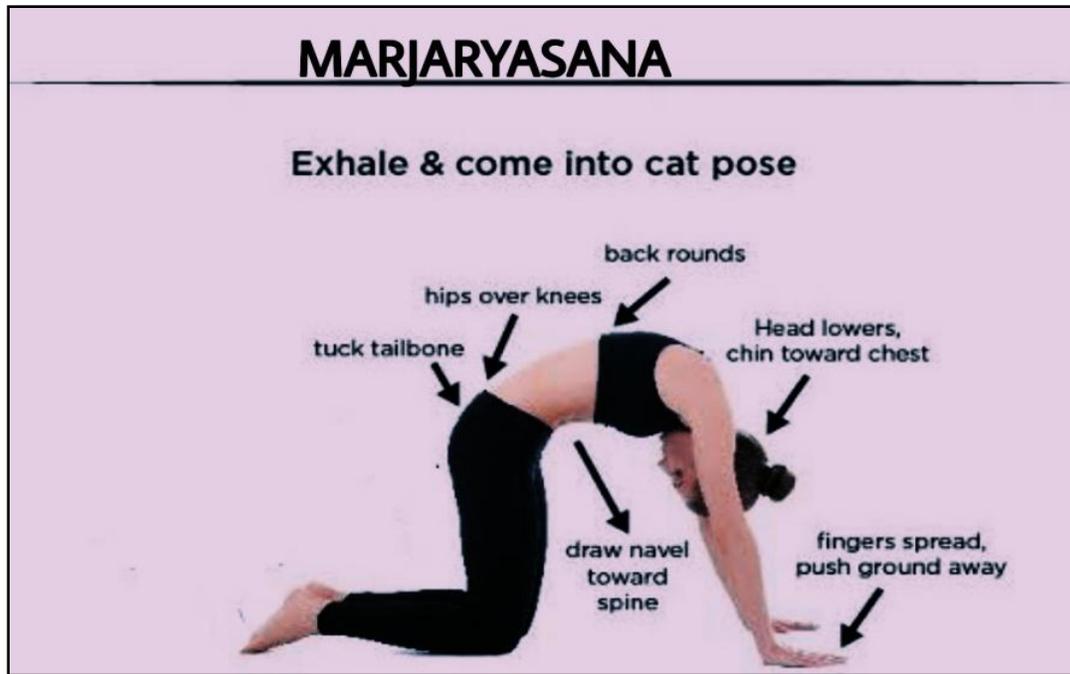


## TECHNIQUE

**STEP 1** - Start by kneeling on your hands and knees. Make sure your hands are below your shoulders, and your knees are below your hips.



**STEP 2** - Move into a cow pose: Inhale as you drop your belly towards the mat. Lift your chin and chest, and gaze up towards the ceiling.



**STEP 3** - Cat pose: As you exhale, draw your belly to your spine and round your back towards the ceiling, and look at your belly.

**STEP 4** - Inhale, coming back into the cow pose, and then exhale as you return to the cat pose. Repeat 5 times.

## **BENEFITS**

- Improves the flexibility of the spine.
- Relieves tensions around the neck, back and shoulders.
- Strengthens the arms and the wrist.
- Improves digestion.
- Reduces stress, insomnia and encourages good sleep.
- Strengthens the abdominal organs.

### **For your reference:**

<https://www.youtube.com/watch?v=kqna4rHVVA&feature=youtu.be>

<https://www.youtube.com/watch?v=1HUCbwBba7A&feature=youtu.be>

# NAME - VAKRASANA (THE TWISTED POSE) - TECHNIQUE

## VAKRASANA THE TWISTED POSE



**STEP 1** - Sit on the mat with your legs stretched out in front of you and hands resting on the floor by the side.

**STEP 2** - Bend the left leg and place it near the right thigh, close to the right knee. Keep the right leg straight on the floor.

**STEP 3** - Place the right hand over the left foot and place the right palm beside the left foot or you can even hold the left ankle with your right hand.

**STEP 4** - Place the left hand behind, to support the weight of the body. Turn the neck to the left, in line with the trunk.

**STEP 5** - Breathe normally in this position. Maintain this final position for 10 to 20 seconds or as long as you are comfortable.

**STEP 6** - Release your hands and straighten your legs to come back to the starting position. Now take deep breaths and relax. Repeat it by changing the position of arms and legs.

**For your reference :** <https://www.youtube.com/watch?v=M-fM7uPqgAk&feature=youtu.be>

### **BENEFITS**

- Helps to reduce belly fat.
- Strengthens the back muscles.
- Makes your spine flexible.
- Strengthens the legs, shoulders, knees, thighs, waist and chest.
- Helps to reduce back pain.
- Improves digestion.
- Improves kidneys and liver function.
- Helps to cure constipation.
- Helps those who are suffering from diabetes.

### **NOTE**

- Repeat the asanas and pranayama given earlier along with the new ones.
- All the asanas and breathing exercises should be practiced on an empty stomach.
- In case of any medical problem consult your doctor before attempting these asanas and pranayama.
- Do not strain your body and avoid pushing yourself beyond your abilities while performing the asanas.