



## 6 minutes daily yoga practice

Here are 4 simple steps that can be practiced in the sequence below daily at home.

### Postures

1. Super brain yoga - 11 times
2. Sun salutation - 2 times
3. Spinal rock - 5 times

### Breathing exercise

4. Rhythmic breathing -24 counts on each nostril

In our busy lifestyles, we always wish to dedicate time to keeping our body and mind healthy, but we are unable to put that into practice. Here is a great opportunity to motivate yourself to make that wish a reality. This 6-minute practice includes simple breathing techniques and easy-to-do yoga postures, and it will take only 6 minutes of your time each day.

Any age group is welcome to practice this sequence.

### Thoppukaranam (Sit ups/Super brain yoga) [Video](#)



### Steps

1. Stand in “standing stitch pose” facing the east side, letting your tongue touch the upper palate. Then, take a deep breath two times.

2. For women, take your right hand and hold your left earlobe; with your left hand, hold the right earlobe.
3. For men, the other way is to use the left hand to hold the right ear lobe first and then hold the left ear lobe with the right hand.
4. Ensure your thumb is on the front of the earlobe and your index finger is on the back. Press it gently.
5. Holding and lightly pressing your earlobe will increase blood flow to the head, making you more alert and awake.
6. Keep your arms as close as you can to your body.
7. Keep your heels together and your toes apart, essentially forming a v-shape on the toes.
8. Exhale and squat down as far as you can, keeping your heels not lifted off the ground and your back straight.
9. Inhale and come to a standing position.
10. Repeat this process 7 to 21 times (start with 7 and gradually increase to 21 at your own pace).

### Benefits

1. Holding the ear lobes activates the pressure points that stimulate brain cells to improve memory, thus helping those with learning disabilities.
2. Improving coordination between the right and left lobes of the brain leads to enhanced calmness and concentration.
3. Spiritually, it activates the Mooladhara chakra, our base chakra, which corresponds to the earth element in our body.
4. Physically, this pose cures respiratory disorders since your lung muscles get squeezed when you exhale. Regular practice also prevents colds, coughs, and flu.
5. Reduces the fat in the stomach, thighs & hip.

### Jhulana Lurhakanasana (Spinal Rock) [Video](#)

This asana warms up the whole body, especially the back, and it is part of the warm-up series of yoga poses. Practice this pose for a few minutes before you start any primary asana/poses. It will increase the flexibility of the whole body.

#### Stage 1

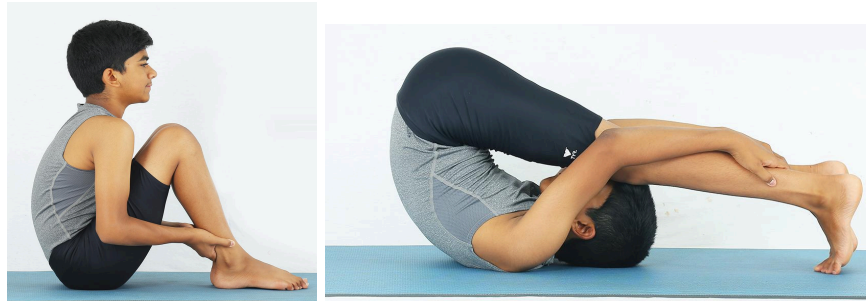


### Steps

1. First, sit in the sitting sthiti pose and take a deep breath 2 times.

2. Now, bend the knees and place the hand under the knees, holding the thighs.
3. Next, exhale and lift the feet as you roll your body back on the spine.
4. Roll backward towards the shoulders and roll back up with the inhalation.
5. Repeat this process 5-10 times

### Stage 2



### Steps

1. Bend the knees and hold your ankle with the thumb on top.
2. As you roll back and exhale, bring your legs above your head while still holding your ankles with your hands. Keep your knees straight above your forehead.
3. Inhale, and bend your knees as you come back up. If you are not able to go back and touch the toes on the ground, you can place your hands on the calf muscle when you go back; just simply press your calf muscle, and your toes can easily touch the ground or your legs.
4. When you come up again, bend your knees and come to the sitting pose.
5. Repeat this process 5-10 times

### Stage 3



### Steps

1. Sit in Baddha konasana (Butterfly pose)
2. Hold your big toes with your hands, Exhale, spread your legs apart, and roll back while still holding the toes and keep the knees straight.
3. Inhale, bend your knees, and come up back to baddhokanasa and bend the body forward and touch the forehead to the toes
4. Repeat this process 5-10 times

## Benefits

1. It helps overcome the drowsiness and stiffness felt upon waking in the morning.
2. It improves the proper functioning of the digestive system.
3. When practiced regularly, reduce the extra fat around the hips and the tummy.
4. Massages the back and buttocks.
5. It gives an excellent massage to the vertebrae.
6. It also relieves joint pains in the entire body.

## Surya Namaskar (Sun Salutation) [Video](#)

One round of Surya Namaskar has 12 yoga steps. One cycle of Sun Salutation consists of two rounds of practice, the first leading with the right foot in positions 4 and 9 (see the steps below), and the second leading with the left. Keep your hands in one place from positions 3 to 10 and coordinate (synchronize ) your movements with your breathing.

## Steps

1. Namaskar Pose (**Salutation pose**): Keep your feet together, exhale, and raise your hands to a prayer pose with your palms joined together and your elbows in a straight line.
2. Hasta Uttanasana (**Raised arms pose**): Inhale, raise both hands above your head, keep your upper arms closer to your ears, palms facing each other, and bend your body back, making sure hip forward
3. Padahastanasana (**hands-to-feet pose**): Exhale, bend forward, and touch the mat with both palms in line with your feet, your forehead touching your knees.
4. Ashwa Sanchalanasana (**Equestrian pose**): Inhale, take your right leg away from your body, both palms touch the ground, flatten your right front of the toes, press the hip down, and lift your head up.
5. Dandasana (**Plank pose**): Retain your breath, move the left leg next to the right leg in parallel, keep your spine and legs straight, and support your weight on your hands and feet.
6. Ashtanganamaskar (**Salutation with eight limbs**): Exhale, lower your knees, chest and chin, keeping your hips up and toes curled under.
7. Bhujangasana (**Cobra pose**): Inhale, flatten your front of the toes, stretch forward and bend back, and keep your arms straight.
8. Adho mukha svanasana (**Downward facing dog**): Exhale, curl your toes under, press down into your heels, and lift your hips. Your palms and heels are touching the ground.
9. Ashwa Sanchalanasana (**Equestrian pose**): Inhale, take your right foot in between your palms, palms touch the ground, flatten your left front of the toes, press the hips down and head back. (Same as Position No. 4)
10. Padahastanasana (**Hands-to-feet pose**): Exhale forwards the left foot. Keep the palms on the floor. You may bend the knees if necessary. Straighten the knees; try to touch your knees with your forehead if you can. (Same as Position No. 3)

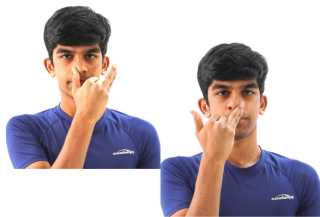
11. Hasta Uttanasana (**Raised arms pose**): Inhale, raise your hands above your head and upper arms closer to your ears, palms facing each other, and bend your body back. (Same as Position No. 2)
12. Namaskar Pose (**Salutation pose**): Exhale, bring your palms together in prayer position, and relax (Same as Position No. 1)

If you are practicing more than three cycles, it is advisable to lie down in Shavasana and give the body enough time to assimilate the effects of the stretches.

### Benefits

1. It purifies the blood, boosts immunity, and improves blood circulation.
2. Massages the internal organs (liver, stomach, spleen, intestines, kidneys).
3. It tones up the nervous system and improves memory.
4. Promotes sleep and calms anxiety.
5. When done at a fast pace, asana is a great cardiovascular workout that stretches the abdominal muscles while simultaneously helping you reduce excess weight around your stomach. It also tones your arms and abdomen and gives great flexibility to your spine.
6. Excellent asana for the body and mind.

### Rhythmic Breathing [Video](#)



1. Sit in any comfortable pranayama posture with your spine straight. Those who cannot sit in this posture may sit against a wall or in a chair. Keep the head and spine upright.
2. Relax the whole body and close your eyes. Do regular breathing through both nostrils for a few rounds.
3. Adopt Vishnu mudra with the right hand and place the left hand on the knee in chin mudra.
4. Close the right nostril with the thumb. Inhale and exhale through the left nostril for 24 counts. (Counting: Inhale-1, Exhale-2, Inhale-3,.....Exhale 24)
5. The rate of inhalation/exhalation should be average. Be aware of each breath. Lower the hand and breathe 3 counts through both nostrils together.
6. Press the left nostril with the ring finger, blocking the airflow. Inhale and exhale through the right nostril for 24 counts, keeping the respiration rate regular.
7. Lower the hand and breathe 3 times through both nostrils together.
8. This is one cycle. Practice 2 to 3 cycles, making sure you do this generally as the air passes through the nostrils, with no forceful breathing.

## **Benefits of Rhythmic Breathing**

1. It soothes our nervous system and relieves stress while promoting well-being.
2. Improves your focus and concentration.
3. It sets up a solid foundation for meditation practice by calming the mind.
4. It increases the ratio of oxygen in your blood.
5. Reducing blood pressure.

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