

Asanas before and after walking:

Asanas before walking:

1 अश्व संचालनासन Ashwa Sanchālanāsana:

Bring your left foot in line with the palms. Toes are in line with the fingers. Push your groin region down as much as possible and stretch your neck up and back, face to the sky.

Focus on your आज्ञा चक्र Ajnā chakra, located behind the center of your eyebrows, at the center of your brain, and chant:

ॐ आदित्याय नमः । AUM Ādityāya Namah.

Beej mantra : ह्रूम Hrum

Aswasanchalanasana left and right leg



2 Parvatasana

पर्वतासन Parvatāsana:

Lift up your hips, lift up your knees and go back on your heels, without bending your knees. Your back is arched up as you lower your head in, chin to the chest as much as possible.

Focusing on your विशुद्धि चक्र Vishuddhi chakra, located behind the voice box at the center of your spine, chant:

ॐ मरीचये नमः । AUM Marichaye Namah.

Beej mantra : ह्रीम Hrim



After walking:

- 1) Vajrasana with hip movement
- 2) Janukarsana: Sleep on back with bent knees, slide one calf rubbing against the other knee. Do it with other leg.
- 3) Janu shirsh pad uttan asana: Left heel in the groin region, right leg extended on the back, left upper thigh on the floor, head straight up and both palms on left knee, bent upward and backward, take left palm at the back of right knee. Then bring center of your chest on the left knee and forehead on the ground, arms fully extended in front. Stay collapsed for 2 minutes. Slowly come back and repeat on the other side.