

SITHALIKARANA ASANAS

(eyes)

((palming, facial massage and yogic blink are to be performed after each of these asanas)

1. Widen eyes. Hold. Relax. (palm, massage, blink)
2. Slowly roll eyes up, then down, then to horizontal level. (palm, massage, blink)
Slowly roll eyes to right, then left, return to center. (palm, massage, blink)
Then top right, down left, center. (palm, massage, blink) Top left, down right, center. (palm, massage, blink) Move eyes slowly in clockwise direction, then counter-clockwise. Bring to center. Relax. (palm, massage, blink)
3. Palming
Close your eyes gently. Cover eyes with your palms in such a way that the cup of the palm covers the center of the eyeball, but without touching the eye. Breathe in slowly, becoming aware of the cool, soothing energy in the eye. Relax.
4. Facial Massage
Close eyes and breathe out from the center of lips. With the middle three fingers of both hands, massage your eyebrows from center to the temples. Massage forehead in same way, starting from the center to the top of the temples. Then massage your temples from top downward.
Repeat 3 times to relieve tension in facial muscles.

Massage lower base of both eyeball sockets from the center outward. Massage the nasal bridge with your middle fingers on each side, starting from the top toward the bottom of the bridge. Now massage the upper lip starting from the center to outward. Massage cheeks from top downward. Finally, massage chin and upper throat with thumb and fingers.
5. Yogic Blink
Open your eyes and count 1 one thousand, 2 one thousand, 3 one thousand. Close your eyes and count 1 one thousand, 2 one thousand, 3 one thousand. Repeat 3 times to energize and cool the eyes. .
6. Blow cheeks out. Hold for few seconds. Relax.
7. Suck cheeks in. Hold for few seconds. Relax.

(neck)

8. Breathe in. While breathing out, lean neck forward slightly and look down. While breathing in, return to center. While breathing out, lean slightly to right. Breathing in, return to center. While breathing out, lean to left. Breathing in, return to center. Breathing out, lean back. Breathing in, return to center.
9. Turn neck very slowly all the way around in clockwise direction. Slowly do the same counter-clockwise. Return to center, look straight ahead.
10. Neck Massage
Extend right arm in front of you at shoulder level. Turn neck to right. Bending elbow, slowly move right arm to the left along chest and, with fingertips, grab the back of your neck as far as you can, keeping elbow at shoulder level. While maintaining pressure on the fingertips, slowly straighten out neck and slide elbow down until fingers are on chest.

Extend left arm in front of you at shoulder level. Turn neck to left. Bending elbow, slowly move left arm to the right along chest and, with fingertips, grab the back of your neck as far as you can, keeping elbow at shoulder level. While maintaining pressure on the fingertips, slowly straighten out neck and slide elbow down until fingers are on chest.

(chest, arms and shoulders)

11. While breathing in, bring shoulders up and back. Breathing out, return to center. While breathing in, bring shoulders up and forward. Relax. Return to center.
12. Extend arms in front. Join five fingers and while breathing in, touch fingers to shoulders. While breathing out, extend arms in front. Relax. Extend arms outstretched to sides. While breathing in, touch fingers to shoulders. Breathing out, bring outstretched arms to sides. Relax.
13. Bring arms outstretched to the sides, elbows at shoulder level, palms to sky. Half inhalation, palms turned down. While completing rest of inhalation, turn palms to sky. Relax.
14. Extend arms in front, thumbs inside, fist over. Move wrists outward, down, inward, up, down. Then up, in, down, out, up. Relax.

15. Clasp hands to chest. While breathing out, extend arms straight out in front, no bending, clasped palms out. Hold. While breathing in, bring hands back, palms facing chest. Coordinate movements of arms with breathing.

While breathing out, extend clasped hands up in air 45°, palms out. Breathing in, bring back to chest, palms facing chest. While breathing out, extend clasped hands straight up 90°, palms out. Stretch as far as you can. Keep arms straight, in line with ears. Breathing in, bring back to chest, palms facing chest.

16. Fold your thumbs in and four fingers over them. Extend arms sideways, bending the elbows and keeping your forearms at right angles to the upper arms and the upper arms horizontal. While breathing out, keep your forearms perpendicular and slowly bring your elbows together. While breathing in, bring arms back to the sides.
17. Fold your thumbs in and four fingers over them. Extend arms in front of you. Bending the elbows, keep your forearms at right angles to upper arms, forearms pointing to the front. While breathing out, keep your forearms perpendicular and slowly bring your elbows together at the belly button. While breathing in, raise them to the sides.
18. Fold your thumbs in and four fingers over them. Keep your forearms on top of each other at the belly button. While breathing in and keeping the elbows bent, raise your right arm so that the upper arm is touching your ear and the forearm is on your head. Take it back as much as possible. While breathing out, slowly bring arm to starting position. Repeat with left arm.
19. Palms at waist, four fingers in front and thumbs behind waist, eyes open, inhale. Bend backward, chant AH while exhaling, and straighten out. Four fingers behind waist, thumbs forward. Chant AH while exhaling, and straighten out. If shaking, back out and straighten. Relax. Four fingers in front, thumbs behind waist. Push waist forward, hips left, back, right, front, center. Then front, right, back, left, front, center. Relax.
20. Right foot forward. Both palms on right knee. Go forward and down. Push right knee down, and get up. Breathe in and relax. Left foot forward. Both palms on left knee. Go forward and down. Push left knee down, and get up. Breathe in and relax.

21. Sit in squatting position. Hold insides of feet with palms, elbows inside of knees. While breathing in, look straight up, Breathing out, straighten legs, raising hips up. While breathing in and adjusting pressure on palms, bring hips down, and return to squatting position. Repeat 3 times.

22. Place left foot on right thigh. Hold left toes in right palm, with left palm underneath left knee. Raise left knee to chest, moving it slightly to right. Move left palm in front of left knee and gently and slowly push down, down, down. Straighten left leg. Relax.

Place right foot on left thigh. Hold right toes in left palm, with right palm underneath right knee. Raise right knee to chest, moving it slightly to left. Move right palm in front of right knee and gently and slowly push down, down, down. Straighten right leg. Relax.

23. Bring both heels to groin region as far as you can. Hold on to both feet with palms. Breathing in, raise knees up. Breathing out, lower knees to floor, using elbows to help. Do not force.

To Walk Better

24. Sit on floor. Bend left leg and take right leg back. Sit on left leg from knee to foot, with left heel in groin region. Keep upper left leg on floor. Bend forward over left knee and extend arms far forward. The center line of chest should be over left knee.

Repeat with right leg. Bend right leg and take left leg back. Sit on right leg from knee to foot, with right heel in groin region. Keep upper right leg on floor. Bend forward over right knee and extend arms far forward. The center line of chest should be over right knee.

After Walk

25. Sit in vajrasana position (kneeling position, sitting back on heels). This position relieves stress on calf muscles.