

ATTANGAOGAM

Origin of Ashtanga yoga founded by Tamil siddhars



BY
Guruji Sri VISHNU SHANKAR RAJA

E – BOOK RELEASE



VELAMMAL MEDICAL COLLEGE HOSPITAL & RESEARCH INSTITUTE, MADURAI (TAMILNADU)
(Affiliated to The Tamil Nadu Dr. M.G.R. Medical University, Chennai)

YOGA FEST 2022

TRAINING SESSION AND YOGA COMPETITIVE EVENTS

8th International Yoga Day Celebration



ATTANGAOGA
PEEDAM



 **attangaogam**
(Origin of Yoga arts from Tamil)

www.attangaogam.com
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FACULTY & STUDENTS of
VMCH&RI, VCON, VSN, VCAHS

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WHY YOGA?

YOGA

A challenge to you !!!

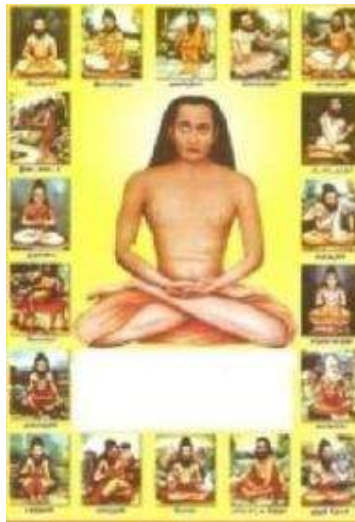
Reading of this book guarantees you a healthy life without any disease in your whole life time.

Attangaogam

The traditional Indian yoga has originated from attangaogam. Attangaogam was founded by tamil siddhars before thousands of years ago.

Tamil siddhars:

The prophetic siddhars' visions on attangaogam is proven in many fields, recently.



Examples:

Astronomical research: In all ancient tamil temples, the positions of nine planets, the directions in which they face, were constructed many years ago. Recently only they are proved scientifically.

Medicine: In ancient days, diseases were cured by medicinal herbs.

Why have siddhars created attangaogam (yoga) exercises?

In modern days there might be unavailability of medicinal herbal plants due to pollution. So, Siddha medicine may not be applicable to cure modern diseases.

Tamil Siddhars, as a vision, have predicted that - in modern days humans will use scientific equipments for day to day works. So their inner body organs may not be actively used as required. As a result, human body may not function properly and they may require hospitals like infertility centers , super speciality centers etc. Humans may use pills as food.

For this reason, ages ago tamil siddhars have given, attangaogam (in modern days, called as **yoga**) as a solution to all the modern diseases.

In ancient Tamil temples we can see the yoga postures carved in pillars.



Now it is proven that daily practice of yoga leads to healthy life.

The benefits of yoga (originated from attangaogam) have been proved by medical researchers in recent years.

Examples:

Proven by:

- Yoga as medicine (Book)– Doctor Timothy Mc Call (author)
- Nobel prize winner (Research on yoga)– Doctor Elizabeth Black Burn

Many pet animals and social animals are also living in this world, but without diseases.

Animal's lifestyle – it is because of living their natural life-style, like sleeping, eating, seeking their food, etc.

Then why a highly evolved human being is suffering from modern diseases?

Reason:

Due to continued use of modern inventions and unusual food habits, internal body organs of human are not allowed to work properly.

Attangaogam (yoga) exercise is internal body organs massage therapy.

Therefore, daily practice of attangaogam gives a healthy life.

OUR ORGANISATION'S AIM:

“TO SHARE THE KNOWLEDGE OF ATTANGAOGAM WITH ONLY ONE EXPECTATION - HUMAN BEINGS’ HEALTHY LIFE”.

We teach attangaogam (traditional Indian yoga) both through online media and also by direct classes.

As a traditional rule: fees should not be collected to teach attangaogam (traditional Indian yoga). Classes are taken without collecting fees and without any other expectation.

CONTACT:

www.sriagathiar.com

www.attangaogam.com

www.paartv.com

ATTANGA OGAM

TRADITIONAL BHARAT (INDIAN) YOGA

HISTORY

ATTANGA OGAM

I would like to share with you, two facts known to me.

The first one is:

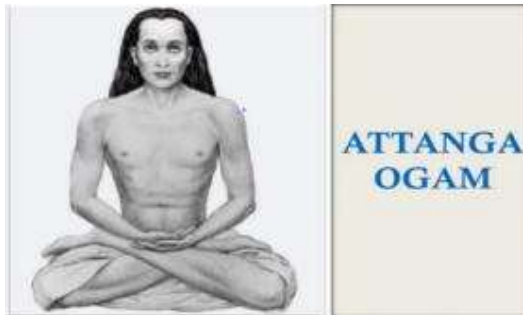
1. It is considered that, the art which is popularly called now a days as “Yoga” in the world has originated from Ashtanga **yoga**, whereas it is actually originated from ‘Attanga

Ogam”.

This art of Ogam is one of the 64 sacred arts given as a precious gift to the world by the ancient Tamil Siddhars of true wisdom.

The other one is:

2. The qualified scientists of present era have proved, from the data obtained by their systematic medical research, with evidence that yoga helps to live a healthy life without diseases.



The picture you are looking at is the picture of Sri.Maha Avathar Babaji. He is adored by people throughout the world. He is a Tamilian. He was born in a Tamil speaking sacred community, called Parangipettai, situated near Chidambaram. Traditional yoga has been practiced in this world by his divine blessings through his disciples for the past two thousand years.

ATTANGA OGAM

Attanga Ogam is comprised of eight stages:

Yamam : (To be followed) – It involves “Personal discipline”. It includes the good practices to be followed at regular timing by a person, such as, getting up early in the morning, brushing the teeth, cleansing the stomach, taking bath, doing exercises, taking food when hungry, sleeping at the allotted time etc. Yamam stage is concerned with looking after the body properly.

Niyamam : (to be observed) – It involves “Social discipline”. It includes, non-violence, not causing any harm to other souls or nature by our body. For example, not spurning the water after washing the face, hands and feet, constructing proper drainage system and preventing flooding of drainage water in your residence. It also includes not giving trouble to others, like, driving the vehicle properly, speaking sweet words, not polluting the nature, having integrity in the work, living without enmity with the relations and friends, etc.

Athanam : Athanam means ‘to be seated’ or “to keep our body in a position”. There are 83 lakhs plus adhanam.

Pranayamam : It means “to stop” or “regularize the breath”.

These four stages depend upon your personal effort, whereas, the next four stages, namely, Prathyaharam, Tharanai, Dhyanam and Samadhi depend upon the grace of God. Once we expertise in the first four stages, the next four stages can be attained by the compassion of God.

Prathyaharam – (Dispassion) it is a stage beyond the mind, having complete control over the five senses. In this stage, body, mind and soul are completely freed from the influences of the external world.

Tharanai – Concentration of mind. To fix the complete attention on a particular object.

Dhyanam - Dhyanam includes mantra and yantra worship. To experience the divinity. To reflect deeply on the true essence of the object of meditation.

Samadhi – To be one with the object of meditation, That is, to be united one with Parabhrama.



ATTANGA OGAM

Sri. Thirumoolar is one of the eighteen Tamil siddhars. Let us view a Tamil song sung by him in his 'Thirumanthiram' .

*Yama niyamame ennila Athanam
Nayamuru Pranaya mamprathi yakaram
Sayamigu tharanai thyananj Samadhi
Ayamurum attangamavatu mame*

THIRUMANTHIRAM
Third Thanthiram
Manthiram - 552

The above song is an evidence for the eight stages of Attangaogam

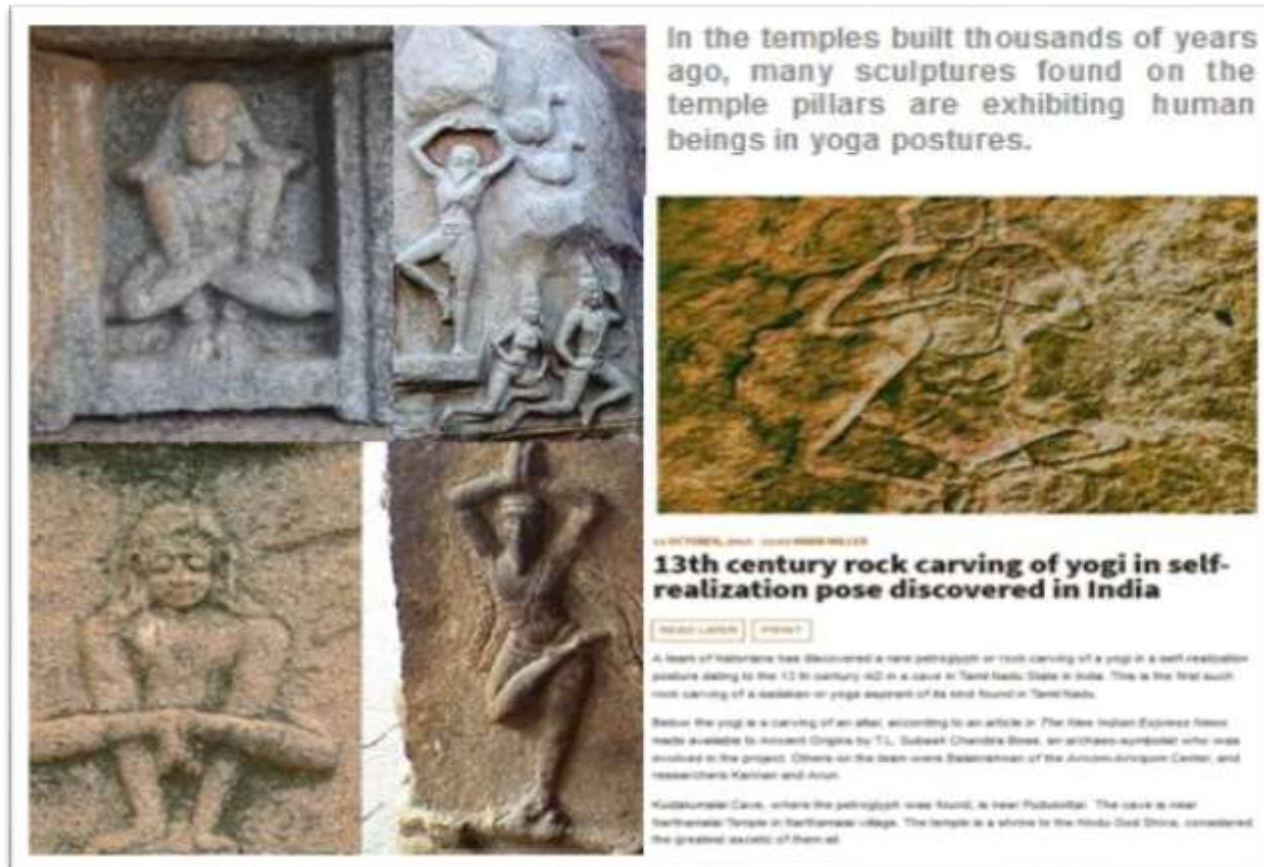
TAMIL:

AN ANCIENT AND FOREMOST LANGUAGE IN THIS WORLD

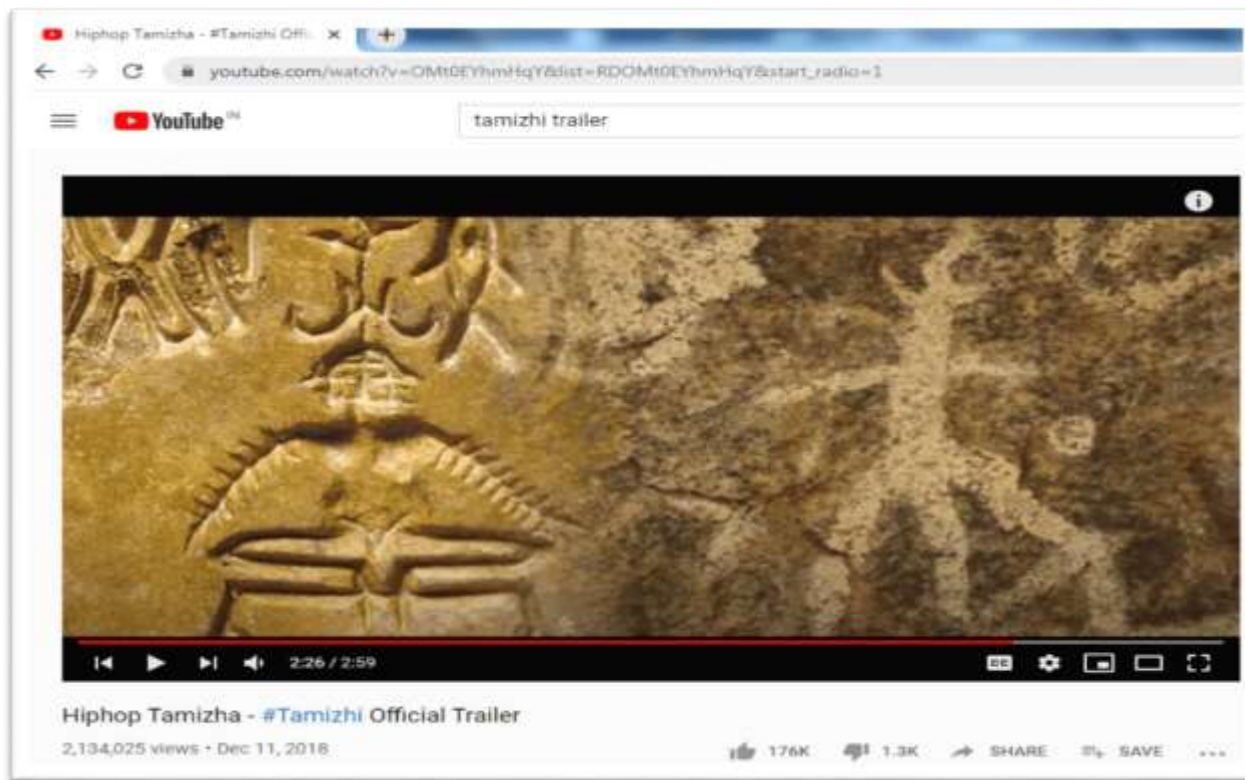
ADICHANALLUR ARCHAEOLOGICAL SITE



World-wide, Athi thacha nallur, called as Adichanallur is one of the archaeological sites which has undergone archaeological survey many times, in 1876, 1896 and 1904. During these years, many foreign researchers had done the survey and had discovered 3800 years old artifacts including iron, gold etc.



In the temples built thousands of years ago, many sculptures found on the temple pillars are exhibiting human beings in yoga postures.



Through a youtube channel called “Tamili”, Hip hop Tamila Adhi has done a great service. Through him, it has been proved that “Tamil” is the oldest language in the world. This discovery is given as a precious evidence and gift to this world. (REFER : Tamili @ YOUTUBE) Another treasure we have got is a sculpture displaying ‘a yogi sitting in Padmasanam posture’. This is by itself a very big evidence. Padmasanam is a very important asanam among the ancient Adhanam or attanga ogam or yoga,. His team has shown another stone inscription as an evidence for the ancient origin of ‘Tamil’.

This channel is one of the greatest treasures we have got.

An ancient stone inscription clearly shows that Tamil is the antique (oldest) language in the



Sri Patanjali and Ashtanga yoga:

Attanga ogam, which is the most important of the sixty four fine arts, was called in Sanskrit as 'Ashtanga yoga' and is now called as 'Yoga'. 'Ashtanga yoga sudra' was created by 'Patanjali", who is one of the eighteen ancient siddhars of true wisdom. Let's see about the reason why he was named as Patanjali.

There is no meaning for 'Patanjali' in Sanskrit. Even though 'Patanjali' is a name used in Sanskrit, it is correctly pronounced as 'Paatha anjali'.

He was named so by his father when he was under the 'feet' (paatha) of his mother as a 'divine offering' (anjali). Paatha anjali's mother's name is Srimati. Anusuyama and his father's name is Sri. Athri Maharishi.

This evidence alone is enough to show that 'yoga' was originated from Tamil.

Sri Paatha anjali, a Tamil siddhar translated Attangaogam from Tamil to Sanskrit, and named it as 'Ashtangayoga'. Ashtangayoga translation ceremony was held at Chidambaram.

SIDDHA MEDICINE

In Siddha medicine a person is accepted as Siddha Vaithiyar (Siddha Doctor) only when he is well versed in ‘Siddha nadi nool’, which comprises of, study of:

Jothidam, Pancha pakshi, sara nool maargam, Kodharu vagaara vidthai, Kurumuni othu paadal, Theethila kakdangal, kanma kaandam.

The above verse is from a Tamil poem, which explains about traditional physicians’ qualifications. Let us take ‘jothidam’ (astrology) alone as an example. In jothidam one has to know not only about the prediction of a person’s life but also should have the knowledge of universe.

But it is not possible now a days to see a ‘Vaithiyar’ who knows at least this art completely. Even if we can meet a completely mastered Siddha Vaithiyar, when he wants to prepare a siddha medicine, he cannot get the ingredients nowadays in a pure form.

For example he requires various types of water, such as, Fresh water, Sea water, Fountain water, Well water etc. Another example is, he may require Turmeric and other herbs. But in the present day they are adulterated with various chemicals. Therefore it is not possible to prepare a genuine Siddha medicine.

In the coming days it is highly doubtful that we can come across Siddha experts who have perfect knowledge about medicinal herbs and greens. Even if they know, whether they can go to forest and collect them at appropriate timings is doubtful.

ALLOPATHY/ENGLISH MEDICINE

The drugs made in English medicine are mainly manufactured using chemical substances. They may bring side-effects and therefore they may be harmful to the body.

But diagnostics tools such as ECG, Scan, Lab investigations are magnificent scientific inventions.

ATTANGA OGAM / ASHTANGA YOGA IS THE ONLY SOLUTION FOR HEALTHY LIVING.

Let's see about them one by one.

We have evidence that “by regular practice of yoga, one can live a healthy life without diseases” by numerous medical researchers.

Nobel Prize winner 2009

YOGA to live longer

- **Scientists at the University of California at Los Angeles**
- **Found 12 minutes of daily yoga meditation for eight weeks increased telomerase activity by 43 percent, suggesting an improvement in stress-induced aging.**
- <https://www.theglobeandmail.com/life/health-and-fitness/health/how-maintaining-your-telomeres-can-help-you-agehealthily/article33618022>



Dr. Elizabeth



According to Nobel prize winner Dr.Elizabeth Blackburn, “12 minutes of yoga meditation practice for eight weeks, decreases **aging** or becoming old”.

Scientific evidence clearly shows that one can be **youthful** by the practice of yoga.

An enzyme called “Telomerase” is required to be young and youthful.

Its activity is decreased by stress, because of which people become older.

By practice of yoga, stress is reduced. Therefore this enzyme remains activated and the person remains young.

This is really a wonderful discovery.

•Dr.Timothy McCall has done a wonderful compilation of research articles, which prove that till date, **117 diseases** can be prevented or cured by yoga. This number may increase in future.

•In (India) our country reputed Medical institutions, like **AIMS, JIPMER** have carried out many researches related to yoga. One among them shows that yoga can cure the disease popularly called “sugar” or ‘Diabetes’.

Another study shows that yoga increases the chance of child-birth.



Yoga prevents Heart diseases and heart attack. An article from “World medical and health data base” titled “Yoga for primary prevention of cardiovascular diseases” proves that yoga cures ‘blood pressure disease’, decreases cholesterol and prevents diseases related to heart’.

Mayo clinic in USA has done a huge research work, involving 3517 individuals and has shown that yoga practice reduces BP.

International journal of yoga has published numerous articles related to yoga research.

Some of them give evidence that yoga cures diseases related to uterus.

:

Each and every soul born as a human being has a right to live healthily. If one practices yoga, daily, one can live healthily. Daily yoga practice is more important than brushing your teeth or taking bath. Yoga practice should be learnt from a well-qualified teacher.

One should learn the rules and regulations carefully and follow them daily.

You can know about the art of yoga through our websites:

www.sriagathiar.com

www.attangaogam.com

www.paartv.com

There are other web sites also to learn yoga practices.

Later on it is better to approach a qualified yoga guru and verify whether you are practicing yoga and Pranayamam correctly.

OLDEST YOGA GURUS/MASTERS



We are looking at great yoga teachers who have lived in our life time. They have lived in India and other foreign countries.

These great gurus give a common statement:

It is that, “As they practice yoga daily, - In their life time they had never gone to hospitals or visited any doctor or taken any medicine”.



Kindly accept my heartfelt gratitude and humble salutations:

Universal Gurus

Great Siddhars

Respectful Tamil speaking people and all those who respect Tamil

The teachers and Managing staff of Velammal Medical College, Madurai and
Vinayaka Mission's Medical college, Karaikal.

Google – I bow my soul for great findings

Dr.Timothy McCall, through his compilation: “Yoga as medicine”. This book has
given scientific medical evidence for the fact that yoga cures 117 diseases.

Wikipedia – Tamil and English

Tamili youtube channel, Hip hop Tamila Adi, who has established that Tamil is
the ancient language.

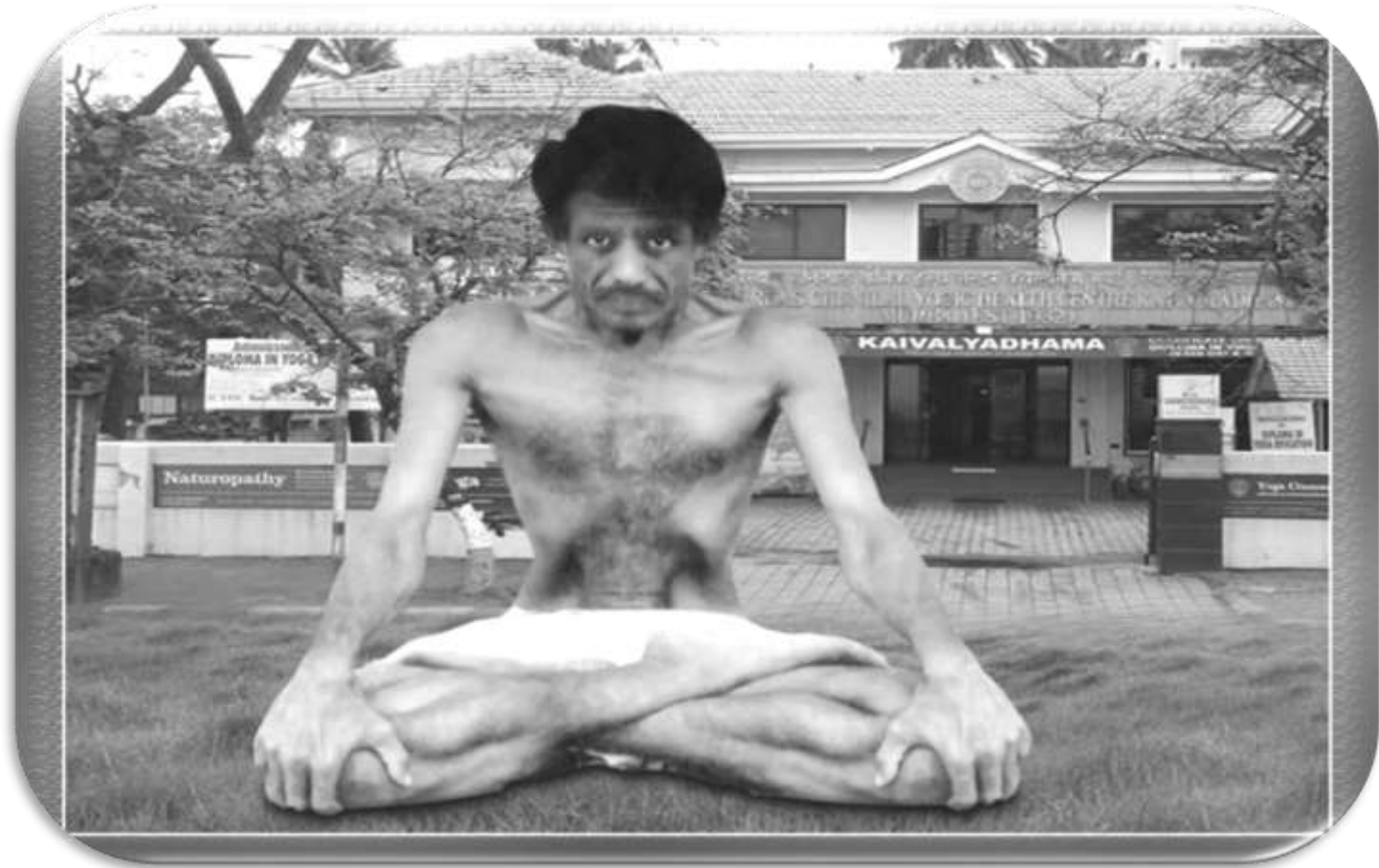
Social media like, Youtube, Twitter, Facebook, Instagram, vimeo, etc.,.

Ramco Cement

NSEIT

My salutations to all living beings and to all the non-living beings, which help
us in many ways. I pray to God that I shall reach you through other languages
also, very soon.

My special thanks and pranams to Kaivalyadhama Yoga Institute, Pune. At Kaivalyadhama Sri Acharya Chandrahas Sharma's disciple taught athanam (yoga asana) and pranayamam to our Guru Sri Veerabagu in 1980.



Guru Sri Veerabagu

YAMAM

Yamam (personal discipline) is explained below as applicable to the modern days. But they are based on the concepts taught by siddhars of ancient times. Though they seem to be explaining the way of life to be led by an ideal human being, in this modern world, they are actually derived from the concepts present in the ancient traditions of eminent siddhars of age old times.

YAMAM (To be followed)

It involves “Personal discipline”.

It includes the good practices to be followed at regular timings by a person, such as, getting up early in the morning, brushing the teeth, cleansing the stomach, taking bath, doing exercises, taking food when hungry, sleeping at the allotted time etc. Yamam stage is concerned with looking after the body, properly.

1. WAKING UP EARLY MORNING - 05:00 AM

Cleansing the stomach should not be restricted, whenever you feel like using rest room.

In modern days due to office / Travelling etc, many are postponing the use of toilet.

Never control.



2. BRUSHING THE TEETH

Teeth should be brushed top to bottom for upper teeth. Bottom teeth should be brushed bottom to top. Never brush side to side.

After brushing, massage the gums with your index finger.

Tongue cleansing is important.

These practices lead to prevention of gum diseases and remove teeth stains.

Once in six months consult your Dentist.



3.BATHING

Relaxes muscles.

Improves blood
circulation

Boosts the immune system.

Improves lung function. Induces
sleep.



4.HAND WASHING

When should you wash your
hands? Before, during, and after
preparing food Before eating food
Before and after caring for someone who is
sick



HAND WASHING.....

Before and after treating a cut or wound
After using the toilet

After changing diapers or cleaning up a child who has used the toilet
After blowing your nose, coughing, or sneezing

After touching an animal, animal feed, or animal waste
After handling pet food or pet treats

After touching garbage

How should you wash your hands?

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

Lather your hands by rubbing them together with the soap. Be sure to lather

the backs of your hands, between your fingers, and under your nails. Scrub your hands for at least 20 seconds.

Rinse your hands well under clean, running water. Dry your hands using a clean towel or air dry them.

5.WALKING (30 MIN A DAY)

Walking strengthens your heart.
Walking lowers disease risk.
Walking helps you lose weight.
Walking tones up legs.
Walking boosts vitamin D.
Walking gives you energy.
Walking makes you happy.
Walking improves circulation.
Walking shores up your bones.



6.NUTRITIOUS FOOD

Eating a diet rich in vegetables and fruits as part of an overall healthy diet may strengthen the heart.
Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of the heart diseases, obesity, and type 2 diabetes.
Eating vegetables and fruits rich in potassium as part of an overall healthy diet may lower blood pressure, and may also reduce the risk of developing kidney stones and help to decrease bone loss.

Do not use packed food, drinks and bottled beverages



NUTRITIOUS FOOD.....

Helps you maintain a healthy weight.

Boosts immune system.

Delays ageing.

Protects teeth and bones.

Improves Energy.

Healthy Heart.

Eat like a champion.

Quit smoking and alcohol abuse.

Get your cholesterol checked.

Watch your blood pressure.

Pursue an ideal body mass.

Keep safe blood sugar levels.

Keep pace with health screenings.

7. DRINK MORE WATER

Drinking water:

Helps to maintain the balance of body fluids.

Can help control calories.

Helps in weight loss.

Helps keep skin looking good.

Improves skin complexion.

Helps your kidneys.

Helps to maintain normal bowel function.

Keeps the digestive system normal.

Helps to energize muscles.

Increases energy & relieves fatigue.



8.CLOTHING SHOULD BE:

Hygienic.

Respectable.

Give Self Confidence.

Comfortable.

Good looking.



9.NAILS AND HAIR

Cut your nails weekly and shave routinely.

Biting nails is unhygienic.

Do not grow hair and beard.



10.HOME CLEANING

Reduces allergies: A clean environment ensures to keep the Microorganisms away, to keep you & your family safe from Allergies.

Joyful: A Clean Home allows itself to breathe in fresh air. It almost seems like everything is in order thereby generates joyful mind.

Improves mind state: A clutter free house helps to think freely .It strengthens mind power by providing a clarity on goals and turns a clear focus on them.



Less Maintenance and Repairs: A clean house will not let you bang one thing against the other or May be even avoid you banging against any other object, thereby leading to lesser repairs and maintenance. Cleaning also removes out stains, rust which cause a lot of repairs in Home Appliances.

More Productivity: As stated earlier it gives you a focus on your goals and now that your mind is clutter free, you exactly know what to concentrate on and this time you will come out with better results.

Feel in Control: Now that you know where what is and what's where, you will feel the power of being in Control.

Improves Concentration: Focus and Clarity will boost the level of interest required to go ahead with the project which will automatically improve Concentration .

It's Good For Children.

You'll be able to find what you need, when you need it. You'll be promoting good health and hygiene. Improves Skin Complexion.

11. AVOID BAD HABBITS AND DEVELOP GOOD THOUGHTS



1. As the day goes by, do not have avarice for power and fame.
2. Quit smoking & alcohol abuse.
3. Do not bite nails.
4. Do not grow hair and beard.
5. Do not have greed, jealousy, deceit, cunningness, and cruelty.
6. Avoid not studying properly in schools and colleges.
7. Avoid not working sincerely in the work place.

Employee / Staff

Work sincerely and whole heartedly in the work place.

Do not work for salary hike or for promotion of designation

A righteous work done with utmost sincerity will certainly give everything in life, both for this world and the next.

Capitalist / Business men / Employer

Should not have avarice for more and more profits
Should not attempt to crush other competitive business

Should take of their employees, like a family and should never deprive them of their social, financial and health benefits.

12. MONEY MANAGEMENT (SAVE AND SPEND)

Plan your purchases in advance.

Avoid impulse purchases & Pay in full and in cash. Don't be cheated by marketing.

Wait for sales and discounts. Take all the costs into account.

Compile a weekly menu and shopping list.

Give tips on food and Create a budget always.

Create a budget and Don't spend money unnecessarily. First Allocate money for saving then spend.

Avoid availing loan.



13. SLEEPING:

Sleeping at the allotted time - 9:00 PM to 5:00 AM



NIYAMAM

Niyamam (social discipline) is explained below as applicable to the modern days. But they are based on the concepts taught by siddhars of ancient times. Though they seem to be explaining the way of life to be led by an ideal human being, in this modern world, they are actually derived from the concepts present in the ancient traditions of eminent siddhars of age old times.

NIYAMAM (to be observed)

It involves “Social discipline”.

It includes, non-violence, not causing any harm to other souls or nature by our body.

For example: not spurning the water after washing the face, hands and feet, constructing proper drainage system and preventing flooding of drainage water in the surroundings. It also includes not giving trouble to others, like, driving the vehicle properly, speaking sweet words, not polluting the nature, having integrity in the work, living without enmity with the relations and friends, etc.

WATER MANAGEMENT

- Construct a waste water irrigation well at your house.
- So that waste water will not pollute river or pond in your town.
- We may take bath in river or falls but not in pond.
- While taking bath in river or falls should not piss.
- Should not wash clothes in river or pond.
- Pond water purpose is only for drinking water or agriculture purpose.
- Should not take bath or clean hands and legs in pond water.



1. Turn off the tap when you brush your teeth — this can save 6 litres of water per minute.
2. Place a cistern displacement device in your toilet cistern to reduce the volume of water used in each flush. You can get one of these from your water provider.
3. Take a shorter bathing shower.
4. Always use full loads in your washing machine and dish Washer . These cuts out unnecessary washes in between.
5. Fix a dripping tap. A dripping tap can waste 15 litres of water a day, or 5,500 litres of water a year.
6. Install a water butt to your drain pipe and use the water collected to water your plants, clean your car and wash your windows.
7. Water your garden with a watering can rather than a hosepipe. A hosepipe uses 1,000 litres of water an hour. Mulching your plants (with bark chippings, heavy compost or straw) and watering in the early morning and late afternoon will reduce evaporation and also save water.
8. Fill a jug with tap water. In spite of using water often, fill bottles with water and keep it for further use. This will help to avoid flow of more water.
9. Install a water meter. When you're paying your utility provider for exactly how much water you use, laid out in an itemised bill, there's an incentive to waste less of the stuff.
10. Invest in water-efficient goods when you need to replace household products. You can buy water-efficient showerheads, taps, toilets, washing machines, dishwashers and many other water-saving products.



PLANT MANAGEMENT

1. An average size tree creates sufficient oxygen in one year to provide oxygen for a family of four.
2. Planting trees in the right place around buildings and homes can cut air conditioning costs up to 50 percent.
3. Planting trees for the environment is good as they are renewable, biodegradable and recyclable.
4. If we plant 20 million trees, the earth will get with 260 million more tons of oxygen.
5. One acre of trees can remove up to 2.6 tons of Carbon Dioxide each year.
6. During photosynthesis, trees and other plants absorb carbon dioxide and give off oxygen.
7. Trees keep in check the air and water pollution.
8. Why planting trees is important is evident as they are the natural habitat of the animals and birds, as well as many endangered species.
9. Planting trees means more wood and paper products which can be easily recycled.
10. A newly planted whole forest can change tones of atmospheric carbon into wood and other fibrous tissue, thus reducing global warming.



Terrace Garden:

Learn terrace garden. You can use your grown vegetables and fruits.

WASTE MANAGEMENT

1. Bring reusable bags and containers when shopping, travelling, or packing lunches or leftovers.
2. Choose products that are returnable, reusable, or refillable over single-use items.
3. Avoid individually wrapped items, snack packs, and single serve containers.
4. Buy large containers of items or from bulk bins whenever practical.
5. Be aware of double-packaging - some "bulk packages" are just individually wrapped items packaged yet again and sold as a bulk item.
6. Purchase items such as dish soap and laundry detergents in concentrate forms.
7. Compost food scraps and yard waste. Food and yard waste accounts for about 11 percent of the garbage thrown away in the metro area cities. Many types of food scraps, along with leaves and yard trimmings, can be combined in your backyard compost bin.



Waste management...

8. Reduce the amount of unwanted mail you receive. The average resident in America receives over 30 pounds of junk mail per year.
9. Buy items made of recycled content, and use and reuse them as much as you can. For instance, use both sides of every page of a notebook before moving on to the next clean notebook. Use unneeded, printed on printer paper for a scratch pad.
10. Also, remember that buying in bulk rather than individual packages will save you lots of money and reduce waste. Packaging makes up to 30% of the weight and 50% of trash by volume. Buy juice, snacks, and other lunch items in bulk and use those reusable containers each day.



ORGANIC (NATURAL FARMING) MANAGEMENT

1. Healthier farm workers.
2. They improve plant growth and physiological activities of plants.
3. In the long term, organic farms save energy and protect the environment.
4. It can slow down global warming.
5. There is an Increase in consumers who are willing to pay more for organic foods.
6. More animals and plants can live in the same place in a natural way. This is called biodiversity.
7. Pollution of ground water will be reduced.
8. They reduce the need for purchased inputs.
9. Poison-free. Food Tastes Better. Food can be kept longer.
10. Organic fertilizer is considered as complete plant food.
11. Organic manures produce optimal condition in the soil for high yields and good quality crops.



AVOID PLASTIC ENVIRONMENT

1. Carry reusable shopping bags.
2. Use reusable beverage mugs.
3. Use reusable/ cloth shopping bags.
4. Don't drink water/juice from plastic bottles.
5. Shopping for organic clothes.
6. Swap sponges.
7. Use candles/incense sticks for fresher air.
8. Say NO to plastic straw.
9. Reduce use of electronics.
10. Cloth diapers are comfy and 'green'.
11. Avoid packaged foods.



CONTROL POLLUTION

1. Using smokeless sources of energy like smokeless stoves, which use biogas, solar energy, etc will reduce pollution.
2. Using devices for filtering smoke in chimneys of factories and powerhouses.
3. Planting more trees.
4. Locating industries away from residential areas.
5. Strictly checking pollution levels in automobiles' exhaust emission.
6. Adequate sewage and industrial waste treatment in sewage treatment plants before dumping them into river bodies.
7. Recycling-various products should be recycled instead of dumping them into rivers, e.g., biogas can be made from city waste.
8. Proper solid waste disposal like sanitary landfill.
9. Using limited amounts of fertilizers and pesticides.
10. Avoiding polythene bags.



ROAD MANAGEMENT

TRAFFIC SIGNS AND ROAD SAFETY

Traffic signs are the silent speakers on the road. Be it the person behind the wheel or a pedestrian, having a sound knowledge about road safety is absolutely necessary for all before using the roads.

Traffic signs give information about the road conditions ahead, provide instructions to be followed at the major crossroads or junctions, warn or guide drivers, and ensure proper functioning of road traffic. Being unaware of road signs is akin to throwing caution to the wind. It can lead to loss of life and property. A person is supposed to be familiar (get through a written or oral test) with the traffic signs and symbols before acquiring a driving license.



Road safety signs are primarily of three types

1.Mandatory signs

2.Cautionary signs

3.Informatory signs

1. Mandatory Signs

These signs are used to ensure safety movement of traffic and make the road users cognizant of certain laws and regulations, restrictions and prohibitions. Violation of these signs is an offence, as per law.

2. Cautionary Signs:

These signs make the road users conscious of hazardous conditions on the road beforehand. The drivers, accordingly, take necessary actions to handle the situation.

3. Informatory Signs:

These signs guide the road users about destinations, distance, alternative routes, and prominent locations like food joints, public toilets, nearby hospitals, etc.

1. Mandatory Signs



1. Give way



2. Stop



3. No entry



4. One-way traffic



5. No vehicles in both directions



6. No entry for cycles



7. No entry for goods vehicles



8. No entry for pedestrians



9. No entry for bullock carts



10. No entry for hand carts



11. No entry for motor vehicles



12. No left turn



13. No right turn



14. No overtaking



15. Horn prohibited



16. No parking



17. No stopping



18. End of all restrictions



19. Maximum speed limit



20. Height limit



21. Weight limit



22. Axle weight limit



23. Length limit



24. Straight ahead



25. Turn left



26. Turn right



27. Turn left ahead



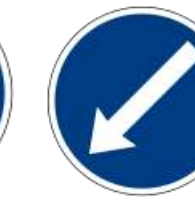
28. Turn right ahead



29. Turn left or straight ahead



30. Turn right or straight ahead



31. Keep left



32. Cycle track

2. Cautionary Signs:



1.Left curve



2.Right curve



3.Steep descent



4.Steep ascent



5.Narrow road



6.Narrow bridge



7.Unprotected quay



8.Uneven road



9.Road hump



10.Dip



11.Slippery road



12.Loose gravel



13.Falling rocks



14.Pedestrian crossing



15.School



16.Cyclists



17.Cattle



18.Roadworks



19.Traffic signals



20.Crossroads



21.Side road junction



22.Side road junction



23.Oblique side road junction



24.Oblique side road junction



25.T-junction



26.Y-junction



27.Staggered side road junction



28.Staggered side road junction



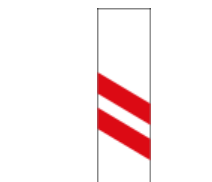
29.Roundabout



30.Guarded level crossing ahead



31.Unguarded level crossing ahead



32.Level crossing countdown marker



33.Level crossing countdown marker



34.Level crossing countdown marker



35.Level crossing countdown marker

3. Informatory Signs:



1. Parking



2. Bus stop



3. First aid post



4. Telephone



5. Hospital



6. Hotel



7. Restaurant



8. Refreshments



9. Filling Station

To DO.....

1. DO always wear your seat belt.
2. DO keep children in tested and approved car seats, no matter how much they beg or plead to get out. If you need, take frequent breaks so that little ones can stretch their legs.
3. DO review the official rules of the road for your jurisdiction periodically, and follow them always.
4. DO follow the speed limits.
5. DO pay attention when you are driving, even if you are familiar with the area. A surprising number of accidents happen only blocks from home.
6. DO be courteous toward other drivers.
7. DO give pedestrians the right-of-way in crosswalks
8. DO make room for bicycles.
9. DO pay for your parking tickets or traffic tickets on time, unless you plan to contest them.
10. DO keep a winter survival kit in your car for bad weather conditions. A good survival kit should contain a cell phone, matches, flares, a working flashlight, food, water and Blankets.
11. Make sure that your spare tire is in your car and that you have a working jack.
12. DO plan your route out in advance for long car trips and keep a GPS System in car in case you get lost.



Not to Do.....

1. DON'T drink alcohol and drive, and don't get in a car with a driver who has been drinking or using drugs.
2. DON'T make assumptions about what other drivers are going to do. Just because someone has their turn signal on does not mean they are actually going to turn. They may be like the rest of us, and have forgotten that it is on!
3. DON'T assume that other cars know what you are doing, either. Make sure that you use your turn signals and give yourself, and the cars around you, plenty of room to maneuver.
4. DON'T tailgate other cars, pass on shoulders, fail to yield, run stoplights or stop signs (even if no one else seems to be around), or break any other rules of the road on purpose. If you act like you are above the law when you operate a car, you will sooner, rather than later, find out that you are not.
5. DON'T play your car stereo so loudly that you are disruptive to others, or so loudly that you are unable to hear train signals or emergency vehicle sirens.



Not to do....

6. DON'T talk on your cell phone and drive at the same time. If you need to make or answer a telephone call while you are driving, pull over at a safe place, use the phone, and then resume your journey.
7. DON'T engage in other activities, while driving, that distract your attention or reduce your reaction time. Eating, changing clothes, or putting on makeup while driving is dangerous. In some states, if you are caught doing these things while driving you can be cited for "driver inattention" and give ticket
8. DON'T treat a car like it is a toy. It is not. Don't use your car to play chicken, race, or give another car a friendly "tap."
9. DON'T let your emotions and frustrations get the best of you. Don't engage in road rage, no matter how irritating another driver might be to you.
10. DON'T leave valuables in your car, especially in places where they can be seen, no matter where you are parked.



AVOID RASH DRIVING

Allot plenty of time to get to your final destination.

1. Always wear your glasses or contact lenses when driving.
2. Keep road rage in check.
3. Be aware of your surroundings.
4. Keep a safe distance.
5. Don't drive distracted.
6. Follow traffic laws.
7. Keep your hands positioned properly on the steering wheel.



VEHICLE MANAGEMENT

1. Do make time for routine preventative maintenance on your car.
2. Check the car tyre pressure every time before starting.
3. Breakdowns can be dangerous and costly.
4. Car registration, General Insurance and other Government prescribed documents for car should be in live.
5. Keep torch light , good stepnie tyre in condition.
6. Maintain your car. Clean regularly.



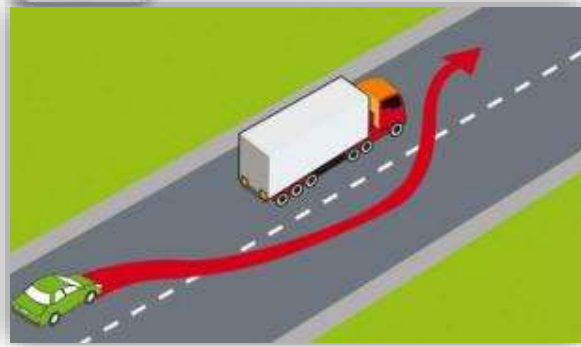
HOW TO PARK VEHICLE PROPERLY

1. Try and avoid parking beside a vehicle with a child seat on that side, a young child returning to the car can quickly open a door without thinking, hitting your car parked beside.
2. Avoid parking beside a large vehicle like a van or 4WD that may obstruct your view when you go to leave the parking spot.
3. If the car park is empty, park away from other cars, this will also make your car less attractive to car thieves. Parking at the other end of the carpark provides valuable exercise.
4. If parking at night or it will be dark when you return park in a well lit area, for both personal security and theft prevention.
5. The choice parking spot is where only one car can park beside such as at the end of the row beside the garden bed or kerb.
6. Park in the middle of the allotted space, not too far in either. Other cars might arrive and park beside your car. Never try and park taking up 2 spaces, someone will always try and fill the gap.
7. Your insurance company would prefer that you never park on the street overnight, but if doing so make sure you park facing the correct direction. The tail-lights reflect approaching headlights making your car more visible. If your car is damaged facing the wrong way your insurance may not be valid.
8. Never park your car on driving lane.
9. Your vehicle should not disturb for other vehicles which parked before you.



OVERTAKE WHILE DRIVING

Overtake only in straight roads.
Give right signal for overtaking.
Make sure about the vehicles following back ,
consider their speed and overtake.
Keep in mind road is not racing path.



SOUND HORN:

Use the sound horn at right time. Never use unwontedly and irritate other travelers specifically vehicle driver which you follow.

LIGHT AND SIGNAL

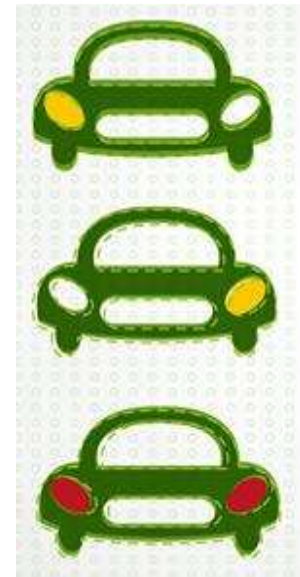
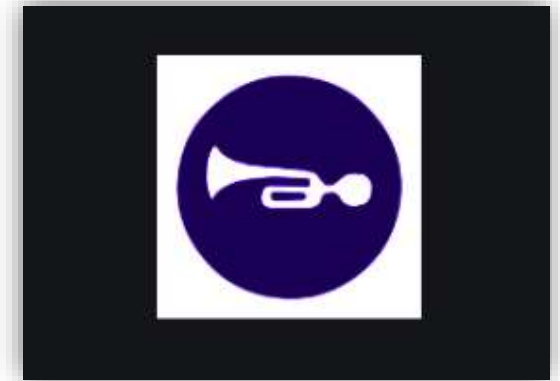
Light : Use dim light while driving within city. Use bright light only in highways and change to dim light in highways which is safety for you from the opposite vehicles crossing.

SIGNAL:

While overtake, turning and parking use the correct signal.

GOVERNMENT RULES:

Know the rules and regulations about driving framed by Government where you drive follow strictly.



AVOID BETTING, GAMBLING AND BUYING LOTTERY TICKET

Now through internet it is trying to enter in hands through smart phones. Its in your hand to save guard you and your family members by avoiding Betting and Gambling sites.

Also avoid Share market Futures and options, online commodity trading, cash trading.

Purchasing share as investment is good but Intra day trading and Future and options is similar to betting and gambling.

**DON'T HAVE FRIENDSHIP WITH WHO HAS HABITS
LIKE SMOKING, ALCOHOL DRINKING,
DRUG ABUSE, BETTING AND GAMBLING ADDICTION.**



PERSONALITY DEVELOPMENT

Know Thyself

Discover Your Strengths - develop it and Weaknesses –

avoid Practice the Skill of Positive Thinking

Identify Fear and Overcome it

Increase the Levels of Your

Confidence Boost Your Social Life

Be Humorous and

Fun Learn

attangaogam.

Be Yourself - (Your "BEST" self)

Develop the Magnitude of

Gratitude



SKILL DEVELOPMENT

Be curious

Develop your learning

skill Be a versatility

Find your role models (not cinema

heroes) Find your mentors

Get feedback through real

projects Enrich your learning

cycle

Challenge yourself to teach it to

others Be patient

Know how you learn best



COMMUNICATION MANAGEMENT

While speaking use good words, confident words. Never use bad words and hurt any human beings. Speak softly.

Watch your language, especially when others can overhear you.

Avoid talking about personal or confidential topics in a public place.

Don't speak in a library, theatre, worship place or from your table in a restaurant.

Don't tease other human beings



PHONE MANNER

Be in control of your phone, don't let it control you

Be courteous to those you are with; turn off your phone if it will be interrupting a conversation or activity.

If it must be on and it could bother others, use the "silent" mode and move away to talk.

Don't make calls in a library, theatre, worship place or from your table in a restaurant.

Don't text during class or a meeting at your job.

Private information can be forwarded in person so don't text it. Never drive and use your phone at the same time.

When receiver number is busy, cut the call immediately. Never talk any important information by phone. It may be recorded by receiver.

Never send any personal photos to any one by social media. Spend minimum time with phone and maximum time with Family. Before calling any VIP, first send sms or whatsapp as

(Sir, Is this is the right time to speak?).based on his availability you talk. Never disconnect calls when you talk with others. Never call your colleagues after office hours.

Never call between 9 PM to 9 AM attangaogam.com



COMMITMENT MANAGEMENT

Be punctual. Be at time to school /College/ workplace.

Working properly in workplace / Studying properly in school / college.

Keep up your words.

Duty to serve your parents, rightly guide and educate your kids.



SOCIAL RESPONSIBILITY

Grow trees.

Possible try to help not bother any one.

Don't receive bribe.

Do not try to dominate any one within your family and friends or if you are in politics don't dominate public people.

Don't cheat or involve in theft.

Develop helping tendency character in your mind.

Cash Gifting: Only for education or hospital after analyzing give cash.

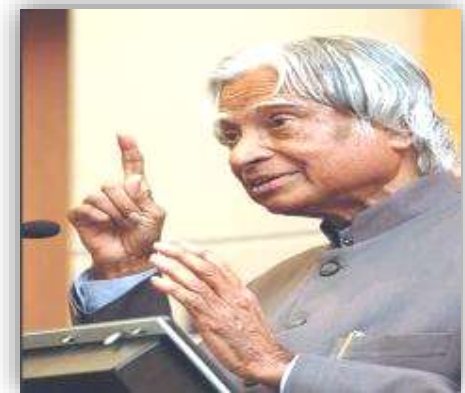
Kind Gifting:

Give right gift to needy people at right time. Example : During natural calamity.

Knowledge sharing is important.

A note to Politicians:

Kindly enforce any law to safeguard general public not to bother them.



LENDING MONEY FOR INTEREST

It is a sin to lend money for interest as done by pawn brokers and bankers. If a money lender wants to help somebody, he can give

money in charity or as a loan. But should not exploit other's

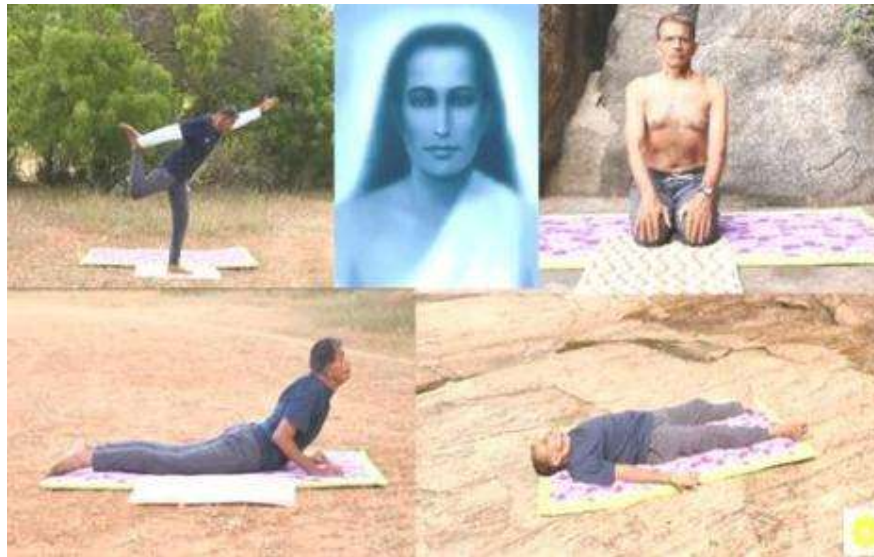
incapacity and lend money for high interest. Lending money for

interest is a sinful act. The fortune thus amassed will neither help you or your descendents, rather it will beget you sorrow and pain.

ATHANAM / ASANAS

- Athanam means “to be seated” or “to keep our body in a position”.
- There are 83 lakhs plus of athanam / asanas
- Poses of athanam were taken by tamil siddhars from plants, trees, worm, insects, birds, aquatics and animals
- These athanam are categorized in to four stages :
 - i. Standing postures
 - ii. Sitting postures
 - iii. Lying down postures, which are subdivided into:
 - iii. Lying down on the back postures and
 - iv. Lying down on stomach (abdomen) postures

STANDING POSE



SITTING POSE

GROUND LOOK POSE

SKY FACE POSE

RULES TO DO ASANAS

Rules to Practice Athanam (asanas / yoga)

- Guru / teacher
- Bathing
- Time
- Place
- Mat
- Dress
- Age
- Eligibility
- Food
- Breathe (Respiration)
- Pose
- Direction
- Pre exercises

GURU / TEACHER



- It is advisable to practice yoga under the proper guidance of an eligible yoga teacher. It is the supreme learning.
- How should be the yoga teacher?
- The teacher should have self-practiced for a minimum of 12 years, daily and regularly.
- Such a teacher Should expect only the good health and blissful life of his disciple (student).
- Surely he should not get money or other benefits from his students.
- The person you are seeing in the photo is Yoga professor, Guru, Thiru. Veerabagu sir. He lives in Papanasam. Thousands of students from Thirunelveli district and Tamilnadu have learnt yoga and have benefited from him.
- This is just an example. It is advisable to get training from such teachers in your area.
- Next we shall see the rules one by one.

BATHING

You can take bath 30 minutes before or 30 minutes after performing the yoga practice.



Empty stomach is good for the practice, so use the rest room before starting the practice.



TIME

MORNING - 6 am

Early morning six o' clock or evening six o'clock are the best time to do yoga.

EVENING – 6 pm



PLACE

- FLAT SURFACE
- CLEAN ROOM
- AIR VENTILATED ROOM

The place where you practice yoga should be flat surfaced.

It should be a clean room, with good ventilation.



MAT



**COTTON MAT
(BEDSHEET / TOWEL)**



KORAI GRASS MAT



DHARBAI GRASS MAT

Cotton spreads like Bed sheet or Towel can be used. Or korai grass mat or Dharbai grass mat can be used.

They give best benefit.

DRESS

GENTS - UNDER WEAR IS MUST .

DHOTI



HALF PANT



TRACK SUIT



LADIES (SUDI HAR / ANY COMFORTABLE DRESS)

- Gents **must** use under wear. Any comfortable cloth like, Dhoti, shorts or Track suit can be worn.
-
- Ladies can wear chudidhar, or any loose, comfortable dress can be used.

AGE

starting age – five years onwards (from 5 years old)

from 5 years onwards person of any age can do yoga practice

No age limit from five years onwards
(from 5 years old)



ELIGIBILITY

- CONSULT YOUR FAMILY DOCTOR BEFORE LEARNING ATHANAM (ASANAM) OR PRANAYAMAM
- Consult the family doctor and confirm whether you are fit to do yoga practices and pranayama practices. This is very important.
- It is good to perform yoga practices, only when you are healthy.
- Important thing to be noticed is: Pregnant women should consult their doctors before performing any practice or exercises. It is advisable not to practice athanam /asanas.
- DO PRACTICE WHEN YOU ARE HEALTHY



FOOD

KINDLY DO PRACTICE

AFTER MEAL - THREE HOURS

If you have taken solid food, you can practice after 3 hours.

Liquid food, like water, coffee or tea means, practice after half an hour.

AFTER DRINKS LIKE
WATER/ TEA / COFFEE – 30 minutes ($\frac{1}{2}$ an hour)



BREATH

DO NOT HOLD BREATHE WHILE DOING ATHANAM
(ASANA / YOGA)

IMPORTANT POINT TO NOTICE:

While performing asanas / athanam practices, never hold the breath - for any reason never hold the breath

While bending forward breathe out and bending backward breath in.

POSE

INITIAL STAGE -TRYING TO DO ATHANAM (ASANA / YOGA) POSE
ITSELF GIVES FULL BENEFIT

- Initially, you may not get the exact posture like the yoga teacher seen in the you tube.
- Overweight people may find it difficult to do the correct posture, initially.
- But even the effort put to achieve the posture is enough to get the full benefit.
- Within two or three months, you can get the correct posture, if you practice regularly.
- For each asana do the counter-asana. (Example Left – Right, forward- Backward bending)
- Perform the yogasanasslowly, experiencing every movement consciously. Do the asanas /athanam real slowly.
- Never do them hastily.
- Be in any yoga posture for a maximum of three (3) minutes.

DIRECTION



GOOD TO FACE EAST DIRECTION

PRE – EXERCISES

BEFORE STARTING PRACTICE DO PRELIMINARY EXERCISES

(FROM LEG TO NECK ROTATING EXERCISES)

Before starting the yoga practice, Pre-exercises or warming up exercises should be done to loosen up the body.

To do the warm-up exercise you can stretch the toes, rotate the leg, and move upwards, rotating and moving each and every joint, upto the neck.

By these pre exercises body can be relaxed (loosened) nicely, so that yoga practice can be done easily.

“Shanti Asanam”(Amaithi athanam) or **“Yoga Nitra”** should be done at the end of asanas / athanam practice.

The full benefit of yoga practices can be experienced only after performing Pranayamam practices.

* FOR EACH ASANA DO THE COUNTER/ALTERNATE POSE *

* PERFORM THE POSES OF YOGASANAS SLOWLY *



PRE EXERCISE FOR YOGA

PRE EXERCISES FOR YOGA, GYM AND SPORTS

WARM -UP EXERCISES/ FIRST STRETCHING EXERCISES

Pre exercises will help to loosen up the body before practicing yoga or sports activities.

STANDING POSTURE

HEAD & NECK

- Stand straight.
- Rotate the head slowly at 360°, clockwise and anticlockwise. While rotating, the ears should touch the shoulders.
- Move the head forward and backward. When the head comes in front, bend and touch the chin to the chest.
- Bend the head to the right and touch the right ear to the right shoulder.
- Then, Bend the head to the left and touch the left ear to the left shoulder.
- Rotate the head at 180°, first bending to the back and next to the front.



ARMS

- Stretch the hands in front and move the hands, front and back at the wrist level, first the palm is away from you and next, the palm faces you.
- Move the hands to the sides, right and left, at the wrist level, first inwards and next outwards.
- Rotate the hands at the wrist level, first inwards and next outwards.
- Bend and stretch the hands at the elbow level, again and again.
- Stretch the hand in front and, open and close the fingers repeatedly.
- Join both the thumbs and stretch the hands above the head and bring them down.
- Now release the thumbs. Stretch the hands sideways and to the front, at the level of shoulder, repeatedly. Touch both the hands together, when they come in front and, the chest should broaden, when the hands stretch to the sides.
- Stretch both the hands on the sides at the shoulder level, move upwards, join the palms above the head in Pranam position, bring the hands down and touch the sides of the thighs.
- Stretch both the hands on the sides at the shoulder level and bend the hands at the elbow level, in front of the chest. Rotate the shoulders, first forward and next backwards.



ARMS.....

- Stand straight. Bend sideways, to the right, left hand should move to the right, above the head, next bend sideways to the left, right hand should move to the left, above the head.



HIP

- Stand straight. Rotate the body at the hip level, first to the right and next to the left.
- Bend and straighten, at the level of the hip repeatedly.
- Keep the hands on the hip; rotate the hip, first to the right and next to the left, repeatedly.



KNEES

- Slightly bend the knees, hold the knees with the hands, and rotate at the level of knees, first to the right and next to the left, repeatedly.

TOES

- Lift the legs one by one and stretch and bend the toes, repeatedly.



ANKLE

- Lift the right leg, rotate the foot at the ankle level, first inwards and then outwards.
- Lift the left leg, rotate the foot at the ankle level, first inwards and then outwards.



EXERCISES IN SITTING POSTURE

- Sit down, with the legs stretched in front, hands on the sides of the body, touching the ground, move the feet at the ankle level, first inwards and then outwards.
- Next move the toes front and back.
- Now, bend the leg, at the level of knees, first right leg and next left leg. While bending the leg, hold the leg with both the hands and then release and stretch the leg.
- Next, bend both the legs at same time, at the level of knees. Embrace the legs with two hands to the chest. Release and stretch the legs. Repeat it.
- Take the right foot and keep it on the left thigh. Stretch the leg again. Take the left foot keep it on the right thigh. Stretch the leg again, One leg at a time.



- Sit straight. Keep the hands on the sides touching the ground and do butterfly exercise. Bend the knees, press both the soles together, and move the knees above and below.
- Sit straight. Stretch the left leg. Fold the right leg towards you. Raise both the hands above the head. Bend at the hip level and touch the left foot with the hands.
- Sit straight. Stretch the right leg. Fold the left leg towards you. Raise both the hands above the head. Bend at the hip level and touch the right foot with the hands.
- Sit straight. Stretch the legs apart on the sides. Bend and touch the right leg with the left hand. Rest the right hand on the ground. Touch the left leg with the right hand. Rest the left hand on the ground.
- In the same position, Bend forwards touch the ground in front with both the hands. Then sit straight and raise the hands above the head bend backwards and forward again .Repeat it.



EXERCISES IN LYING DOWN POSTURE

- Lie down straight. Stretch both the hands to the sides. Lift the right leg, cross over the left leg and touch the ground with the right feet. Bring it back to the original position. Now, lift the left leg, cross over the right leg and touch the ground with left feet. Bring it back to the original position.
- Lie down straight. Bend both the legs at the knee level. Rotate the hip to the right and touch the ground with the knees. At the same time, turn the face to the left. Next, rotate the hip to the left and touch the ground with the knees. Simultaneously, turn the face to the right.
- Lie down straight. Bend the right leg at the level of knee; Hold it with both the hands. Touch the knee with the chin.



- Lie down straight. Bend the left leg at the level of knee; Hold it with both the hands. Touch the knee with the chin.
- Lie down straight. Bend both the legs at the level of knees. Hold them with both the hands. Touch the knees with the chin.
- Lie down straight. Bend both the legs at the level of hip and take the legs beyond the head. Then bring back the legs to their original position.
- Lie down straight. Come to sitting position, bend forward at the hip level and touch the toes with both the hands. Again sit straight and then lie down.
- Lie down straight. Turn to the right side. Stretch and lift the left hand and leg. Touch the left leg with the left hand.
- Again lie down straight. Turn to the left side, stretch and touch the right leg with the right hand.
- Exercise for spine and back. Lie down straight. Bend the legs at the knee level. Hold both the legs with two hands, to the chest and swing the whole body forward and backward.
- Sit straight. Bend the legs at the knee level and sit over the legs. Keep both the hands on the ground, in front and stretch the body front and back at the hip level.



GOLDEN YOGA ASANAS LEVEL 1

NAGA ATHANAM

(PUJANGASANAM)

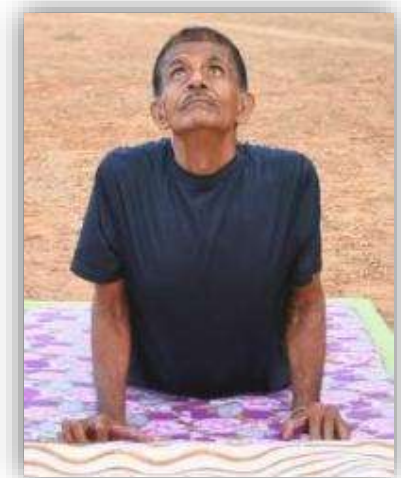
BEST FOR SELF CONFIDENCE



- Lie down on front with face down.
- Slowly lift the body upwards, upto the level of navel, with the support of the palms, at shoulder level.
- Turn the head to the left and then to the right, you can do it for few times. Next look upwards
- Now bend the head down, bring the body down, slowly, relax the hands and be in that position for some time. Taking rest in this position is beneficial.



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PUJANGASANAM(SNAKE POSE)

MUYAL ATHANAM (MUYALASANAM)

CURES HIP PAIN



- Sit in Vajrasanam posture.
- Bend down and touch the ground with the forehead, with the hands stretched forward.
- Now slowly lift the head and body, upto the knees.
- Slowly move forward supporting the palms on the ground.
- Stretch the leg fully and arch backwards and look at the sky.
- Only the palms and upper surface of the feet should rest on the ground.
- Now, bend down, slowly move backwards and come back to the original position and sit in vajrasanam.



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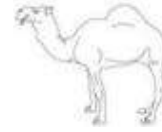
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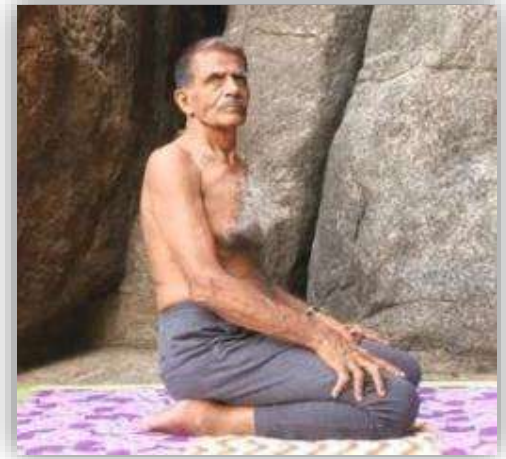
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MUYALASANAM(RABBIT POSE)

OTTAGA ATHANAM (USARTASANAM) *CURES THROAT MUSCLES PAIN*



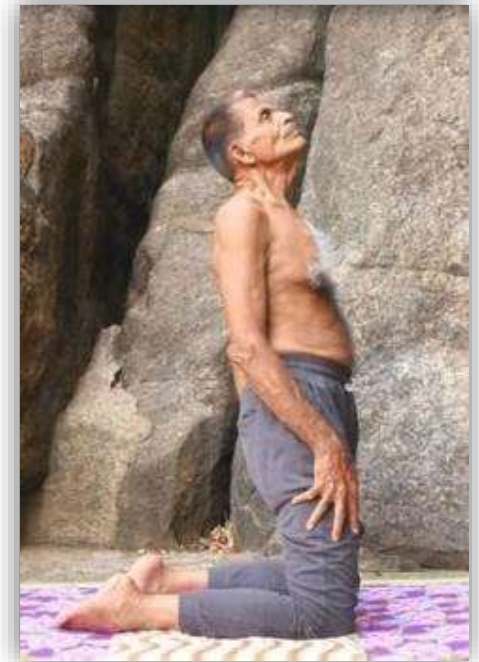
- Sit straight in the vajrasanam position.
- Raise the body slowly and be in the kneeling position. Back bone should be straight.
- Now slowly bend back and hold both the heels with the hands.
- The face should look at the sky. This is Usartasanam.
- Then take away the hands, slowly raise the body and lean forward.
- Sit on the heels, keep the hands on the knees and bend down at the hip level and touch the ground with the fore head. Back to Vajrasanam.



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USARTASANAM (CAMEL POSE)

VILL ATHANAM(DHANURASANAM) CURES DIABETIC



- Lie down on front with face down.
- Lift both the legs up.
- Hold the two ankles with the two hands.
- The body and the head are arched backwards in the attempt to hold the legs. Legs are also arched upwards.
- Only the lower abdomen touches the ground. In this position, swing forward and backward.
- In the same position slowly turn the body to the left and then to the right.
- Release the legs and be in the lying position for some time.



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DHANURASANAM(BOW POSE)



DHANURASANAM...

- By doing this asanam, you can get rid of sugar disease.
- You are looking at the asanas performed by yoga professor, Thiru.Veerabhagu sir. Thousands of students from Papanasam, Ambasamudram, Thirunelveli etc have learnt yoga from him. By practice they are cured of diseases like sugar, BP, thyroid problem etc. They are living proofs to show this world that we can be cured of many diseases and live a healthy life by the practice of yoga.



4

DHANURASANAM



DHANURASANAM (Bow)



5

PAATHI NILAI - THALAI ATHANAM
(ARTHA SIRASASANAM)
CURES GAS PROBLEMS

- Sit straight in vajrasanam posture.
- Bend slowly and touch the ground with the vertex of the head.
- At the same time join both the hands, by interlocking the fingers, at the back of the head. The fore arm rests on the ground.
- Now putting the weight on the fore arm, lift the hip up. The legs should be straight. Only the upper part of the sole rests on the ground. The heels do not touch the ground.
- The body is in the shape of inverted 'V'.



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2 **ARTHA SIRASASANAM**
(HAND STAND)

ARTHA SIRASASANAM...

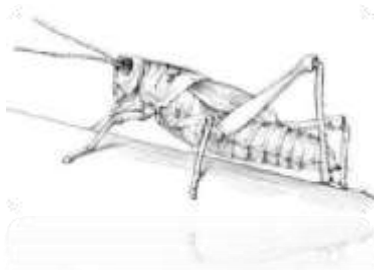
- Be in that position for some time.
- Bend the legs, bring down the hip, release the hands, rise up and sit again in vajrasanam posture.
- Let's see the back view of Arthasirsasanam. Look carefully how the vertex of the head is placed on the ground and how the two hands join at the back of the head. Perform it slowly and carefully. You can be in that position for 3 minutes only. Relax the body. Sirasasanam is called as “the King of asanas”. The complete benefit of Sirasasanam can be obtained by doing Arthasirsasanam.



ARTHA SIRASASANAM
(BACK VIEW)

PATHI VETTUKILI ATHANAM
(ARTHA SALABASANAM)
BEST FOR FLAT STOMACH

- Lie down, facing the ground.
- Keep the palms beneath the thighs.
- Lift the right leg up and backwards.
- Bring it down.
- Now lift the left leg up.
- Bring it down.
- Next, lift both the legs up, towards the sky.
- The region of the body from chin to palm should rest on the ground.
- Bring down the legs.
- Take out the hands and keep the palms on the ground at the shoulder level.
- Slowly get up on the knees and sit in vajrasanam position.



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ARTHA SALABASANAM...

- Do the asanas very slowly.
- Now we are looking at the front view of arthasalabasanam. Look how the chin is resting on the ground, how the right leg is lifted up and then the left leg. Now both the legs rise up. Look carefully. If you do like this, surely tummy won't grow. Keep the palms on the ground at the shoulder level. Slowly get up on the knees and sit down.



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5

ARTHA SALABASANAM (HALF LOCUST POSE)



4

VANNATHUPUTCHI ATHANAM

(KUTHAPATHA ASANAM)

CURES UTERUS PROBLEM



- Sit straight with the legs stretched forward.
- Fold the legs as close to the body as possible, in such a way that the two soles of the feet oppose each other. Hold the feet with two hands.
- Bend down and touch the ground with the fore head.
- This asanam cures all the diseases related to uterus. It prevents menstrual pain (dysmenorrhoea).



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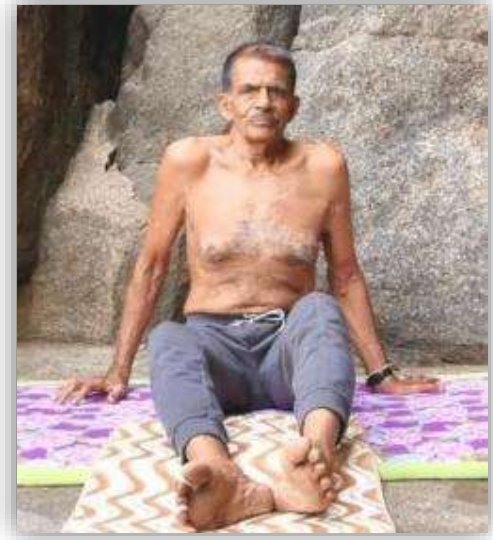


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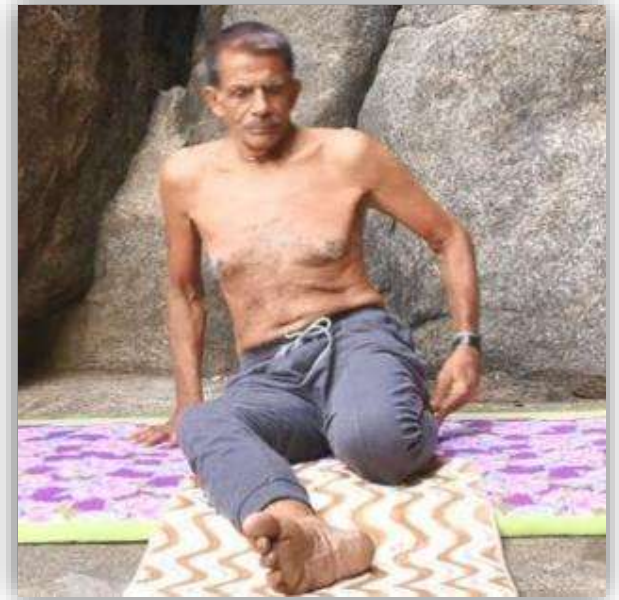
KUTHAPATHAASANAM (BUTTERFLY POSE)

VEERA ATHANAM (VAJRASANAM) CURES CONSTIPATION

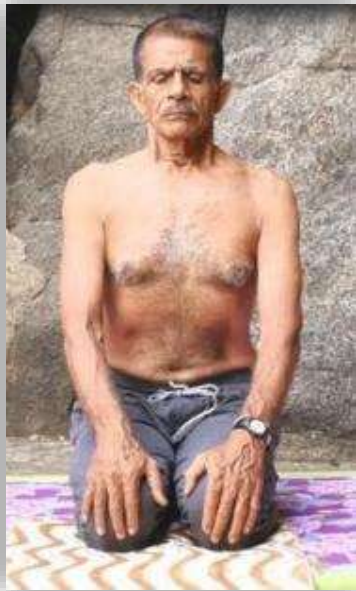
- Be in a seated position, with legs stretched in front.
- Fold the legs at the back, one by one.
- Sit straight, with the buttocks resting on the heels.
- Keep the hands straight, in front, the palms touching the knees.
- This is the only asanam which can be done at any time, even after taking food.
- It prevents constipation.



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VAJRASANAM (THUNDER BOLT POSE)

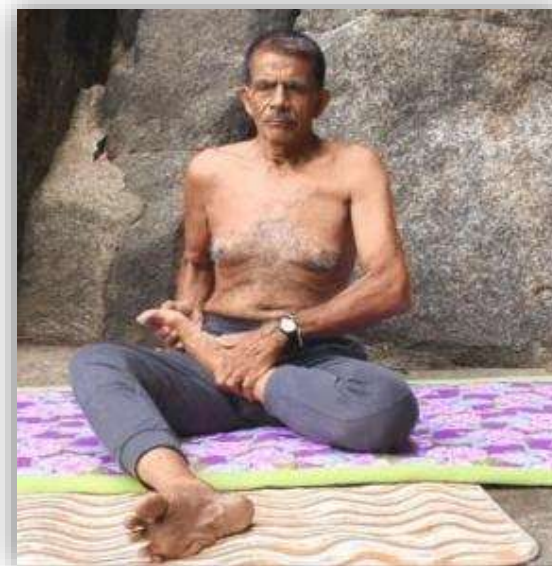
POORANA THAMARAI ATHANAM

(SIDDHA PADMASANAM)

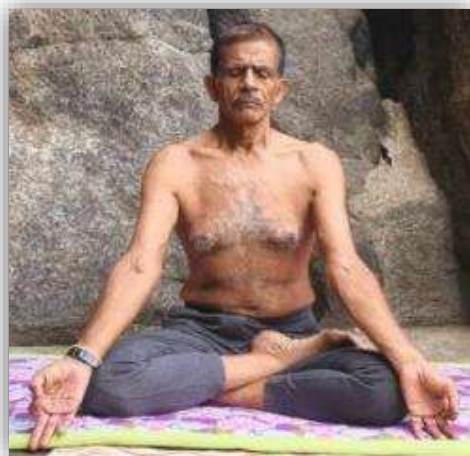
*BEST FOR MIND
RELAXATION*



- Sit straight with the legs stretched forward.
- Fold the left leg and place it on the right thigh.
- Right leg is placed under the left thigh.
- Keep the hands straight on the knees in chin mudra position.
- Back bone should be straight.
- Then unfold the legs and stretch them straight in front.
- Now fold the right leg and keep it on the left thigh.
- Left leg should be underneath the right thigh.
- Keep the hands straight on the knees in chin mudra position.
- Chin-mudra is to bend the index finger and touch the tip of the thumb. Other three fingers are stretched out.

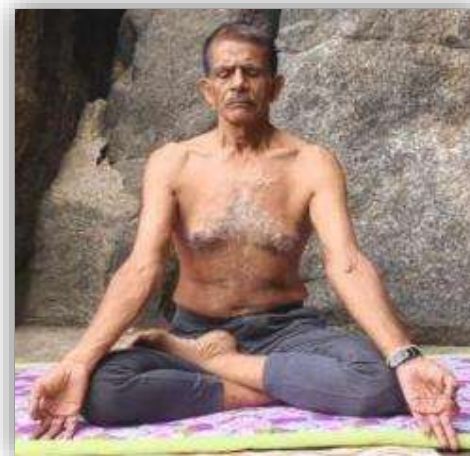


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SIDHA PADMASANAM

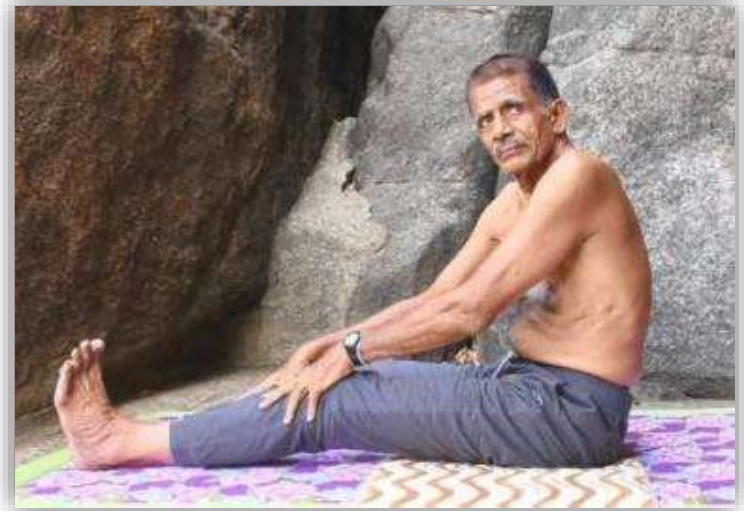
(LOTUS POSE)



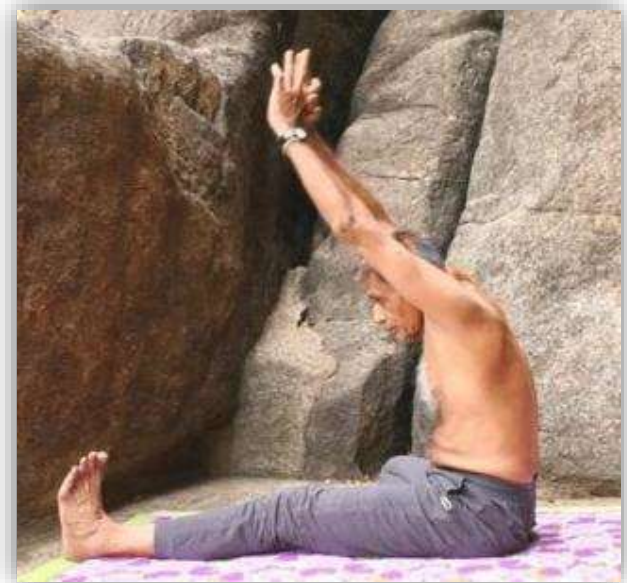
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MULANTHAAL MEL THALAI ATHANAM
(JANUSIRASASANAM)
CURES KNEE PAIN

- Sit straight.
- Fold the right leg and touch the inner side of left thigh.
- Stretch out the left leg .
- Lift the hands above the head.
- Slowly bend forward and hold the sole of left leg with both the hands.
- Left knee should not bend.
- Bend further and touch the left knee with the face.
- Now, rise slowly, sit straight, lift the hands above the head and stretch out the right leg.
- Next, fold the left leg and touch the inner side of right thigh.
- Stretch out the right leg.
- Lift the hands above the head.
- Slowly bend forward and hold the sole of right leg with both the hands.



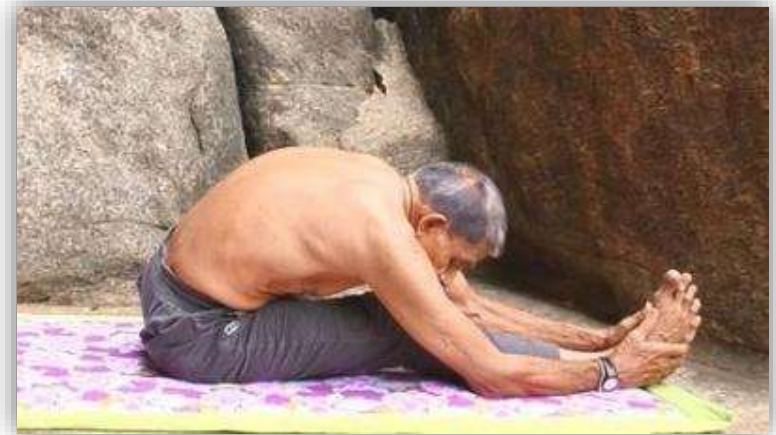
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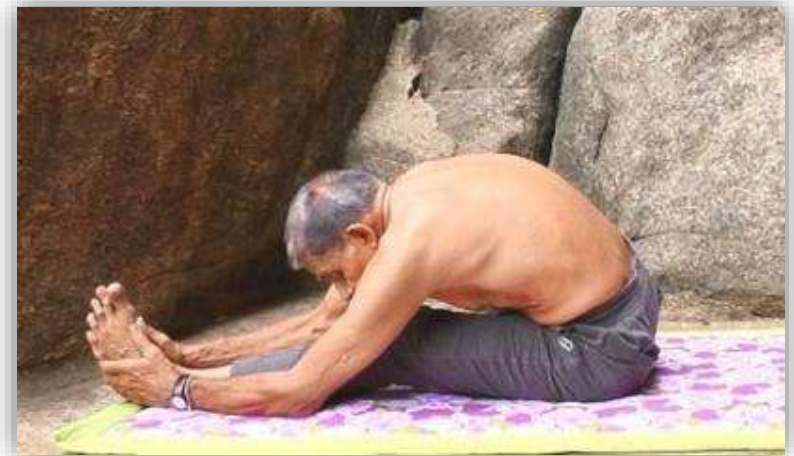
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JANUSIRASASANAM...

- Right knee should not bend.
- Bend further and touch the right knee with the face.
- Now, rise slowly, sit straight, lift the hands above the head and stretch out the left leg.
- Even though initially you may not be able to bend the body, as shown by the yoga Guru, the effort put to attain that posture itself, is highly beneficial. By regular practice, by and by, you can do it perfectly.



3



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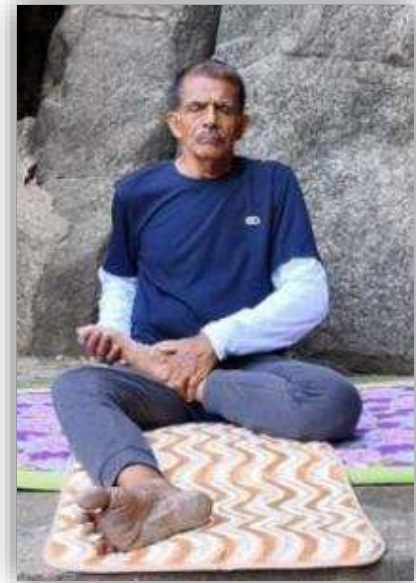
JANUSIRASASANAM (HEAD TO KNEE POSE)

THAMARAI ATHANAM (PADMASANAM)

BEST FOR MEDITATION



- Padmasanam is the most important of all the asanas.
 - Sit straight.
 - Stretch out the legs.
 - Fold the left leg and keep it over the right thigh.
 - Fold the right leg and keep it over the left thigh.
 - Make sure that the sole of the feet face upwards and heel is close to the abdomen.
 - Stretch the hands and keep them on the knees in chin-mudra posture.
 - Bend the index finger and touch the tip of the thumb.
- Other
three fingers are stretched out.
- Sit erect, with the back bone, neck and head kept straight in a single line.



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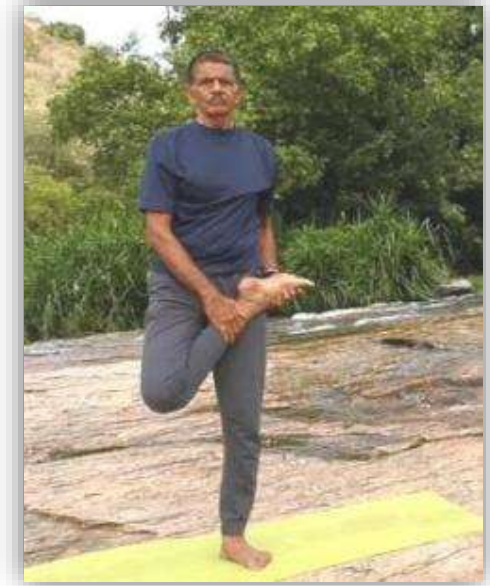


PADMASANAM (LOTUS POSE)

EKA PATHA ATHANAM (NINDRA PATHA ASANAM)

BEST FOR CONCENTRATION

- Stand straight.
- Bend the left leg up and keep it on the right thigh and stand on the right leg.
- Raise both the hands above the head and join both the palms and do Pranam.
- Be in that position for some time.
- Lower both the arms and the left leg and stand straight.
- Now bend the right leg up and keep it on the left thigh and stand on the left leg.
- Raise both the hands above the head and join both the palms and do Pranam.
- Be in that position for some time.
- Lower both the arms and the right leg and stand straight.



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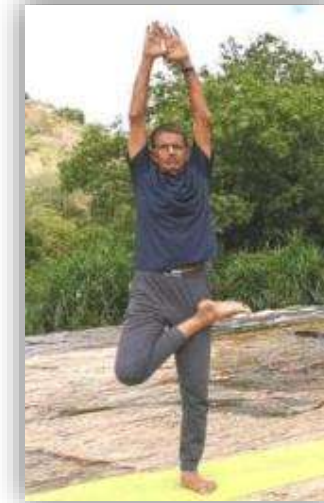
3



NINDRA PATHAASANAM (CRANE POSE)



2



POAR VEERAR ATHANAM
(VEERAPATHRA ASANAM - FIRST STAGE)
CURES KIDNEY STONE

- Stand straight.
- Keep the legs apart, as far as you can.
- Lift the hands up and join the palms straight above the head, in Pranam pose.
- Turn the body slowly to the left, at the hip level.
- Left leg is turned to the left side. Right leg position is not changed. It faces forward.
- Slowly sit in the half-seated direction.
- Left knee bends like inverted 'L', feet facing left side, while the right leg stands straight without bending, feet facing forward direction.
- Now slowly turn the body to front, at the hip level and stand straight with legs kept apart and hands in the Pranam position.

(Continued..)



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VEERAPATHRA ASANAM...

- Now turn slowly to the right, at the hip level.
- Right leg is turned to the right side. Left leg position is not changed. It faces forward.
- Slowly sit in the half-seated position. Right knee bends like inverted 'L', feet facing right side, while the left leg stands straight without bending, feet facing forward direction.
- Now slowly rise up. At the same time turn the body to front, at the hip level and stand straight with legs kept apart and hands in the Pranam position.
- Bring down the hands and stand straight normally.



3



4

VEERAPATHRAASANAM
(WARRIOR POSE)

NARKALI ATHANAM (UTKAT ASANAM) (FIRST STAGE)

CURES KNEE JOINT PAIN



- Stand straight.
- Stretch the hands in front, at the shoulder level.
- Slowly bend the Knees and come to half-seated position.
- At the same time lift the feet and rest the whole body weight on the toes alone.
- Rise slowly. Stand straight and lower the hands.

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UTKAT ASANAM
(SIDE VIEW)

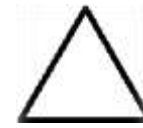


UTKAT ASANAM(CHAIR POSE)

2



MUKKONA ATHANAM
(THIRIKONA ASANAM) (FIRST STAGE)
CURES HIP PAIN



- Stand straight
- Stretch the legs on the sides as far as you can.
- Raise both the hands to the shoulder level.
- Bend to the left and touch the feet with the left hand.
- Right hand is held straight up.
- Lift the face and look at the sky

(Continued..)



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THIRIKONA ASANAM...

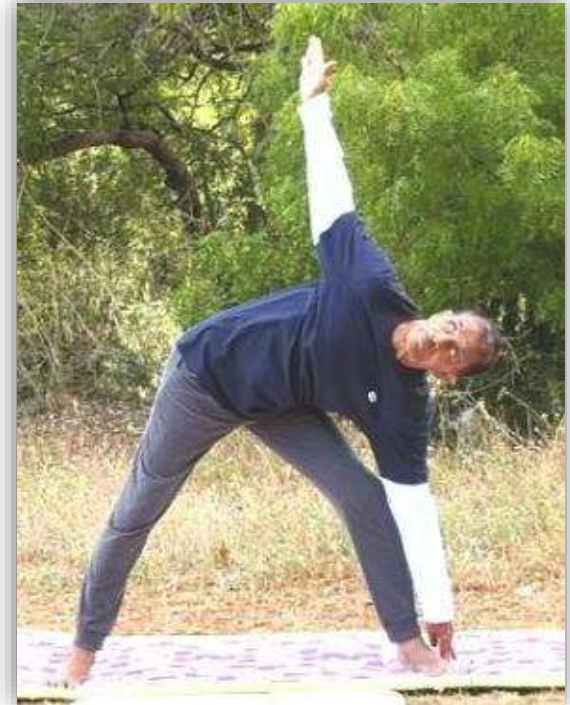
Now, stand straight, with the hands stretched on the sides.

- Bend to the right and touch the feet with the right hand.
- Left hand is held straight up.
- Lift the face and look at the sky.



4

THIRIKONA ASANAM
(TRIANGLE POSE)



3

CHANDRA PIRAI ATHANAM (PIRAI ASANAM)

CURES SHOULDER BLADE PAIN

- Stand straight.
- Stretch the legs on the sides as far as you can.
- Arch backwards, supporting the back with the hands.
- The knees bend a little.
- While you bend, move both the hands slowly along the back of the legs, downwards and once you have reached the crescent shape take away the supporting hands.
- Slowly come back to the normal position.
- Keep the legs stretched.
- Now slowly bend forward, sliding the arms along the legs, till they reach the ankles, till the head almost reaches the ground.
- Now rise up slowly and stand straight.



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PIRAI ASANAM (CRESCENT POSE)

MEENATHANAM (MACHAASANAM)

CURES THYROID PROBLEM

- Lie down on the back, facing the sky.
- Lift the upper part of the body and touch the vertex of the head on the ground, at the same time, hold the sides of the thighs with the hand.
- Fore arm, from elbow to hand and from hip to leg, rest on the ground.
- The upper part of the body, above the hip is raised a little away from the ground.
- Now, slowly keep the head down and place the upper part of the body on the ground. Slowly get up.

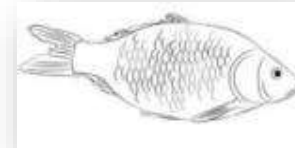


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MACHAASANAM (FISH POSE)

UYARTHIYA PAATHA ATHANAM
(UTHANAPATHA ASANAM)
BEST FOR WEIGHT LOSS

- Lie down on the back, facing the sky.
- Lift both the legs up, pressing the palms down for support.
- Now, slowly bring the legs down, not completely. Keep the legs straight, above the ground, at an angle.
- The portion below the hip should not touch the ground.
- Now raise the leg further, bend the knees and fold the legs, hold the legs with both the arms and bring them towards the face.
- Lift the head forward and touch the knees with the face, then relax the body.



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UTHANAPATHAASANAM (RAISED LEG POSITION)

KATRU VELIYEDUM ATHANAM (BHAVANA MUKTHASANAM)

CURES THIGH PAIN

- Lie down on the back, facing the sky.
- Lift the left leg, folding at the knee, hold it with both the hands, bring it towards the face.
- Lift the head, bend forward and bring the face towards the knee. Touch the knee with the face.
- Release the hands. Stretch the leg and bring it back to the original position.
- Now lift the right leg, folding at the knee, holding it with both the hands, bring it towards the face.
- Lift the head, bend forward and bring the face towards the knee. Touch the knee with the face.



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BHAVANA MUKTHASANAM...

- Release the hands. Stretch the leg and bring it back to the original position.
- Next, fold both the legs, hold them with the hands and bring them towards the face.
- Lift the head, bend forward and bring the face towards the knees. Touch the knees with the face.
- Release the hands. Stretch the legs and bring them back to the original position.
- Initially, even the effort put to attain the posture is enough to get good benefit. By regular practice, the asanam can be performed perfectly.

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BHAVANA MUKTHASANAM

MULU UDAL ATHANAM
(SARVANGA ASANAM)
CURES ALL DISEASES

- This asanam is called “the Queen of asanas”.
- Do this asanam only for 3minutes.
- Lie down on the back, facing the sky.
- Pressing the palms on the ground, slowly lift the legs first and then give more pressure and lift the hip and the back above the ground, stretching straight upwards. Hold the awith hands for support.
- Only the neck, shoulder and back of the upper arm, upto elbow should rest on the ground.
- Initially you can keep the legs on a wall, for support and do the practice.
- Bring the hands down.
- Keep the palms down for support and slowly bring down the body and legs. Legs should always be stretched, should not fold and rest them on the ground and lie down straight.



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SARVANGAASANAM
(SHOULDER STANDNG POSE)



2



3

**AMAITHI ATHANAM (YOGANITRA
/ SHANTI ASANAM) *BEST FOR
SLEEPING***

- After finishing all the asanas, perform Shanti asanam.
- Lie down on the back, facing the sky, in a relaxed manner.
- Both the hands and legs are stretched apart, palms facing the sky, eyes closed, take rest.
- After finishing the asanam, when you get up, you should not get up straight. Turn to one side, either right or left and then get up slowly.



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2

SMART YOGA

LEVEL 2

PAATHI EDAI CHAKRADHANAM
(ARTHAKADICHAKRASANAM)
CURES SIDE NECK PAIN

- Stand straight.
- Raise the right hand, palm-down upto the shoulder level.
- Then turn the palm-up, and raise the hand fully, till it touches the right ear.
- The hand should be straight up.
- Now bend the body sideward to the left as much as possible.
- The right hand arches leftwards.
- Now, straighten up and lower the right hand, palm-up up to the shoulder level.
- Then turn palm-down and lower the hand to the sides of the body.



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ARTHAKADI CHAKRA ASANAM...

- Stand straight.
- Raise the left hand, palm-down upto the shoulder level.
- Then turn the palm-up, and raise the hand fully, till it touches the left ear.
- The hand should be straight up.
- Now bend the body sideways to the right as much as possible.
- The left hand arches rightwards.
- Now, straighten up and lower the left hand, palm- up upto the shoulder level,.
- Then turn the palm-down and lower the hand to the sides of the body.



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ARTHAKADI CHAKRAASANAM
(ARC POSE)

POAR VEERAR ATHANAM
(VEERAPATHRA ASANAM)(SECONDSTAGE)
BEST FOR TRAVELLERS

- Keep the legs apart, as far as you can.
- Stretch both the hands on the sides at the shoulder level.
- Turn slowly to the left, at the hip level.
- Left leg is turned to the left side. Right leg position is not changed. It faces forward.
- Slowly sit in the half-seated position. Left knee bends like inverted 'L', feet facing left side, while the right leg stands straight without bending, feet facing forward direction.
- Now slowly rise up. At the same time turn the body to front, at the hip level and stand straight with legs kept apart and hands stretched on the sides.



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VEERAPATHRAASANAM
(WARRIOR POSE)



attangaogam.com



2

VEERAPATHRAASANAM...

- Now turn slowly to the right, at the hip level.
- Right leg is turned to the right side. Left leg position is not changed. It faces forward.
- Slowly sit in the half-seated position. Right knee bends like inverted 'L', feet facing right side, while the left leg stands straight without bending, feet facing forward direction.
- Now slowly rise up. At the same time turn the body to front, at the hip level and stand straight with legs kept apart and hands stretched to the sides.
- Bring down the hands and stand straight normally.



FRONT VIEW



BACK VIEW

POAR VEERAR ATHANAM

(VEERAPATHRA ASANAM - THIRD STAGE)

CURES HAND PAIN

- Keep the legs apart, as far as you can.
- Stretch both the hands on the sides at the shoulder level.
- Rotate the body to the left, at the hip level, as much as you can, only the upper part of the body should turn.
- Do it very carefully and very slowly.
- Rotate back to normal position.
- Now rotate the body to the right, at the hip level, as much as you can, only the upper part of the body should turn.
- Rotate back to normal position.
- Bring down the hands and bring back the legs to normal position and stand straight.



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3

VEERAPATHRAASANAM (WARRIOR POSE)



2

MUKKONA ATHANAM (THIRIKONA ASANAM - SECOND STAGE)

CURES GASTRIC PROBLEM

- Stretch the legs on the sides as far as you can.
- Stretch both the hands on the sides.
- Rotate the body to the left.
- Touch the left feet with the right hand.
- The left hand is held straight up.
- Lift the face and look at the sky.
- Rotate the body to the right.
- Touch the right feet with the left hand.
- The right hand is held straight up.
- Lift the face and look at the sky.

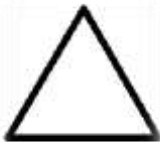


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3

THIRIKONA ASANAM
(TRIANGLE POSE)

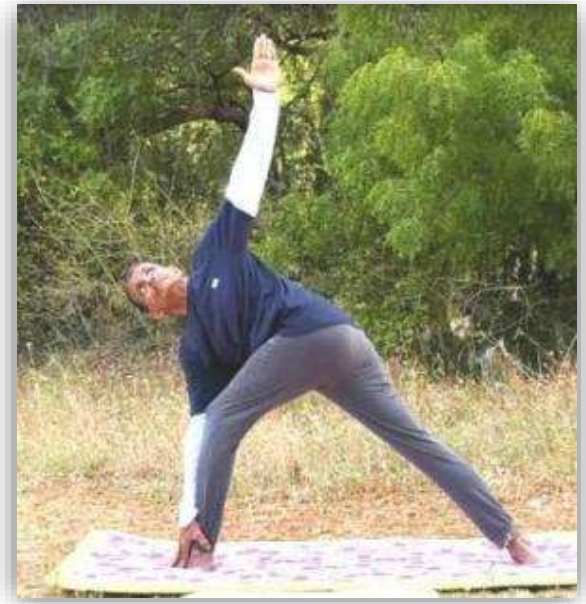


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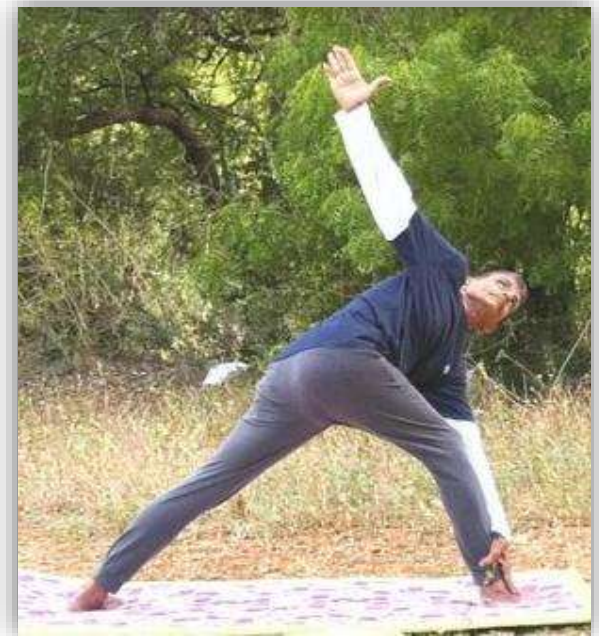
THIRIKONA ASANAM...

- Now, stand straight and stretch the hands on both sides and relax.

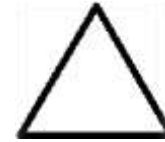
- Let's see the asanam from the back. Look how the hands are stretched, turning around, how the right hand holds the left leg, looking at the sky, right leg held by left hand, looking at the sky and relaxing.



THIRIKONAASANAM
BACK VIEW



MUKKONAATHANAM
(THIRIKONASANAM - THIRD STAGE)
CURES FLATULENCE



- Stretch the legs on the sides as far as you can.
- Join palms in Pranam pose at the chest level.
- Turn to the left and sit half-way.
- Keep the right leg straight, without bending, the feet facing the front.
- Left leg is bent like an inverted “L” and faces left.
- Turn further back, keeping both the hands in Pranam position, and place them on the other side of the left thigh.



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2

THIRIKONASANAM (TRIANGLE POSE)

THIRIKONASANAM...

- Raise up and turn to the right and sit half-way.
- Keep the left leg straight, without bending, the feet facing the front.
- Right leg is bent like an inverted “L” and faces right.
- Turn further back, keeping both the hands in Pranam position, and place them on the other side of the right thigh.



THIRIKONA ASANAM
BACK VIEW



NARKALI ATHANAM
(UTKAT ASANAM - SECOND STAGE)
CURES TOES PAIN

- Stand straight.
- Lift the hands up, above the head.
- Slowly bend the Knees and come to half-seated position.
- At the same time lift the feet and rest the whole body weight on the toes alone.
- Rise slowly. Stand straight and lower the hands.



1



UTKAT ASANAM SIDE VIEW



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2

UTKAT ASANAM (CHAIR POSE)



MALAI ATHANAM (THADA ASANAM)
CURES HEEL PAIN

- Stand straight.
- Raise both the hands slowly palms-down upto the shoulder.
- Turn the palms up and raise straight up above the head.
- At the same time raise the whole body and stand on the toes. The toes will be bearing the weight of the body.



THADA ASANAM
(MOUNTAIN POSE)

PATHAM KAI ATHANAM
(PATHAHASTHA ASANAM)
CURES SOLE AND HAND PAIN

- Stand straight.
- Raise the hands on the sides and keep straight above the head.
- Arch backwards as far as you can.
- Then very slowly rise up and bend down at the hip and touch the heels with hands, the knees should not bend.
- The face should touch the knees.
- Be in that position for a minute.
- Now, very slowly rise up, with the hands stretched and arch back again.
- Now lean forward, stand straight and lower the arms on the sides.
- When you bend backwards, breathe out and when you bend forwards, breathe in.
- This asana is a best cure for high blood pressure.



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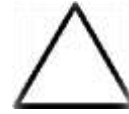
PATHAHASTHAASANAM
SIDE VIEW



PATHAHASTHAASANAM
(HAND TO FOOT POSE)

KONAMATHANAM(KONASANAM)

CURES BACK OF THE THIGH PAIN



- Stand straight.
- Stretch the legs on the sides as far as you can.
- Keep the hands on the legs
(right hand on right leg and left hand on left leg).
- Bend down slowly, the hands sliding along the legs, till the head reaches near the ground, but don't touch the ground.
- The hands must be now holding the ankles.
- Rise up slowly sliding the hands upwards and stand straight.
- Initially you can just try to attain the posture as much as you can. By repeated practice, you can do this asana correctly.



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KONASANAM (TRIANGLE POSE)



3



PAATHI NADANA ATHANAM
(SANDHULAL ASANAM) CURES
UPPER PART OF THE FOOT PAIN

- Stand straight.
- Lift the right hand straight up, above the head.
- Fold the left leg backward, at the knee level, and hold it with the left hand and stand on one leg.
- Now release the left leg, bring down the right hand and stand straight.
- Lift the left hand straight up.
- Fold the right leg backward, at the knee level, and hold it with the right hand and stand on one leg.
- Now release the right leg, bring down the left hand and stand straight.

(Let's view the asanam from the side. Lift the right hand straight up. Fold the left leg at the back, at the knee level, and hold it with the left hand and stand on one leg. Release the leg, bring down the hand and stand straight. Lift the left hand straight up. Fold the right leg and hold it with the right hand and stand on one leg. Release the leg, bring down the hand and stand straight).



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NADANA ARASAR ATHANAM
(NATARAJA ASANAM)
CURES RIB PAIN

- Lift the right hand straight up.
- Fold the left leg at the back, at the knee level, and hold it with the left hand and stand on one leg and bend forward, as much as you can.
- Now release the left leg, bring down the right hand and stand straight.
- Lift the left hand straight up.
- Fold the right leg at the back, at the knee level, and hold it with the right hand and stand on one leg and bend forward, as much as you can.
- Now release the right leg, bring down the left hand and stand straight.



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NATARAJA
ASANAM



2



3



NATARAJA ASANAM...

Let's see the asanam from the side view. Lift the right hand straight up. Fold the left leg at the knee level, and hold it with the left hand and stand on one leg and bend forward, as much as you can. Now release the left leg, bring down the right hand and stand straight. Lift the left hand straight up. Fold the right leg at the knee level, and hold it with the right hand and stand on one leg and bend forward, as much as you can. Now release the right leg, bring down the left hand and stand straight.



**NATARAJA ASANAM
(KING DANCER POSE)**



SINGA ATHANAM (SIMHA ASANAM)
BEST FOR TONGUE AND INNER THROAT

- Sit straight.
- Now, raise the body and sit on the toes. The ten toes alone support the body weight. The heels should not touch the ground.
- Stretch both the hands straight and keep them on the knees in chin mudra position. Chin-mudra is to bend the index finger and touch the thumb. Other three fingers are stretched out.
- Hang the tongue out and concentrate the vision at the tip of the nose.



SIMHA ASANAM LEG POSITION



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SIMHA ASANAM
(LIONS BREATH POSE)

UKRA ATHANAM (PAKSHIMOTHA ASANAM) CURES BACK BONE PAIN

- Sit straight.
- Stretch out both the legs.
- Lift both the hands up above the head.
- Bend forward and hold the soles of the feet with both the hands. The knees should not bend.
- Keep the face on the knees.
- Now release the hands and lift up the face and sit straight.



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**PAKSHIMOTHAASANAM
(SEATED FORWARD BEND YOGA POSE)**

MEL NOKIA VAI KONDA NAI ATHANAM

(URTHUVAMUGA ASANAM)

CURES ASTHMA

- Lie down on front with face down
(Prone position)
- Press the palms on the ground, at shoulder level and lift the body upwards, and arch backwards.
- Lift the face and look at the sky.
- The body rests on the two palms and the toes of the feet alone.



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3

URTHUVAMUGAASANAM
(UPWARD DOG POSE)



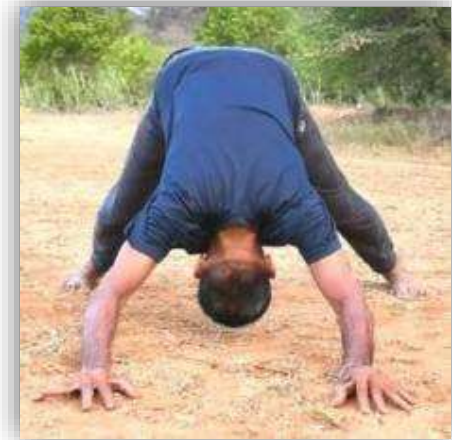
2

URTHUVAMUGAASANAM...

- Now lean forward, bring the body down slowly and relax.
- Let's see the side view. Look how the palms and toes alone are resting on the ground. Bring down the body and relax.



4



URTHUVAMUGAASANAM
SIDE VIEW

KEEL NOKIA VAI KONDA NAI ATHANMAM
(AGAMUGASAVAN ASANAM)
TONES YOUR CORE

- Lie down on front, prostrating, face down, in prone position.
- Place the palms on the ground, at shoulder level and arch back, and look at the sky, lifting the body away from the ground.
- Only the palms and the feet should touch the ground.
- Now, slowly bend forward, bringing the crown of the head down, towards the ground, at the same time lifting the hip up, like an inverted 'V'.
- Only the two palms and two soles of feet should rest on the ground and head should be almost touching the ground, facing inwards.



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AGAMUGASAVAN ASANAM
(DOWNWARD DOG POSE)

AGAMUGASAVAN ASANAM...

- Now again bring the hip downwards, prostrate as before and again arch back, away from the ground and look at the sky.

- Bend the torso forward, prostrating, loosens up the body and relax.

(Now, let's see the side-view of the asanam. The two palms and two soles of feet alone rest on the ground and head is touching the ground, facing inwards. Bring the hip downwards, prostrate as before and again arch back, away from the ground and look at the sky).



AGAMUGASAVAN ASANAM SIDE VIEW



AMAITHI ATHANAM

(YOGANITRA / SHANTI ASANAM)

BEST FOR SLEEPING

- After finishing all the asanas, perform Shanthi asanam.
- Lie down on the back, facing the sky, in a relaxed manner.
- Both the hands and legs are stretched apart, palms facing the sky, eyes closed, take rest.
- After finishing the asanam, when you get up, you should not get up straight. Turn to one side, either right or left and then get up slowly.



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YOGANITRA/ SHANTI ASANAM
(RELAXTATION POSE)

ELITE YOGA
LEVEL 3
ACHARYA STAGE

MARICHI MUNIVAR ATHANAM
(MARICHA ASANAM)
STRENGTHEN BACK BONE

RIGHT LEG FOLDED

- Sit straight with the legs stretched in front.
- Fold the right leg. Keep the feet close to the inner side of the left thigh.
- Stretch the left leg in front.
- Raise both the hands above the head.
- Bend forward and hold the sole of left feet with both the hands.
- Touch the left knee with the fore head.
- Lift the folded right leg away from the ground and keep it straight, placing its sole on the ground.



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MARICHA ASANAM...

- At the same time touch the left knee with your fore head, with both the hands stretched out straight
- Now, hold the right leg with your left hand for support.
- Swing back the right hand and encircle the folded right leg.
- At the same time take the left hand to the back and hold the right hand.
- Touch the left knee with the fore head
- Slowly rise up.
- Rotate the body and head to left side and look back. Come back to original position. Sit straight with the legs stretched out in front..
- Release the hands, stretch the left leg, and relax.



MARICHA ASANAM
(SRI MARICHA SAGE POSE)



MARICHA ASANAM...

•Fold the left leg. Stretch the right leg in front. Touch the knee with the fore head. Lift the folded left leg away from the ground. Swing back the left hand and encircle the folded left leg. At the same time take the right hand to the back. Slowly rise up. Rotate the body and look back. Now turn to front and touch the knee with your fore head. Release the hands, stretch the left leg, and relax.



MARICHAASANAM BACK VIEW

PADUTHA NILAI VEERA ATHANAM
(SUBTHA VAJRASANAM)
STRENGTHENS NECK AND HEAD

- Sit in Vajrasanam posture.
- Slowly bend backwards.
- Support the body with the fore arm, upto elbow, resting on the ground.
- Keep the vertex of the head on the ground.
- Lift the hands up straight above the head and touch the ground.
- Then back arches and does not touch the ground.
- Now slowly keep the head normally on the ground.
- Bring the hands back to its original position, hold the feet for support and slowly get up and sit straight.
- As a counter practice, bend the body forward and touch the ground with the fore head.
- At the same time hold the feet with both the hands at the back.
- Sit in Vajrasanam posture again.



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SUBTHA VAJRASANAM
(RECLINING DIAMOND POSE)

GOBURA ATHANATHIL ATHANA MUTHIRAI
(YOGA MUDRA IN GOBURA ASANAM)
STRENGTHENS ELBOW AND FINGERS

- Sit in padmasanam posture. Raise both the hands on sides and lift above the head and do Pranam, palms together, interlocking the fingers.
- Bring the hands, down in front, slowly and touch the ground.
- Now release the hands and take them backside, and join the palms and interlock the fingers at the back again.
- Lift the face and look at the sky.
- Then slowly bend down and touch the ground with the fore head.



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YOGA MUDRA IN GOBURA ASANAM..

- As you do so, the interlocked hands rise above.
- Now rise the body again, the interlocked hands are now at the back. Look at the sky.
- Release the hand. Bring the hands forward, rise above the head and do Pranam.
- Bring the hands down and sit in padmasanam.
- (Let's look at the back view. Look at the knee and elbow positions and directions carefully. Look how the fingers are interlocked. Again the asana is repeated in the front view).



4

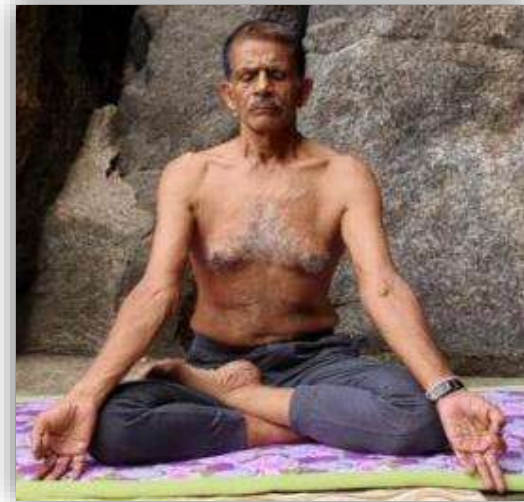


5

YOGA MUDRA IN GOBURAASANAM (TEAMPLE POSE)

PATHA THAMARAI ATHANAM
(PATHAPADMA ASANAM)
STRENGTHENS SHOULDER

- Sit in Padmasanam posture.
- Take the left hand to the back and hold the right feet from the back.
- Take the right hand to the back and hold the left feet from the back.
- Slowly bend the body forward and touch the ground with your forehead.
- Lift back slowly and sit straight.



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PATHAPADMA ASANAM...

- Let's view the asana from the back. As you see, cross both the hands at the back and hold the feet and slowly bend forward and touch the ground with your fore head. Slowly get up and sit straight.



4

PATHAPADMAASANAM (LOCKED LOTUS POSE)

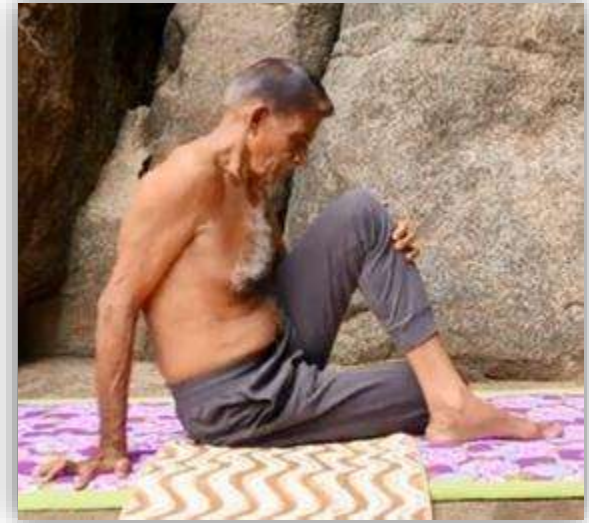


PATHAPADMAASANAM (BACK VIEW)

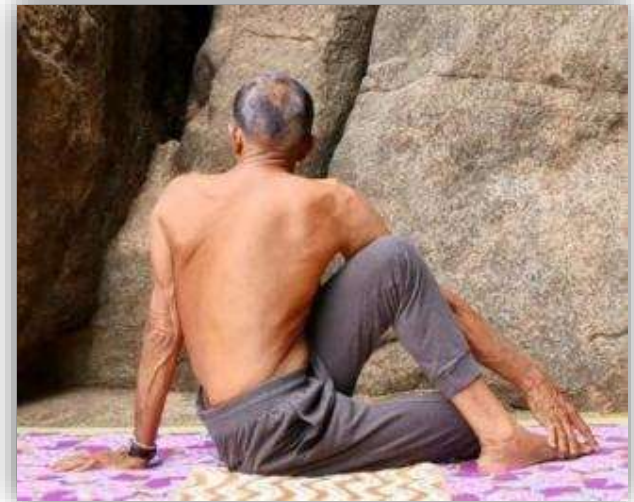


PATHI MACHENDRAR ATHANAM
(ARTHA MACHENDRA ASANAM)
STRENGTHENS STOMACH

- Sit straight with the legs stretched in front.
- Fold the right leg and keep it in such a way that the heel of the right leg lies next to the left thigh.
- Then place the left leg in front, next to the right knee, crossing over it.
- Twist the body to the left in such a way that the right shoulder is over the left knee and hold the left feet with the right hand. The right hand is kept straight, on the left side of the left leg. Turn the face to the back.
- The left hand is kept straight on the ground, at the back of the body.
- Turn the body to the front, release the right hand, relax and stretch both the legs in front.
- Now fold the left leg and keep it in such a way that the heel of the left leg lies next to the right thigh.

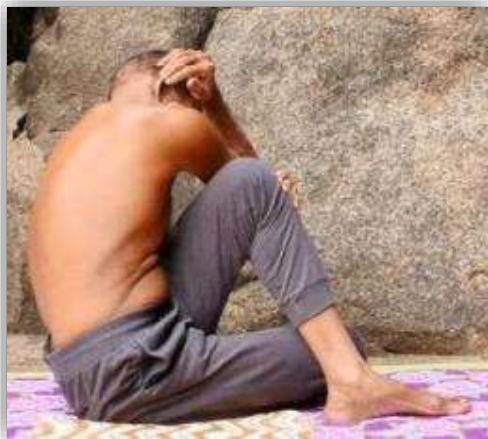


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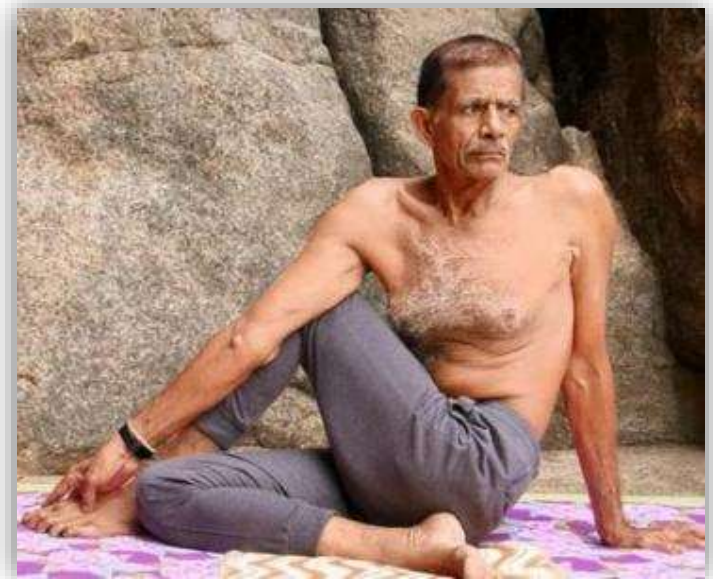
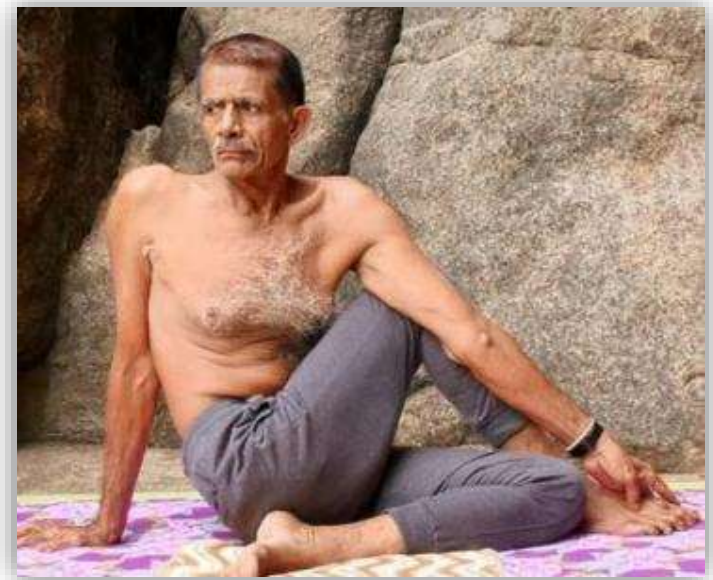
3



ARTHA MACHENDRAASANAM
(HALF SPINAL TWIST)

ARTHA MACHENDRA ASANAM...

- Then place the right leg in front, next to the left knee, crossing over it.
 - Twist the body to the right in such a way that the left shoulder is over the right knee and hold the right feet with the left hand. The left hand is kept straight, on the right side of the right leg. Turn the face to the back.
 - Turn the body to the front, release the left hand, relax and stretch both the legs in front.
- Let's look at the side view. See the knee and elbow positions and directions carefully. The right hand should be behind the left knee. The left hand should be in front of the right knee and hold the right feet. Now look at the back-view. Look how the rights hand is placed on the ground, how the face is turned. Now look how the left hand is placed, how the face is turned.



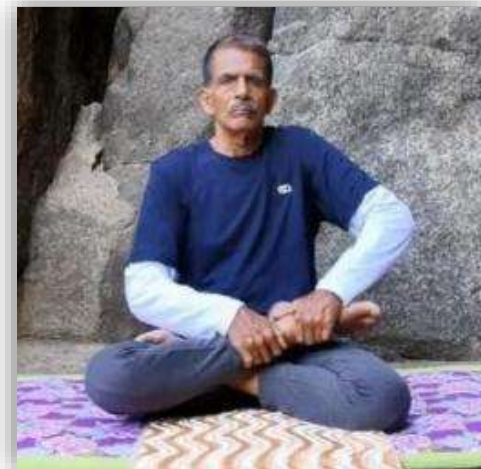
THAMARAI ATHANATHIL ATHANA MUTHIRAI

(YOGA MUDRA IN PADMASANAM)

STRENGTHENS LUNGS AND HEART



- Sit in Padmasanam posture.
- Bend forward and touch the ground with your fore head.
- At the same time take the hands to the back and interlock the fingers.
- Release the hands, raise the body up and sit straight in Padmasanam posture again. View from the back, how the fingers interlock and join. Slowly rise. Now we are looking at the side-view. Each asana should be done slowly. Never hold the breath. Slowly get up.



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YOGA MUDRA PADMASANAM
(PSYCHIC UNION POSE)



3

THALAI KEEL EYAKKAM
(VIBARITHA KARANI)
STRENGTHENS CHEST

- Lie down on the back, facing the sky.
- Pressing the palms on the ground, slowly lift the legs first and then give more pressure and lift the hip and the back above the ground.
- Hold the hip with hands for support.
- Only the neck, shoulder and back of the upper arm,
upto elbow should rest on the ground.
- Bend the legs, at hip level, and curve back, in the shape of “C”.
- Keep the hands straight on the ground.
- Keep it in that position for some time. • Bring back the legs straight and rest them on the ground.
- This is not sarvangasana. In sarvangasana, the legs are held straight up. Here, the legs bend in the shape of “C”.



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VIBARITHAKARANI
(LEGS UP THE WALL POSE)

**PALAM KATTUM VILL ATHANAM
(SETHUBANDHA DHANUR ASANAM)**

STRENGTHENS SOLES OF THE FEET

- Lie down on the back, facing the sky.
- Bend the knees and keep the feet on the ground.
- Raise the hands up, turn and place them on the ground, on either side of the head.
- Press the palms and lift the body away from the ground.
- Press the vertex of the head on the ground.
- Lift up the hip.
- Take away the hands and hold the right ankle with right hand and left ankle with left hand.
- Relax the head, bring down the body, release the hands, stretch the legs and lie down straight with the hands on the sides.



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**SETHUBANDHA DHANUR ASANAM
(BRIDGE POSE)**

2



UDAL MEL NOKIA THAMARAI ATHANAM
(SARVANGA URTHUVA PADMA ASANAM)
STRENGTHENS RIBS

- Lie down on the back, facing the sky.
- Pressing the palms on the ground, slowly lift the legs first and then give more pressure and lift the hip and the back above the ground.
- Hold the hip with hands for support.
- Only the neck, shoulder and back of the upper arm, upto elbow should rest on the ground.



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SARVANGA URTHUVA PADMA ASANAM...

- Now fold the legs in Padmasanam posture.
- Bend the folded legs at the hip level and bring them near the forehead.
- Now raise the folded legs.
- Unfold the legs and stretch them straight up, still holding the hip with hands.
- Now remove the hands, bring down the hip and legs and lie down straight, with hands on the sides.



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4

SARVANGA URTHUVA PADMA ASANAM
(UPWARD LOTUS POSE)

MULU UDAL KUTHIRAI MUTHIRAI ATHANAM
(SARVANGA ASWINI MUDRA ASANAM)
STRENGTHENS HIP JOINT BONE

- Lie down on the back, facing the sky.
- Pressing the palms on the ground, slowly lift the legs first and then give more pressure and lift the hip and the back above the ground.
- Hold the hip with hands for support.
- Only the neck, shoulder and back of the upper arm, up to elbow should rest on the ground.

(Continued..)



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SARVANGA ASWINI MUDRA ASANAM...

- The legs are held straight up.
- Bring down the legs, bending the knees; join the soles of both the feet, in Pranam position.
- Relax the legs; stretch them straight up, still holding the hip with hands.
- Now remove the hands, bring down the hip and legs and lie down straight, with hands on the sides.



3

SARVANGA ASWINI MUDRA ASANAM
(HORSE GESTURE POSE)



ER KALAPAI ATHANAM
(HALA ASANAM)
STRENGTHENS HIP

- Hala asanam means “Plough asanam”
- Lie down on the back, facing the sky.
- Pressing the palms on the ground, slowly lift the legs first and then give more pressure and lift the hip and the back above the ground..
- Bend the legs, at hip level, and curve back, in the shape of “C”. Touch the ground with the feet.
- Stretch the hands straight.
- Touch the ground with the feet.
- Now slowly bring the legs back to straight position, bring down the hip and legs and lie down straight, with hands on the sides.



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HALA ASANAM
(PLOUGH POSE)



CHAKRA ATHANAM
(CHAKRASANAM)
STRENGTHENS LEGS AND HANDS

- Lie down on the back, facing the sky.
- Bend the knees and keep the feet on the ground.
- Raise the hands up, turn and place them on the ground, on either side of the head.
- Press the palms and lift the body away from the ground.
- Lift the body further up and arch upwards.
- Only the palms and toes should support the body weight.
- The heels should not touch the ground.
- First bring down the head, support it on the ground.
- Place the feet on the ground.
- Take away the hands and hold the ankles with the hands.
- Bring down the body.
- Stretch the legs and lie down, with hands on the sides.



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CHAKRASANAM
(WHEEL POSE)



THAMARAI NILAI MEEN ATHANAM (MACHASANAM WITH PADMASANAM)



STRENGTHENS LOWER ABDOMEN

- This is Machasanam in Padmasanam position.
- Sit in Padmasanam.
- Lie down at the back, with the legs still in Padmasanam position and touch the floor with the crown of the head.
- Hold both the feet with your hands. The body slightly arches up.
- The body, from the hip to the neck should not touch the ground.
- Now relax, lie down flat, with the hands stretched up above the head.
- Now again bring back the hand and hold the feet and rise slowly and sit in Padmasanam position.
- As a counter asanam, bend forward and touch the floor with your fore head, still holding the feet. Then sit straight.



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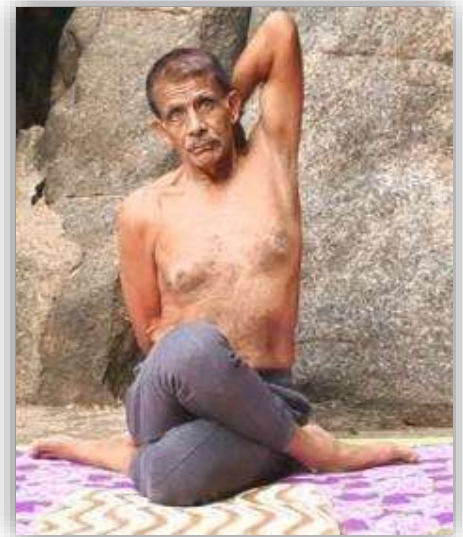
SUBTHA MACHASANAM
(FISH AND LOTUS POSE)

PASU MUGA ATHANAM
(KOMUGA ASANAM)
STRENGTHENS SHOULDERS AND KNEES

- In the sitting posture, fold the left leg to the back, over it, fold the right leg, in such a way that the two knees are facing straight in front.
- Now lift the left hand, take it behind your back and hold the right hand. Then, change the hands and hold the left hand with your right hand.
- Now change the positions of the legs, with the right leg beneath the left leg, the two knees straight in front.



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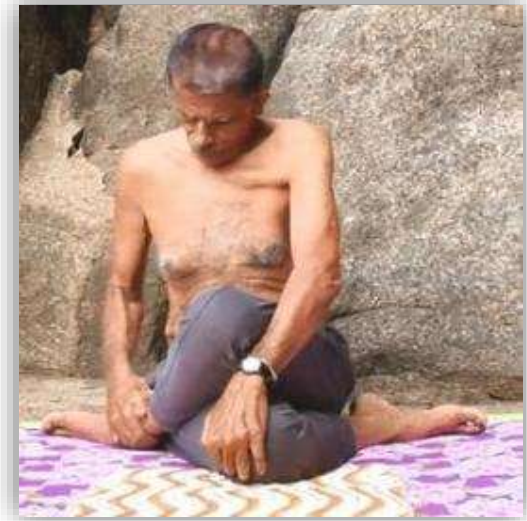


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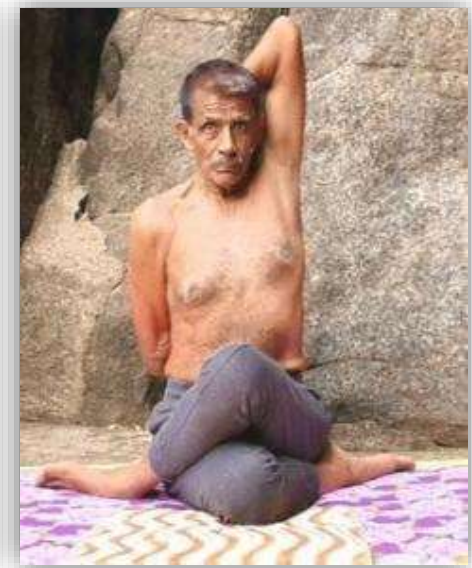
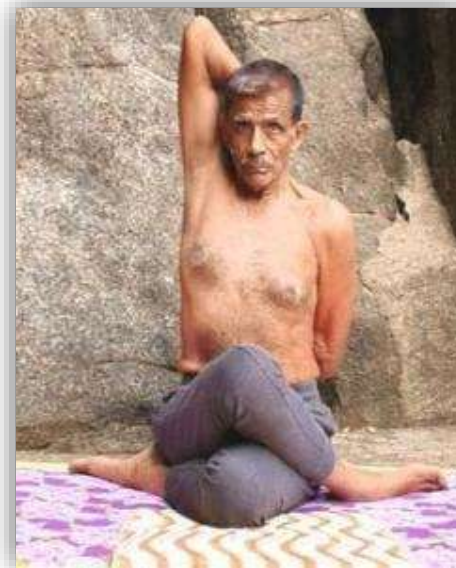
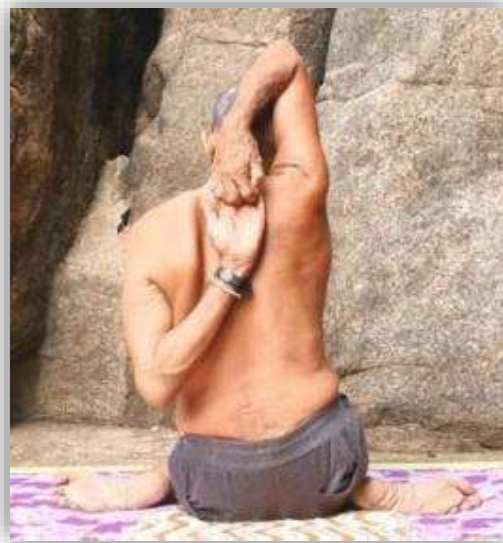
KOMUKA ASANAM (COW POSE)

KOMUGA ASANAM...

- Now lift the right hand and take it behind your back and hold the left hand. Then, hold the right hand with your left hand.
- Now we are watching how the two hands are interlocked at the back.
- Look how the fingers are holding each other.



3



4

**THARASU ATHANAM
(THOLANGU ASANAM)**
STRENGTHENS PALM AND WRIST

- Sit in Padmasanam. Keep both the hands on the sides of the body.
- keep the palms on the floor, press with force and lift the body slowly.
- Be in that position for few minutes and come back to normal position.
- This is Uthita Padmasanam or Tholangu athanam.



1



2

THOLANGU ASANAM
(ELEVATED SCALE POSE)

AMAITHI ATHANAM

(YOGANITRA / SHANTI ASANAM)

BEST FOR SLEEPING

- After finishing all the asanas, perform Shanthi asanam.
- Lie down on the back, facing the sky, in a relaxed manner.
- Both the hands and legs are stretched apart, palms facing the sky, eyes closed, take rest.
- After finishing the asanam, when you get up, you should not get up straight. Turn to one side, either right or left and then get up slowly.



1



2

YOGANITRA / SHANTI ASANAM
(RELAXATION POSE)

HATHA YOGA
[Surya-Chandra Namaskar(vanakam)
'HA' means Suryan/Sun ,
'THA' means Chandran /Moon]

HATHA YOGA (Surya-Chandra Namaskar(vanakam))

HA means Suryan/Sun , Tha means Chandran /Moon)

• **Surya-Chandra vanakkam**

- Sun is the basic support for all the living beings.
- Various benefits can be obtained by practicing surya Vanakkam.
- Surya vanakkam is performed at morning 6.00am and Chandra vanakkam at evening 6.00pm
- Surya vanakkam and Chandra vanakkam comprise of Yogasanam and pranayama.
- It is done before starting the yoga practices; thereby body becomes relaxed.
- This practice comprises of a cycle of 12 yogasanas.
- Surya vanakkam and Chandra vanakkam can be performed for 12 times.
- There is only one difference between Surya vanakkam and Chandra vanakkam.. In Aswasanjalasanam , if the right leg is kept in front, surya nadi is stimulated and it is called Surya vannakam. If the left leg is kept in front, Chandra nadi is stimulated and is called Chandra vanakkam.
- There are 12 hours in the day time and 12 hours in the night time. To indicate that only, 12 asanas are there.
- In the day time Surya nadi helps the proper functioning of the body and in the night time Chandranadi helps to attain the blissful state. That is why this small difference in the position of legs is there.
- While performing Surya vanakkam and Chandra vanakkam, it is good to face the east direction. Also when you bend forward breathe out and when you bend backward, breathe in. In other stages, never hold the breath.

SURYA VANAKKAM

VANAKKAM ATHANAM **(Pranamasanam)**

Stand straight and keep both the palms together at the chest level and do Pranam.



THEEVIRA NETCHI KARA ATHANAM **(Hastauttanasanam)**

Lift both the hands up and arch the body backwards.



PATHA-KARA ATHANAM **(Pathahastha asanam)**

Then very slowly lean forward and then bend down at the hip level and touch the heels with hands, the knees should not bend. Bend further and touch the knees with the face.



KUTHIRAI SAVARI ATHANAM **(Ashwa Sanjalan asanam)**

Now raise the body and sit down, with two hands in front resting on the ground, keeping the **right leg** in front., **between the two hands**, bent like inverted “L”, with knees raised, touching the chest, , and the left leg stretching behind, only the toes touching the ground. Arch upwards and look at the sky.



THANDA ATHANAM **(Thripada aswasanjan asanam)**

Lean forward and stretch the right leg behind. Now only the two palms and the toes of two feet should rest on the ground. Arch back.



YETU ANGA URUUPU **VANAKKAM** **(Ashtaanga vanakkam)**

Now bend forward and touch the ground with the chin. In this position. The 1. chin, 2 & 3 .two palms, 4. chest, 5 & 6 Two Knees, 7 & 8. Toes of two feet should rest on the ground, (The hip should be lifted up).



NAGA ATHNAM (Pujangasanam)

Now raise the body and arch backwards, with the two palms and toes resting on the ground.



KEEL NOKIA VAI KONDA NAI ATHANAM (Agamugasavanasanam)

Now, slowly bend forward, bringing the crown of the head down, towards the ground, at the same time lifting the hip up, like an inverted 'V'. Only the two palms and two soles of feet should rest on the ground and head should be almost touching the ground, facing inwards.



KUTHIRAI SAVARI ATHANAM (Ashwa sanjalanasanam)

Now again bring the hip down, raise the body and sit down, with two hands in front resting on the ground, keeping the right leg in front., **between the two hands**, bent like inverted “L”, with knees raised, touching the chest, , and the left leg stretching behind, only the toes touching the ground. Arch upwards and look at the sky.



PATHA-KARA ATHANAM (Pathahastha asanam)

Then, bend down, straighten the right leg and bring the left leg in front, touch the heels with hands, the knees should not bend. Touch the knees with the face.



UYARTHA PATTA KARA ATHANAM
(Hasta uttanasanam)

Stand up and raise
both the hands up and arch the body backwards.



VANAKKAM ATHNAM
(Pranamasanam)

Lean forward, stand straight and keep both the
palms together and do Pranam at the chest level.



CHANDRA VANAKKAM

VANAKKAM ATHNAM

(Pranamasanam)

Stand straight and keep both the palms together at the chest level and do Pranam.



THEEVIRA NETCHI KARA ATHANAM

(Hastauttanasanam)

Lift both the hands up and arch the body backwards.



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Then very slowly lean forward and then bend down at the hip level and touch the heels with hands, the knees should not bend. Bend further and touch the knees with the face.



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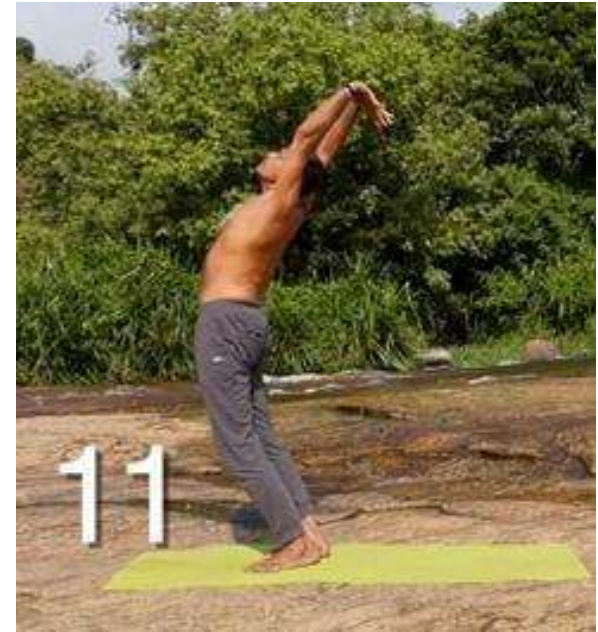
PATHA-KARA ATHANAM (Pathahastha asanam)

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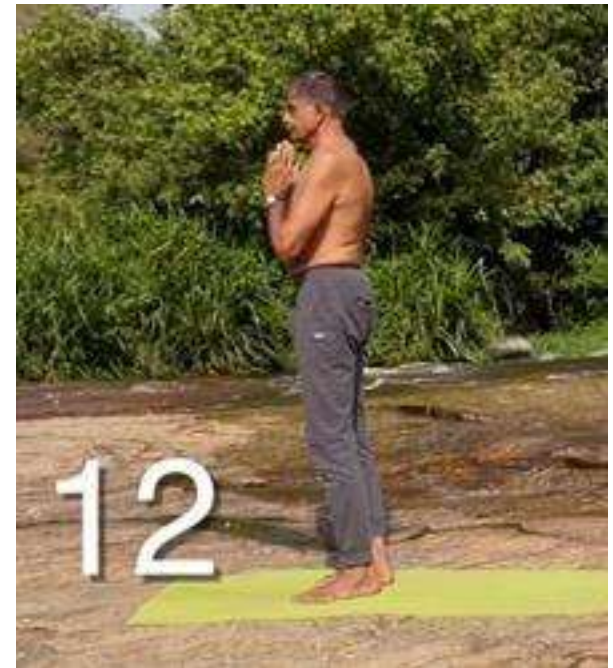
UYARTHA PATTA KARA ATHANAM **(Hasta uttanasanam)**

Stand up and lift both
the hands up and arch the body backwards.



VANAKKAM ATHNAM **(Pranamasanam)**

Lean forward, stand straight and keep both the
palms together at the chest level and do Pranam.



PRANAYAMAM

PRANAYAMAM

Pranayamam means “to stop or regularize the breath ie., oxygen ”.

NOBEL PRIZE FOR RESEARCH ON OXYGEN

- 2019 William.G.Kaelin, Sir Peter J.Ratcliffe and Gregg L. Semenza ,
Research : “How cells sense and adapt to oxygen availability”.
- 1931, Otto Warburg – Research - “Oxygen is essential to convert food into useful energy, enzymes involved”.
- 1938 , Corneille Heymans – Research -“Carotid bodies on the neck sense the oxygen level in blood and regulate the respiration”.

Oxygen sensing is important for:

- Generation of new blood vessels.
- Production of RBC.
- Fine tuning of immune system.
- Proper fetal development.
- Role in anemia, cáncer etc.

Pranayama:

- * helps in regulated supply of oxygen to every nook and corner of the tissues.
- * helps to control mind
- * is primary before prathyaharam, tharanai, thyanam and samadhi stage

RULES TO DO PRANAYAMAM

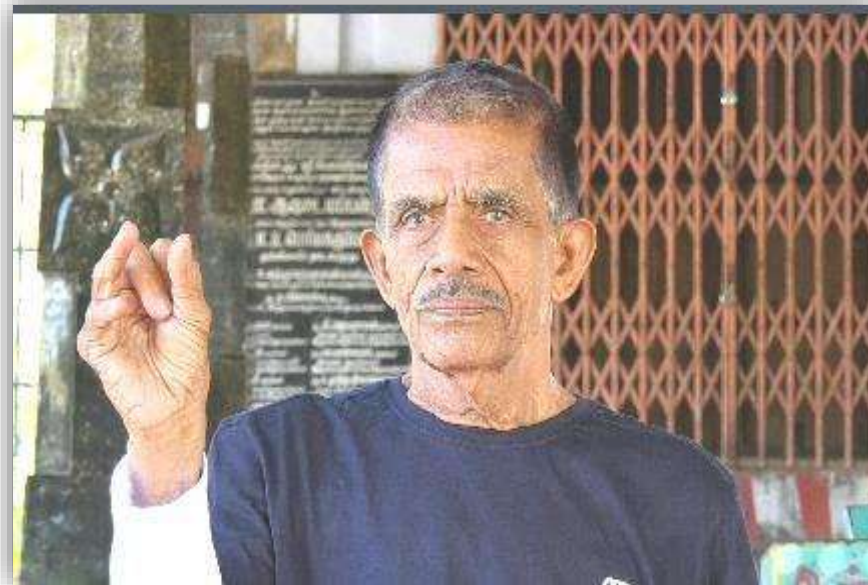
RULES TO PRACTICE PRANAYAMAM

DO ONLY UNDER GURU'S (TEACHER) GUIDANCE

DO PRANAYAMAM AFTER PRACTISING ATHANAM

(ASANA / YOGA)

**USE RIGHT HAND THUMB (TO CLOSE RIGHT NOSTRIL) AND RING
FINGER (TO CLOSE LEFT NOSTRIL)**



RULES TO PRACTICE PRANAYAMAM

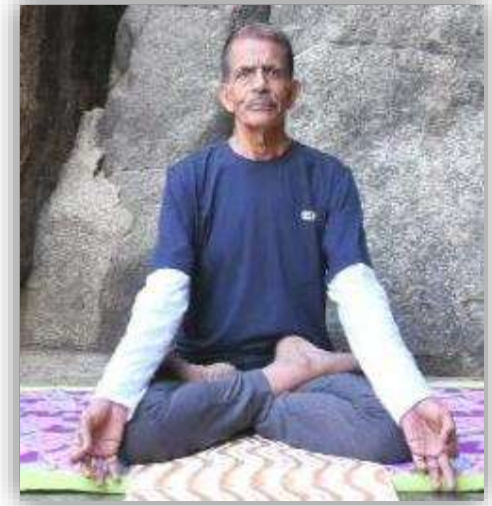
SEATING POSITION



1.VAJRASANAM



5.COMFORTABLE SEATING



2.PADMASANAM



3.LEFT LEG SIDDHA PADMASANAM



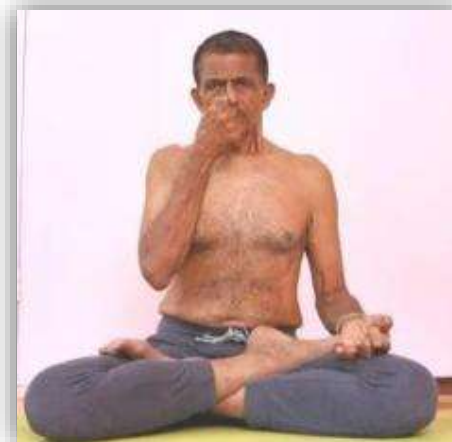
4.RIGHT LEG SIDDHA PADMASANAM

NADI SUTHI 1
KULAL SUTHIKARIPU PRANAYAMAM I
(Nostril Breathing and regulating technique)

- Close the right nostril with the right hand thumb.
- Breathe in through the left nostril.
- Close the left nostril with the ring finger, simultaneously release the thumb and open the right nostril.
- Breathe out through the right nostril.
- Now breathe in through the right nostril
- Close the right nostril with the right hand thumb, simultaneously release the ring finger and open the left nostril.
- Breathe out through the left nostril and repeat the process.

Benefits and Reason (also for Nadi suthi 2 and 3):

- Regulate, cleanse and strengthen 72000 channels, spinal canal, blood vessels, nerves, also, bones and muscles
- * Pre-exercise for pranayama.
- Compulsory to do nadi suthi1,2 and 3 before pranayama practices.

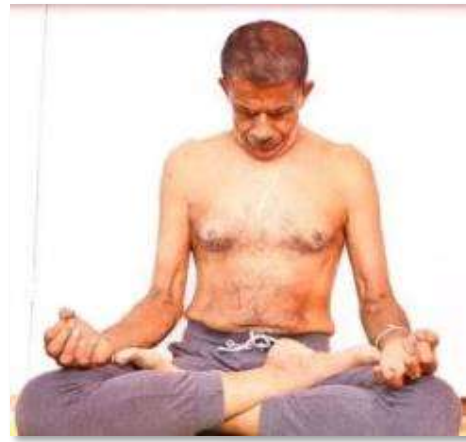


NADI SUTHI 2
KULAL SUTHIKARIPU
PRANAYAMAM II

(Nostril Breathing and regulating technique)

- Close the right nostril with the thumb.
- Breathe in through the left nostril.
- Close the left nostril with the ring finger (Both the nostrils must be in closed position).
- Perform kumbhakam (bend your head down and press the chin on the chest and hold the breathe).
- Lift the head.
- Release the thumb and open the right nostril.
- Breathe out through the right nostril.
- Now breathe in through the right nostril.
- Close the right nostril with the thumb. (Both the nostrils must be in closed position).
- Perform kumbhakam (bend your head down and press the chin on the chest and hold the breathe).
- Lift the head.
- Release the ring finger and open the left nostril.
- Breathe out through left nostril.

Repeat from the beginning.



NADI SUTHI 3
KULAL SUTHIKARIPU
PRANAYAMAM III

(Nostril Breathing and regulating technique)

- Breathe in through both the nostrils.
- Close both the nostrils (right nostril with the thumb and left nostril with the ring finger) and perform kumbakam (bend your head down and press the chin on the chest and hold the breathe).
- Lift the head.
- Release the ring finger and open the left nostril.
- Breathe out through the left nostril.
- Release the thumb and open the right nostril. (Both the nostrils are open now).
- Breathe in through both the nostrils.
- Close both the nostrils (right nostril with the thumb and left nostril with the ring finger) and hold the nadi in the chest and perform kumbakam (bend your head down and press the chin on the chest and hold the breathe).
- Lift the head.
- Release the thumb and open the right nostril.
- Breathe out through the right nostril.
- Release the ring finger and open the left nostril (Both the nostrils are open now).
- Breathe again with the two nostrils and repeat the process.



SURIYA NADI - CHANDRA NADI PRANAYAMAM
SURYA-CHANDRA PAATHAI PRANAYAMAM
ANULOM-VILOM PRANAYAMAM

- Close the left nostril with the ring finger.
 - Breathe in completely and breathe out completely through the right nostril. This is Surya nadi pranayama.
 - Release the ring finger and open the left nostril.
 - Now, close the right nostril with the thumb.
 - Breathe in completely and breathe out completely through the left nostril. This is Chandra nadi pranayama.
 - Release the thumb and open the right nostril.
- Breathing in and out through right nostril is called **“Pingalai”**. It leads to Surya nadi pranayamam. Breathing in and out through left nostril is called **“Edakalai”**. It leads to Chandra nadi pranayamam.
- Benefits :**
Controls and regulates the whole body, including mind and intellect.



KABALAPATHI PRANAYAMAM
(Skull - Lungs cleansing pranayamam)
OLIRUM KABALA PRANAYAMAM

- This pranayama is performed to purify the skull and lungs.
- Breathe in and breathe out fast through the two nostrils, with coordinated rhythmic outward and inward movements of the abdomen (stomach). The mouth and anus should be shut tightly.
- Compress the abdomen and expel the air out with force (breathe out). Immediately, relax the abdomen and breathe in fully, with force.(the abdomen is pushed out).
- One should hear the sound of the wind going in and out of the nose. with force

Benefits:

- * Balances temperature in the skull.
- * Proper functioning of brain cells.
- * Cures all brain related diseases.
- * Good for proper functioning of pituitary gland.
- * Strengthens lungs.



SEETHKALI PRANAYAMAM
(Cooling breathe)
KULIRCHIYUTUM PRANAYAMAM

- Protrude the tongue and roll it like a tunnel.
- Breathe in through the channel formed by the tongue.
- Bring the tongue to the normal position and close the mouth.
- Perform kumbhakam (bend the head and press the chin on the chest and hold the breath).
- Lift the head.
- Press the nostrils slightly with the thumb and ring finger and breathe out slowly.
- Repeat the process.
- In hot climate practice of seethkali pranayama helps to keep the body organs in good condition. Regular practice of Seethkali pranayama prevents formation of ulcer and other diseases of stomach.

Benefits:

- * Cures ulcer.
- * Cools the body.



SEETHKADI PRANAYAMAM
URINJUM PRANAYAMAM
(Sipping breathe)

- Protrude the tongue, bend the tip of the tongue inwards and touch the tongue. Bite the teeth of upper and lower jaws tightly..Keep the mouth wide open.
- Suck the air through the teeth (at the two angles of the mouth) with force.
- Bring the mouth to the normal position.
- Bend the head and press the chin on the chest tightly and hold the breath.
- Lift the head.
- Press the nostrils slightly with the thumb and ring finger and breathe out slowly.

Benefits:

Cures stomach related diseases like appendicitis, gas related problems.



PASTHIRIKA PRANAYAMAM
ULAI THURUTHI PRANAYAMAM
(Bellow breath / Breath of fire)

- Air is expelled out with force by compressing the abdomen.(abdomen should be pulled inwards).
- Relaxing the abdomen, air is inspired in. (abdomen is relaxed).
- This pranayama, almost similar to Kabalapathi, but should be done slowly and rhythmically.

Benefits:

- * Balances temperature in the skull.
- * Proper functioning of brain cells.
- * Cures all brain related diseases.
- * Good for proper functioning of pituitary gland.
- * Strengthens lungs.

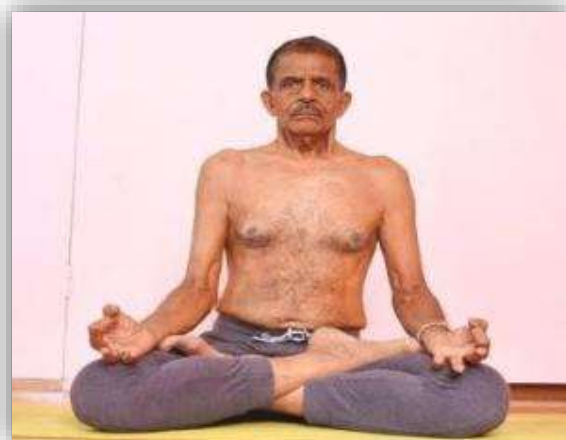


UJJAI PRANAYAMAM
VETRI THARUM PRANAYAMAM
(Ocean breathing)

- Keep the mouth closed and breath in through the nostrils in such a way that air passes through the throat. One can hear the weesh sound of the air flowing through the throat.
- Bend the head and press the chin on the chest tightly and hold the breath.
- Lift the head.
- Breath out through the throat, keeping the mouth closed.

Benefits:

- * Regularizes body heat
- * Prevents throat related diseases
- * Good for vocal cord
- Very important pranyamam which prevents many diseases



BHRAMARI PRANAYAMAM

(Bee breath – Vandin Omngara Reengara breathe)

- Brahmari means Bees.
- Hreeng sound is made by the throat (lower part of the neck), Abdomen is pressed inwards, slowly. Vibration spreads to the whole skull.
- Bend the head and press the chin on the chest tightly and hold the breath.
- Lift the head.
- Now perform Om sound. Feel the flow of the air upwards. Abdomen is in relaxed state.
- Om is not a symbol of a particular religion. Ancient tamil scientists (Rishis) have found that Om is the sound heard in sun planet. Modern scientists have confirmed it also.
- The practice of Bhramari is highly beneficial.

Benefits:

- * Prevents breathing difficulties.
- * Good for throat, inner neck.
- * Good voice.



The following athanam should be practiced under Guru guidance



**THALAI ATHANAM
(SIRASASANAM)**



MAYURASANAM WITH PADMASANAM

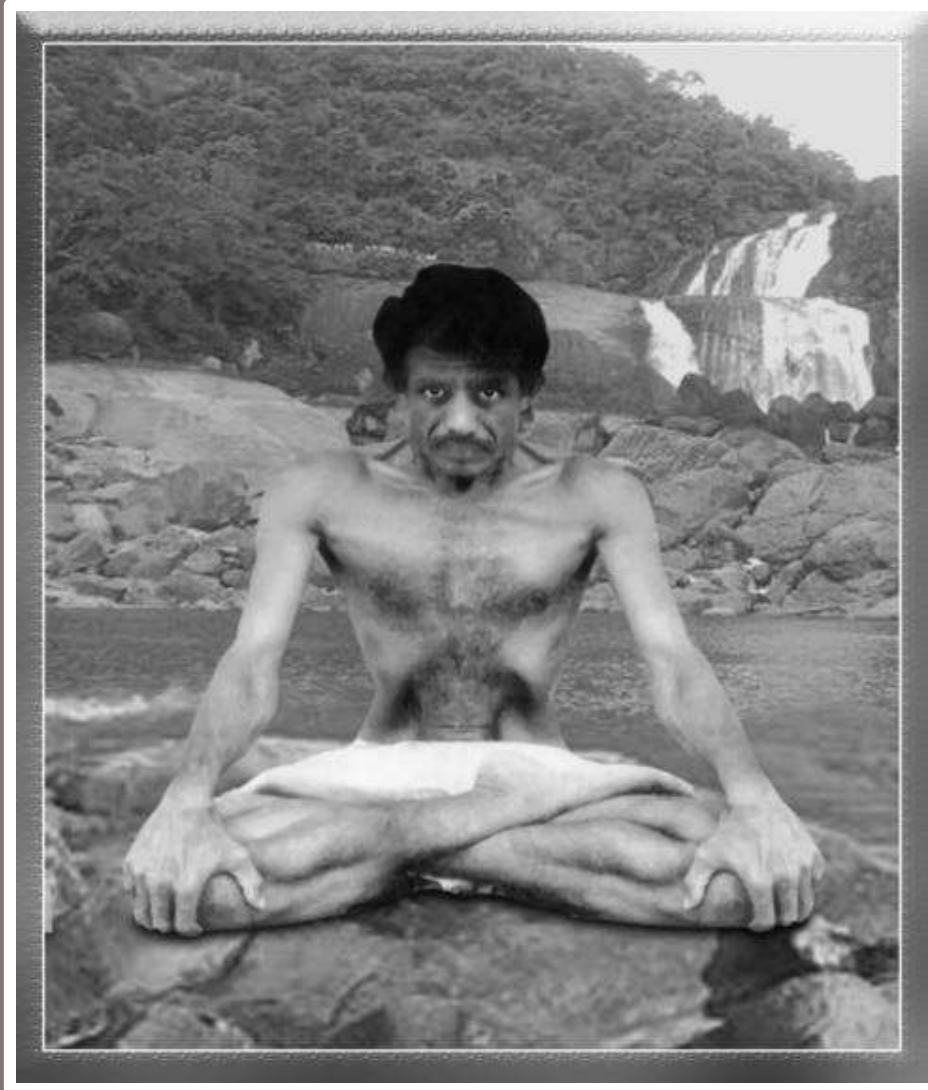


**MAYIL ATHANAM-PEACOCK
(MAYURASANAM)**



**THALAI ATHANAM
(SIRASASANAM)**

THANK YOU



GURU THIRU VEERABHAGU