

# **YOGA PROTOCOL FOR**

**( Age : 50 - 75 Years )**



# INTRODUCTORY PART

Duration	Activity & It's Description	Illustration	Benefits
2 min.	<b>PRAYER</b> Dear God Let us meditate upon the glory of Ishwar, who has created this universe, who is fit to be worshipped, who is the remover of all sins and ignorance. May he enlighten our intellect.		Prayer is a psycho-physical phenomenon or practice which purifies our mind and heart to unfold the virtues of devotion and faith within us. It also connects us with the Divine. Prayer is essential in the beginning of yogic practices to bring balance between body and mind.
3 min.	<b>KAPALBHATI</b> (Cleansing Process)		Kapalabhati purifies the frontal air sinuses, helps to overcome cough disorders. It is useful in treating cold, rhinitis, sinusitis, asthma and bronchial infections. It rejuvenates the whole body, and keeps the face young and vibrant. It balances and strengthens the nervous system and tones up the digestive system.
2 min.	Humming Sound		Humming slows down the breathing rate significantly. We normally breathe 15-17 times in a minute, which may reduce to 4-6 times in a minute with the practice of humming. This helps in slowing down the heart rate, reducing our stress level. It also calms our nervous system by activating the parasympathetic nervous system.

## MICRO EXCERCISES

- 10 min. **SUKSHM VYAYAM**  
(Exercise for Subtle body including all joints)
- (a) Budhi tatha Dhriti Shakti Vikasak  
(Exercise for Intelligence)
  - (b) Smaran Shakti Vikasak  
(Exercise for Memory)
  - (c) Medha Shakti Vikasak  
(Exercise for Intellectual Vigor)
  - (d) Netra Shakti Vikasak  
(Exercise for Eyes)



Sukshma Vyayam includes minor exercises for all joints and muscles in a particular sequence either from toes to head or vice versa. These exercises helps in improving breathing pattern, reducing stress levels, controlling blood pressure, lowering cholesterol levels, improving body alignments and posture, minimizing allergies to diseases and enhancing immunity, maintaining appropriate body weight, improving concentration, and slowing down the ageing process etc.

## Duration

## Activity & It's Description

## Illustration

## Benefits

- (e) Vakshsthal Shakti Vikasak  
(Exercise for Chest)
- (f) Kati Shakti Vikaask  
(Exercise for Waist)
- (g) Jangha Shakti Vikasak  
(Exercise for Thigh)
- (h) kundalini Shakti Vikasak  
(Exercise for Enlightenment)



### STHOOL VYAYAM Rekha Gati

5 min.

**Relaxation/ Yog Nidra/ Kayotsarg**



This exercise increase the power of concentration.  
Improves the balance of the body.  
It is of special benefits to acrobats and to persons in the army or the police force.  
Regular practice of this exercise makes it possible to walk on the rope

Helps to relive all kinds of tensions and gives rest to both body and mind.

Relaxes the whole psycho-physiological system.  
The mind, which is constantly attracted to the outer world, takes a U-turn and moves inwards, thus gradually getting absorbed; as the mind turns quiet and absorbed, the practitioner remains undisturbed by the external environment.  
It is found very beneficial in the management of stress and its consequences.

18 min

### Vajrasana

## MAIN PART ASANAS (Sitting Postures)



Body becomes strong and firm.  
It improves digestion by increasing secretion of digestive juices.  
It reduces tiredness of legs by dissolving the lactic acid.  
It makes the practitioner feel very light and more active.

## Duration

## Activity & It's Description

## Illustration

## Benefits

Gaumukhasana



Useful practice in respiratory diseases.  
Helps in making the spine straight.  
It strengthens the muscles of back and biceps.  
It is very useful in frozen shoulder, neck pain and spondylitis.  
This is very useful in arthritis.

Gorakshasana



Useful in urinary disorders and piles, this asana also normalizes blood pressure and aids in concentration.  
Also useful in leucorrhoea, prolapse of the uterus and dysmenorrhoea.  
Gorakshasana is special because it slows down and eventually reverses the process of aging.

## ASANAS (Supine Postures)

Ardh-halāsana



This asana is beneficial for dyspepsia and constipation.  
The practice of this asana is useful in cases of diabetes, piles and throat related disorders.  
This is very beneficial for hypertensive patients but needs to practice with care.

Setubandhasana



Stretches the chest, neck, spine, and hips  
Strengthens the back, buttocks, and hamstrings  
Improves circulation of blood  
Helps alleviate stress and mild depression  
Calms the brain and central nervous system  
Stimulates the lungs, thyroid glands, and abdominal organs  
Improves digestion  
Helps relieve symptoms of menopause  
Reduces backache and headache  
Reduces fatigue, anxiety, and insomnia  
Rejuvenates tired legs  
Relieves symptoms of asthma and high blood pressure  
Therapeutic for hypertension, osteoporosis, and sinusitis

## ASANAS (Proline Postures)

Bhujangasana



The practice of this asana relieves constipation, indigestion and flatulence.

Practice of this asana makes the waist slender and chest broad. In particular it influences, the kidney and adrenal glands. It is very good for slipped disc, sciatica, and low backache. It is useful in improving Breathing habits.

Dhanurasana



Strengthens the back and abdominal muscles.

Stimulates the reproductive organs.

Opens up the chest, neck and shoulders.

Tones the leg and arm muscles.

Adds greater flexibility to the back.

Stress and fatigue buster.

Relieves menstrual discomfort and constipation.

Helps people with renal (kidney) disorders.

It provides relief from headache.

Makrasan



The abdominal wall gets a light massage from the firm surface of seat every time one breathes, this provides a deep relaxation.

The intestine will be suspended in a relaxed state and hence get soothing effect.

It is beneficial in Anxiety neurosis.

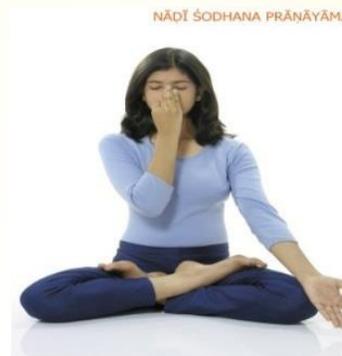
## BREATHING PRACTICES

7 min.

### Pranayam :

Nadi Shodhan

(Pre Practice of Pranayam)



Calms and steadies the mind, improves focus and concentration.

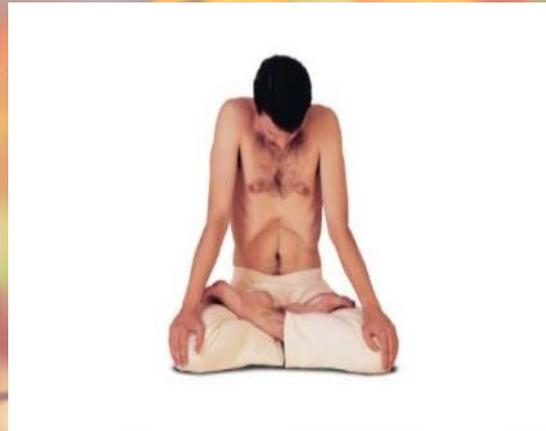
Balances left and right hemispheres.

Strengthens the immune system.

Manages hypertension.

Provides sufficient oxygen for the functioning of every cell in our body.

Removes waste products such as carbon dioxide and other toxic gases from the body, so that they do not remain in the blood stream.

**Bhastrika Pranayama**

Bhastrika pranayama increases the oxygen content in the blood. Extra oxygen replenishes the entire body. It removes blockages in the nose and chest. It is good for asthma patients and removes inflammation of the throat.

Bhastrika increases the gastric fire and improves appetite. Bhastrika when practiced with Kumbhaka can generate heat in the body and keep it warm in cold weather.

Bhastrika improves general health and activates all the organs. Bhastrika purifies the nadis or the energy (pranic) channels in the body, ensuring free flow of prana to all the organs in the body.

Bhastrika has great spiritual benefits. Bhastrika destroys the defects of Vata (Wind), Pitta (Bile), and Kapha (Phlegm) and balances these three.

5 min.

**Meditation :**  
Blue Colour Meditation

We concentrate on our third eye which lies behind the two eyes and this gives us the power to feel you and by this we feel happy, satisfied and peace in life. We know immortality is not possible but some extension can be given to our death by your powers.

This Meditation has a great utility and has been a successful meditation for those who are suffering from some sever disease or having the fear of sudden death. This meditation creates highest form of energy.

**CONCLUDING PART**

1 min.

**Prayer**

Peace, Peace, Peace

