

**Kardarshan when you wake up in the morning**

**Netrasan daily 3 times**

**Ganesh Kriya ( 5 days)**

**Ashwini Mudra as and when you remember**

**Jaldhuti for 10 days then stop next month 3 days continue**

**Jalneti – every day morning**

**Use of Yoga Mat or some comfortable asan is required for performing asanas**

- **In Vajrasan**
  1. **Guru Vandana**
  2. **Prayer**
  3. **Gaytri Mantra**
  4. **Omkar**
  5. **Pranakarshan Kriya**
  6. **Bhrama Mudra (Neck and Shoulder)**
  7. **Naman Mudra, Yog Mudra (1<sup>st</sup> and 2<sup>nd</sup> types)**
  
- **In Padmasan**
  1. **Kapalbhaati with one nostrils 54/54 strokes one time**
  2. **Kapalbhaati with two nostrils 108 times 3 times**
  3. **Ujjai – Saadha, Madhya, Udarva 5 times each**
  4. **Omkar 3 times + one minute Dhyan ( 2 times)**
  5. **Shitkari and Sheetali 5 to 10 times as per season.**
  6. **Vayusaar 8 to 10 times**
  7. **Agnisaar, Udiyan Bandh- 3 times each**
  
- **Suryanamaskar – Everyday 12 times**
  
- **Asanas to be done Lying on the back**
  - **Uttithpadasan**
  - **Cycling**
  - **Pavanmuktasan and rolling**
  - **Pashimotanasan-halasan rolling**
  - **Sarvangasan**
  - **Matsyasan**
  - **Kandarasan**
  - **Chakrasan**
  
- **Asanas to be done lying on stomach**

- Bhujangasan (1<sup>st</sup> and 2<sup>nd</sup> type)
  - Shalabhasan
  - Naukasan 1 to 4 types
  - Kaichi
  - Danurasan
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- Asanas to be done in sitting posture
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- Paschimottanasan
  - Akarndhanurasan
  - Ardhamachendrasan
  - Gomukasan
  - Ushtrasan
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- Asanas to be done in Standing Posture
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- Tadasan
  - Utakatasan
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- Shavasan – 5 to 10 minutes
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- Vajrasan 2 times Omkar Shantipath.