



सत्यमेव जयते

EMBASSY OF INDIA,
VIENNA



CHAIR YOGA



NADISHODHAN / CLEANSING PROCESS

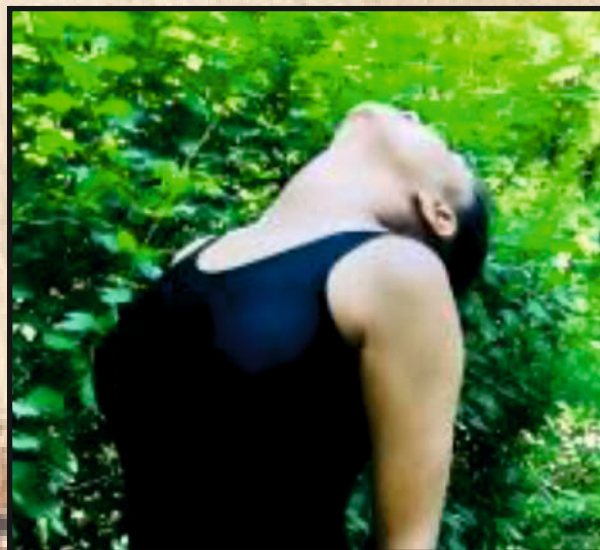


Sukshm Vyayam /Micro exercises

1. Exercise for Throat



2. Exercise for Wisdom



3. Exercise for Memory



4. Exercise for Intellect



5. Exercise for Neck



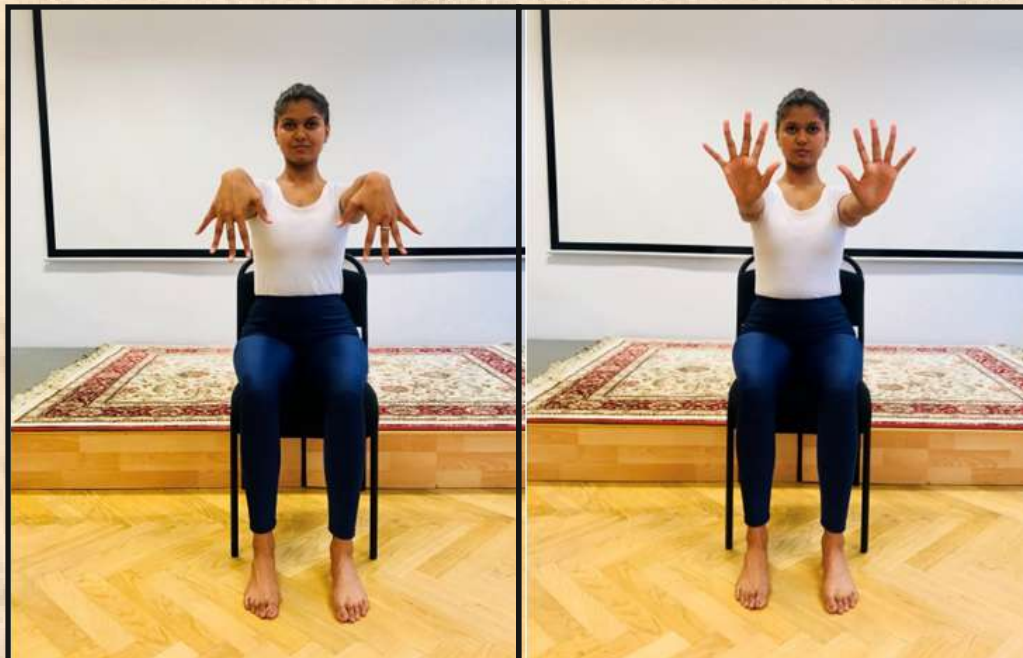
6. Exercise for Eyes



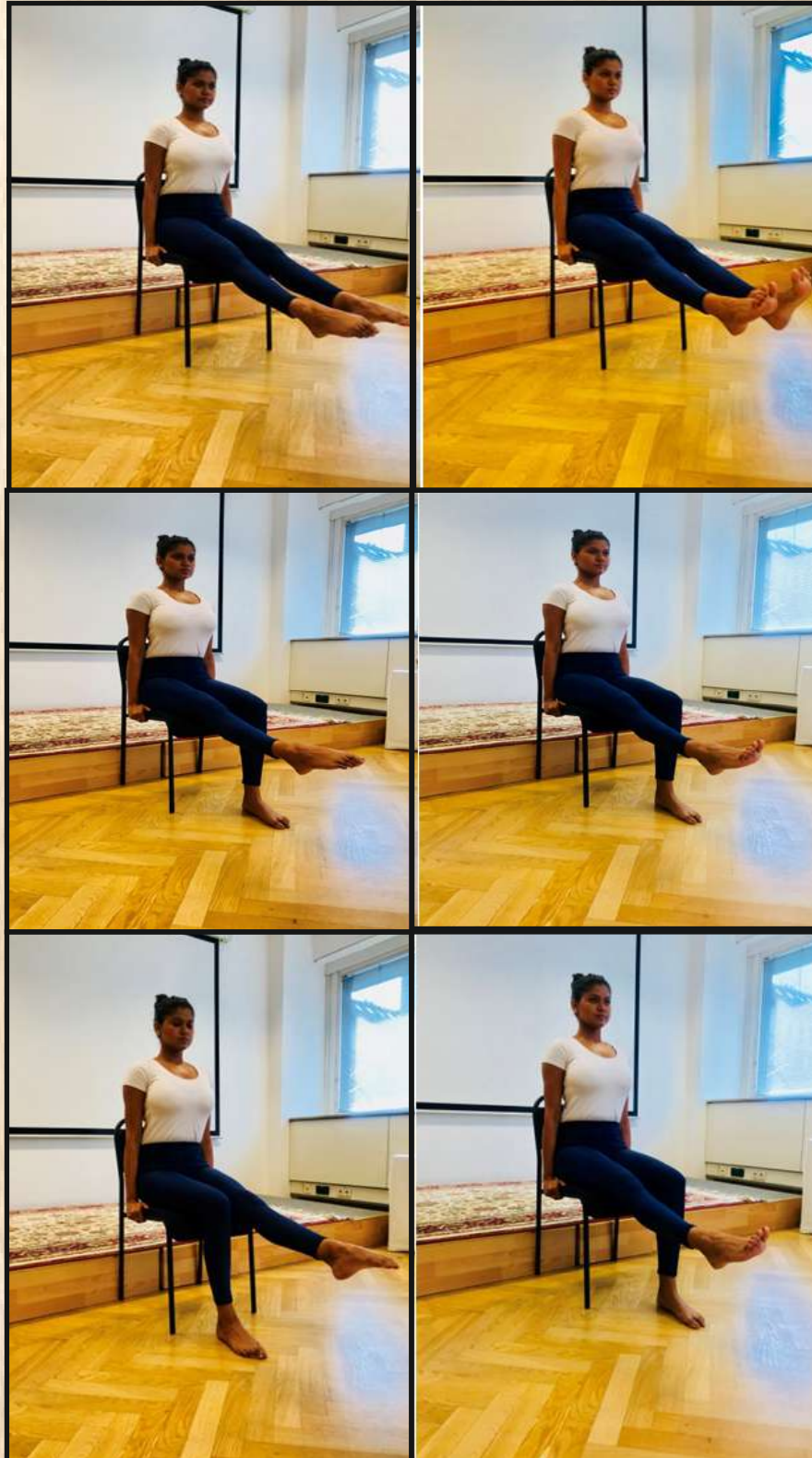
7. Exercise for Arms



8. Exercise for Palms



9. Exercise for Ankles and Feet



SURYA NAMASKAR



ASANAS

1. Tadasana/Tree pose



2. Urdhvhasttotanasana/Upward Hands Stretching pose



3. Trikonasana/Triangle pose



4. Ardhamatsyendrasana/Twisting pose



5. Uttanmandukasana



Bhramri Pranayama and Humming Sound



MEDITATION



RED

Red stimulates the entire system, instantly boosting energy levels and kick starting a sluggish immune system function. Red is linked to reproduction and fertility and relieves menstrual problems, sexual dysfunction especially impotence.



MEDITATION WITH RED COLOUR

When you have emotional problems such as fear and insecurity, becoming anxious or depressed easily, or having mood swings, then meditating on the red colour will help to regain emotional balance.

