

Yoga – Science of Infinite Possibilities



Sunday 2nd October 2016 9:30 to 9:55 AM - Yoga Demonstration

Spirit of India
Demonstration by Nelson Lobo

Naman Mudra (Forward bending in Vajrasana)

Purpose: To ease the breathing process, and to open up the respiratory tract.

Benefits:

- a. Breathing process is eased as the respiratory tract opens up
- b. Blood circulation is improved
- c. Nerves connected to the abdominal region (Swadhisthan Chakra) are cleared
- d. This Mudra offers physical and mental stability
- e. Facilitates further Yogic breathing exercise (Pranayama) like Kapalbhathi

Process:

- a. Sit in Vajrasana.
- b. Fold both hands and join the palms at the centre of the chest (Namaskar Position).
- c. Now raise both hands (joined together) slowly, while inhaling slowly and deeply. Coordinate deep inhalation with respect to raising of the hands.
- d. Keep both hands erect, so that the arms touch the ears and the palms are touching each other.
- e. Now bend the trunk forward and try to bring yourself to the floor, exhaling slowly and deeply.
- f. Let the forehead and stretched hands touch the ground.
- g. In the beginning, for some persons, touching the forehead to the ground may be difficult or not possible altogether. Do not worry about it, but do not lift the hips in order to touch the forehead to the ground. With practice, as your pelvic muscles get flexible, you will be in a position to do this.
- h. Now relax, loosen the body and remain in this position for about 20 to 30 seconds breathing normally.
- i. Assume the original rigid position while exhaling.
- j. While inhaling slowly and deeply, raise yourself to the former position (hand stretched), co-ordinate inhaling and raising up.
- k. After rising fully, exhale slowly and deeply, simultaneously bringing the hands back to the centre of the chest (Namaskar Position).
- l. ***Note: You have to co-ordinate raising hands while inhaling and lowering hands while exhaling.***

Repeat the above Mudra thrice.

Note:

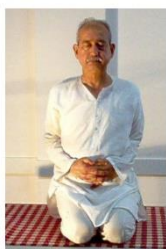
- 1. Keep in mind that you have to inhale while raising the hands and exhale while bending down.
- 2. Let the folded hands rest on the chest (Namaskar) after Mudra is over.
- 3. The mode of breathing remains the same for the next two types of Mudra.

Second Type: Hands are held at the back and right hand being inside the left hand as shown.



Restrictions: *Persons with back pain should not do forward bending, but rather do backward bending, as explained in the class.*

Third Type: Abdominal is pressed by claps of hands



1. Starting position is as shown in the photograph. Sit in Vajrasan, spinal cord should be straight
 - a. Exhale (Rechaka), and then slow and deep inhaling (Purna Puraka)
 - b. Wait for few seconds depending upon your capacity and then start exhaling slowly and deeply while bending forward. Activity of bending forward and exhaling should be co-ordinated
2. Try to touch your forehead to the ground. (If you cannot touch, it is not a cause of worry; with practice you can do it. Do not raise hips it should be in contact with heels)
 - a. Once your head touches the ground or is closer to the floor, loosen your hands and loosen your body (Loosen your hands does not mean remove clamp of hands, but just relaxed)
 - b. Then do normal breathing 5 to 6 times. You may get a bit of pressure on stomach, do not worry it should give desirable effect on body
3. Stretch your body and stretch your hands, while exhaling
 - a. Raise your upper body slowly and steadily while inhaling deeply and slowly. Co-ordinate inhaling and raising body. Come to position #1 as shown in the photograph
4. Slowly and deeply exhale while lowering your hands.

This completes one round of third type of Namanmudra

Do each type of Naman mudra thrice.

Warning:

1. Persons suffering from Back pain, Low blood pressure and High blood pressure should not do this Asana. For them modified Namanmudra is taught in Class
2. If you have umbilical or hiatus hernia or recent operation in abdominal area, please do not do these Asana
3. Ladies should not do the third type during period.

Disclaimer: Information provided is not a substitute for medical prescription or advice. If you have medical problems please consult your Doctor. If in doubt please consult your medical care provider for suitability of Yoga Course or Yoga regime or particular kriya (Process) or Asana. Although every precaution has been taken in the preparation of this document, the Course co-ordinator, yoga teacher / instructor, volunteers or their agents assumes no responsibility for errors or omissions. Neither is any liability assumed for damages resulting from the use of the information contained herein. Each participant will take appropriate care and precaution while performing Asana / Kriya or Process for prescribed Yogic regimen.