



# *Nikam Guruji Yoga Kutir*

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## **ABRIDGE REFERENCE NOTES FOR BASIC HATHAYOGA COURSE**

Note: These are only reference notes and meant only for the participants of above Yoga course.

Version: 31-March2013

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# *Nikam Guruji Yoga Kutir*

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## *About our Master - Hathayogi Nikam Guruji*

Dear Participants,

It is our pleasure to present to you these reference notes, which we hope, you will find useful during & after the course. We take this opportunity to introduce to you, our Master - Hathayogi Nikam Guruji who formulated and propagated this course selflessly for over 50 years.

The course, which we offer today, is in fact, fine-tuned by Nikam Guruji over these 50 years. In his pursuit of Yoga, he encountered several techniques, which were not suitable for family dwellers. Such exercises were promptly excluded. When Yoga was a growing 'market', he insisted on teaching it in the most traditional way - free of charge. He did so throughout his tenure. Nikam Guruji founded the organization "Shri Ambika Yoga Kutir" which today runs classes all over Mumbai, imparting free knowledge of Yoga. With his great dedication and organizational skill, Guruji nurtured this voluntary organization from scratch to over 50 branches. This inspired hundreds of volunteers who followed his footsteps. For this selfless & dedicated services rendered to the society, Nikam Guruji earned honours from dignitaries such as the Defence Minister of India, Chief Minister of Maharashtra state, then Chief Minister of Bombay state, the Speaker of Lower House of Maharashtra State, etc. For his research in the fields of herbal medicine and Yogic healing, The Center of Alternative Medicines, Calcutta, awarded him the title "Gem of Alternative Medicines". In spite of the limited education he had, the list of diseases he successfully cured is endless - Asthma, Heart disorders, diabetes, spine disorders, skin disorders, and even cancers.

Coming from a poor farmer's family, he grew up to be a champion wrestler and an athlete. A policeman by profession, he had surprised the crowds by his astounding feats of strength. Bearing weight of a loaded truck being driven over his chest, restraining a moving jeep and breaking huge stones with his bare hands were part of his demonstrations at the police department. Over the years, he realised the futility of such showmanship and turned his attention towards spirituality and Hathayoga. To his disappointment, he found the so-called Gurus more interested in money than the student's sincerity. He then turned to the ancient scriptures for guidance and vowed to propagate Yoga absolutely free. His doors were open to all - poor, rich, men, women, irrespective of religion and race.

Realizing that it is women, rather than men who mould the future of a family, society, nation, and humanity, he laid great emphasis on practice of Yoga by women. He went to the extent of saying that the destiny of a man depends on how happy he has kept his wife. In his preaching on yoga, one clearly observes great emphasis on hard-work, self-confidence and on being self-dependent. Dependence upon blessing, magic, and miracles is completely rejected, for according to him, these things breed lethargy, inaction and weakness of mind.

After 50 years of rigorous work in propagating Yoga, he was convinced that his worldly tasks were completed. This great soul then fasted over 9 months and laid down his physical body. Today, a street named after him in the city of Thane, stands as a proof of the love and respect he earned from the masses. Ambika Yoga Kutir proudly displays his marble statue at its headquarters at Thane.

[You can see the astounding Yogic Skills of Hathayogi Nikam Guruji on our web-site, <http://www.yoganikam.org>]

**The following syllabus is meant for those with normal health.**  
**The set of exercises will change in case of ailments.**

## WEEK-1

### 1.1 Netra Snaan (Eye-Wash)

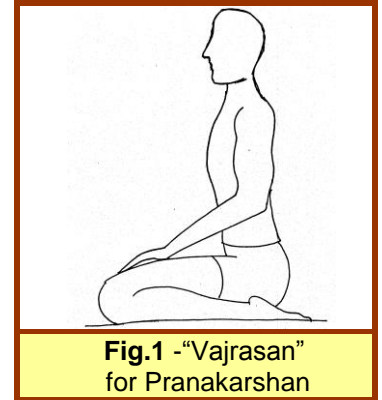
- Step 1) Fill up your mouth with the tap water until the cheeks bulge out.  
Step 2) Collect the tap water in one of your hands and splash the water over left eye while keeping the eyes wide open.  
Step 3) Again, collect the water in one hand and splash it over the right eye. Continue splashing the water alternatively on the left and right eye for few times. (You may feel a bit breathless after this.)  
Step 4) Spit out the water from your mouth.  
Step 5) Breathe normally for few times until you feel relaxed.  
Step 6) Repeat steps 1 to 5 for two more times.

In the beginning of the practice Step 3 should be done with 3 splashes on each eye and very gradually increased to 10 splashes.

### 1.2 Pranakarshan Kriya (Deep breathing with meditation on spine)

Initial position: Vajrasan (Please refer to Fig-1)

- Step 1) Sit in the Vajrasan posture.  
Step 2) Keep the spine erect.  
Step 3) Close your eyes and breathe in a relaxed manner. At the same time observe your breathing.  
Step 4) With every breath, within the mind, chant the sound of "So" while inhaling and the sound of "Hmmm" while exhaling. Within a few seconds, this chanting will result in a calm and relaxed breathing. At the same time, mental calm will be experienced.  
Step 5) In this calm and silent state of mind, bring your attention towards the spine. With every inhalation, imagine that the energy derived from your breath (the "Praan" or the "Chi") is slowly rising up along the spine. Similarly with every exhalation, visualize the energy slowly descending down the spine.  
Step 6) Continue this meditation along the spine up to 10 to 12 minutes.



### 1.3 Shoulder exercises

#### Procedure for Shoulder Exercise Type-1

Initial position: Sit in Vajrasan with shoulders relaxed, both palms resting on the thighs.

- Step 1) Clasp the fingers of both the hands and place them at the navel.  
Step 2) Rotate the left shoulder, in biggest possible circles, in a clockwise direction, for 5 to 10 circles.  
Step 3) Bring the shoulder down. Rest for about 5 breaths.  
Step 4) Repeat Step 2 in an anticlockwise direction. Rest for about 5 breaths.  
Step 5) Repeat the steps 1 to 4 with the right shoulder.

In the beginning of the practice, Step 2 should be done with 5 rotations/circles and gradually increase to 10 rotations/circles.

## **Procedure for Shoulder Exercise Type-2**

Initial position: Sit in Vajrasana with shoulders relaxed, both palms on thighs.

- Step 1) Form a fist with your left hand, and stretch out its thumb. Place the thumb on the left shoulder.
- Step 2) Rotate the left elbow in a clockwise direction, performing 5 to 10 circles, try as large circles as possible.
- Step 3) Bring the elbow down without lifting the thumb off the shoulder. Relax for about 5 breaths.
- Step 4) Repeat Step 2 in an anticlockwise direction.
- Step 5) Release the fist and thumb and place the hand back on your thigh. Relax for about 5 breaths.
- Step 6) Repeat Steps 1 to 5 with the right hand.

In the beginning of the practice, Step-2 should be done with 5 rotations/circles and very gradually increase to 10 rotations/circles.

## **1.4 Brahma-Mudra (Neck exercise Type-1,2,3)**

(The **Type-1 Brahma-Mudra** is used to stretch and strengthen all the muscles along the neck. The chin is used to massage the neck at the same time.)

Initial Position: Sit in Vajrasana posture and keep your eyes closed.

- Step 1) Clasp the hands with the fingers interlocking each other and place it loosely below the navel. Hold the spine straight and erect.
- Step 2) Press your chin upon the throat, and at the same time, stiffen the muscles of the neck and throat.
- Step 3) Maintaining the pressure of your chin on the throat, slowly look towards your left. Throughout the movement, the chin should be pressing upon the neck. Now, slowly turn your head to the right in the same way. Repeat 5 times, continuously.
- Step 4) Now bring your face in front, relax all the neck muscles and relax your chin. Perform relaxed breathing.

In the beginning of the practice, Step 3 should be done 5 times and very gradually increased to 10 times.

(The **Type-2 Brahma-Mudra** eases the tensions along the upper spine by using a light jerk to the head.)

Initial Position: Sit in Vajrasana posture and keep your eyes closed.

- Step 1) Clasp the hands with the fingers, interlocking each other and place them at the navel.
- Step 2) Keep the muscles of the neck loose, give a mild jerk to the neck towards the left. Now, from the left, give the head a mild jerk, bringing it to the right. Repeat this 5 times, from left to right and right to left continuously.
- Step 3) Bring the head gently to the front and relax the neck muscles.

In the beginning of the practice, Step 2 should be done 5 jerks and very gradually increased to 10 jerks.

(The **Type-3 Brahma-Mudra** uses orbital movement of the head. This greatly improves the balancing abilities and massages all the tissues and glands within and around the neck.)

Initial position : Vajrasana posture with fingers interlocked and placed at the lower abdomen.

- Step 1) Keep the eyes closed and the neck free of any tensions.
- Step 2) First, drop your head slightly forward. Next, roll it around in a wide circle, in a clockwise direction, completing the whole orbit and coming to the same position again. Continue doing such orbits up to 5 times. Remember that the eyes should remain closed.

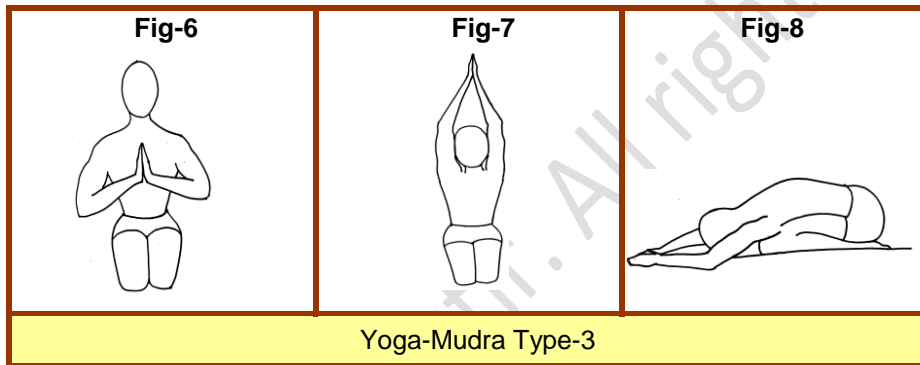
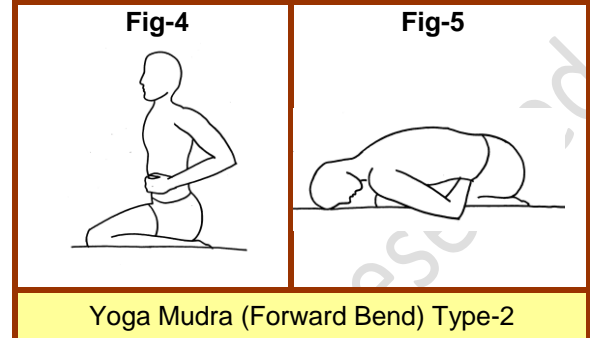
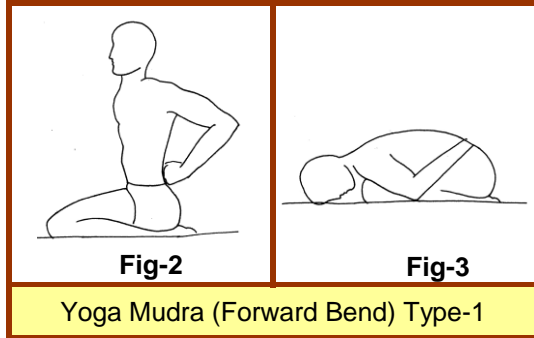
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Step 3) Repeat Step 2 in an anticlockwise direction.

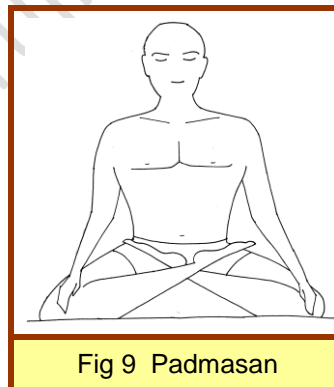
In the beginning of the practice, Step 2 should be done 5 orbits and very gradually increased to 10 orbits.

## 1.5 Yoga-Mudra (Forward Bend) (Refer Fig-2 to Fig-8) (Yoga = the science of Yoga, Mudra = gesture)



## WEEK - 2

### 2.1 Padmasan (Lotus Posture) (Refer Fig-9)



### 2.2 Kapal-Bhati (Brisk breathing)

#### Procedure for Kapal-Bhati with Single Nostril

Initial position: Padmasan

Step 1) Exhale with both nostrils (rechak) and inhale partially (purak)

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- Step 2) Close the left nostril with the left thumb.  
Step 3) Start brisk breathing with a rapid rate while making a friction in the nostril. Maintain a steady rhythm and apply equal pressure upon inhaling (*purak*) and exhaling (*rechak*). Continue to do this brisk breathing as long as you feel pleasant. If the nostril is blocked, pull out with the right hand.  
Step 4) Exhale completely after the last breath, bring the hand down and **HOLD** this condition with **EMPTY LUNGS** (Bahya Kumbak) for as long as possible.  
Step 5) Inhale deeply with both nostrils, and exhale slowly in a controlled manner  
Step 6) Breathe normally for about 5 breaths  
Step 7) Repeat Steps 2 to 6 whilst closing the right nostril. This completes one cycle of the exercise.  
Step 8) Repeat for 2 more cycles. (Total of 3 cycles) and then go for Kapal-Bhati with both nostrils as described below.

In the beginning of the practice, Step 3 should be done with 20 breaths and very gradually increased up to 54 breaths.

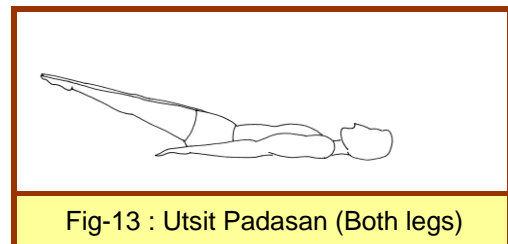
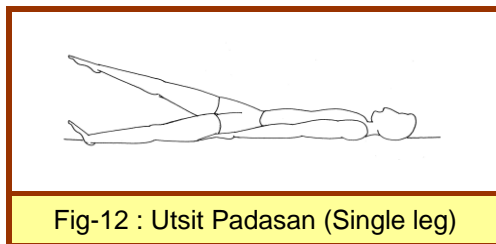
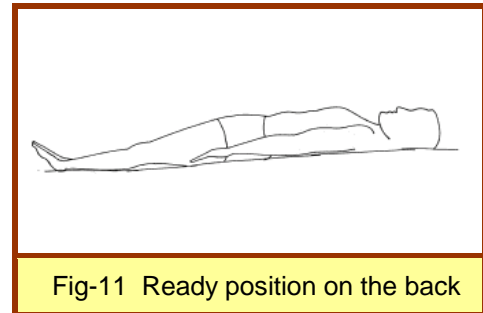
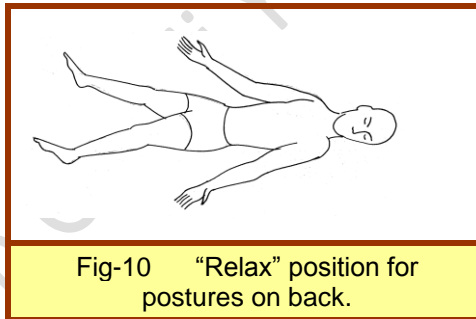
## **Procedure for Kapal-Bhati with both nostril**

Initial position: Padmasan

- Step 1) Exhale with both nostrils (*rechak*) and inhale partially (*purak*)  
Step 2) Start brisk breathing with a rapid rate while making friction in both the nostrils. Maintain a steady rhythm and apply equal pressure upon inhaling (*purak*) and exhaling (*rechak*). Continue to do this brisk breathing as long as you feel pleasant. If any of the nostrils is blocked, pull out with the hand.  
Step 3) Exhale completely after the last breath and **HOLD** with **EMPTY LUNGS** (Bahya Kumbak) for as long as possible  
Step 4) Inhale deeply with both nostrils, and exhale slowly in a controlled manner  
Step 5) Breathe normally for about 5 breaths  
Step 6) This completes one cycle of the exercise. Repeat for 2 more cycles. (Total of 3 cycles)

In the beginning of the practice, Step 2 should be done with 30 breaths and very gradually increased to 108 breaths.

## **2.3 Postures for Week-2 :**



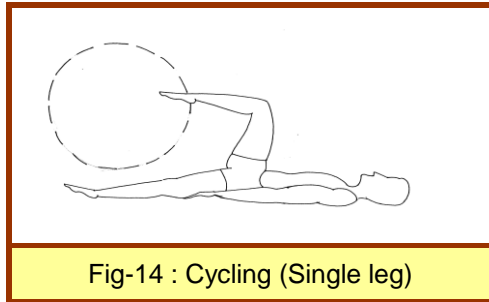


Fig-14 : Cycling (Single leg)

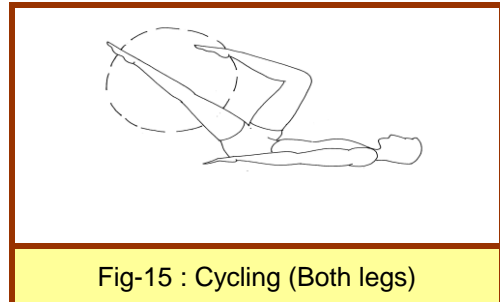


Fig-15 : Cycling (Both legs)

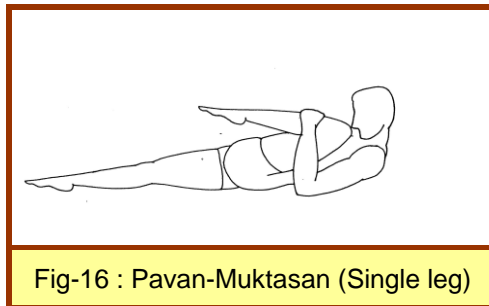


Fig-16 : Pavan-Muktasan (Single leg)

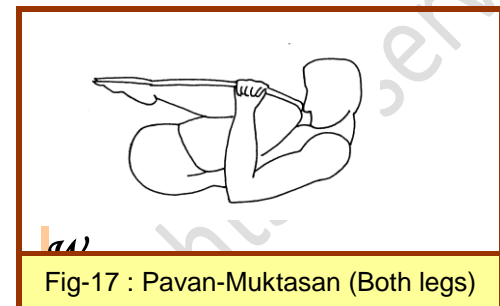


Fig-17 : Pavan-Muktasan (Both legs)

## EK-3

### 3.1 Ujjayi (The Snoring breath)

#### Procedure for Ujjayi Type-1

Initial position: Sit in Padmasan with spine erect, Moola Bandha performed, and eyes closed.

- Step 1) Exhale out fully
- Step 2) Now inhale deeply while constricting the opening of the throat, thus making friction in the throat. A sound similar to snoring will be made. Note that it is important to perform a prolonged breath here. No matter how soft, but one should feel the friction of the breath at the throat. (After you thoroughly master this Ujjayi inhaling, do this – imagine that your breath is rising up from the navel and reaching until the base of the throat.)
- Step 3) After you take in a thoroughly deep breath, start the Ujjayi exhaling as follows – keep the throat constricted and breathe out in a very controlled manner. As you do this, you should feel the friction of the breath at your throat. This exhaling also should be prolonged as much as possible. This completes one cycle of the exercise. (After you thoroughly master the Ujjayi exhaling, do this – imagine that your breath is descending very slowly from the throat until the navel)
- Step 4) Repeat for 5 to 10 cycles.

#### Procedure for Ujjayi Type-2 (“Maddhya Ujjayi”) (*Maddhya* = middle)

(This form of Ujjayi is meant for cleansing the region of the chest – the ribcage, lungs etc.)

While sitting in Padmasan, place your hands on your waist, but slightly toward the back. This ensures a good expansion of the rib cage. Perform Step 1 to Step 4 as explained above. Here you do not concentrate from the navel up to the throat, but hold your attention steadfast upon your lungs.

#### Procedure for Ujjayi Type-3 (“Urdhwa Ujjayi”) (*Urdhwa* = upper)

(This form of Ujjayi is meant for cleansing the throat, sinuses and cranial cavities.)

Initial Position: While sitting in Padmasan, hold the biceps of the opposite arms.

- Step 1) Exhale out fully  
Step 2) Inhale as in Step 2 for Type-1. While you are breathing in, simultaneously, raise hands up until the biceps are close to the ears. (After you thoroughly master this Ujjayi inhaling, do this – imagine that your breath is rising up from the base of the throat and reaching until the forehead.)  
Step 3) Breathe out as in Step 3 for Type-1. While you are breathing out, simultaneously, lower your hands until they touch your abdomen. (After you thoroughly master this Ujjayi exhaling, do this – imagine your breath is descending down from the forehead to the base of the throat)  
Step 4) Repeat for 5 to 10 cycles.

In the beginning, the duration of both inhalation and exhalation ought to be for equal time of about 4 seconds. Gradually increase the timings of inhalation and exhalation as your strength permits.

## WEEK-4

### 4.1 Seetkari (Cooling Breath through the teeth)

#### Procedure

Initial position: Sit in Padmasana position

- Step 1) Exhale fully.  
Step 2) Clench the teeth together, and open the lips apart.  
Step 3) The tongue is placed such that it just touches the teeth from behind.  
Step 4) Now, take in the breath through the teeth.  
Step 5) Next, close the lips and exhale slowly through the nose until the lungs are empty. This completes one Seetkari breath.  
Step 6) Repeat Steps 2 to 5 for about 5 to 10 breaths.

Start with 5 breaths in the beginning and very gradually increase up to 10 breaths.

### 4.2 Seetali (Cooling breath through tongue)

(Seet = Cool, Seetali = cooling)

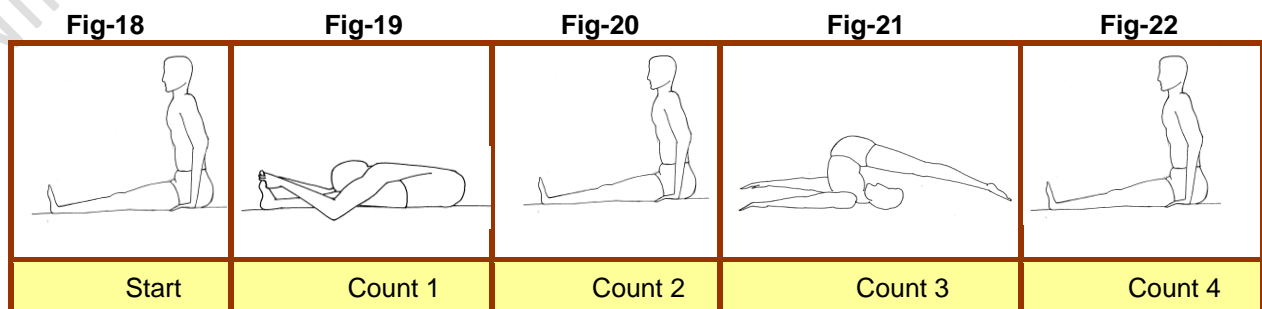
#### Procedure

Initial position: Sit in Padmasana position

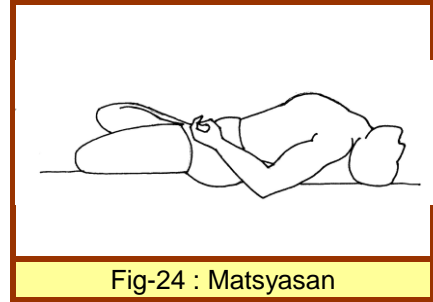
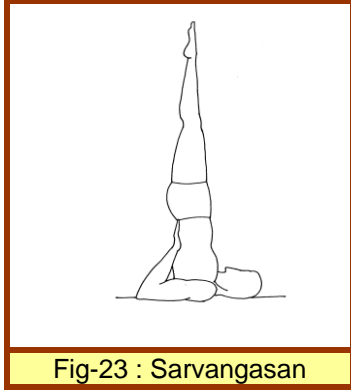
- Step 1) Exhale fully.  
Step 2) Roll the tongue, curling the sides in towards the center to form a tube. Push the rolled tongue out slightly between your pursed lips. Breathe in through the tongue.  
Step 3) The tongue is withdrawn into the mouth, and the mouth is kept closed.  
Step 4) Exhale slowly through the nostrils until the lungs are empty. This completes one Seetali breath.  
Step 5) Perform 5 to 10 such breaths.

Start with 5 breaths in the beginning and very gradually increase up to 10 breaths.

### 4.3 Postures for Week-4 :







## WEEK-5

### 5.1 Vayusaar (Burping)

#### Procedure

Initial position : Sit in Padmasana posture.

- Step 1) Exhale fully through the nose.
- Step 2) Next, take in air through the mouth, and swallow the air. Note that this is not just breathing in through mouth.
- Step 3) Now, breathe out through the nostrils. This completes one Vayusaar breath. Perform about five such breaths without interruption.
- Step 4) Gently rub the stomach till belch (burp) occurs.

### 5.2 Agnisaar (Stomach flapping)

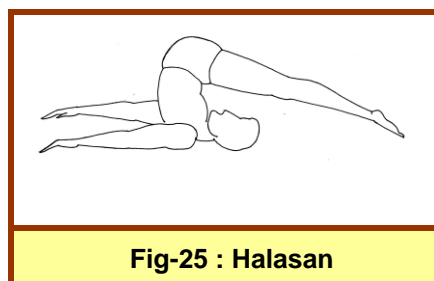
#### Procedure

Initial position: In the Padmasana posture, keeping the spine erect, lean forward slightly at the waist, with the arms pressing against the knees.

- Step 1) Exhale fully and press the chin slightly against the throat, thereby, not allowing the air to flow into the lungs (this is not a complete chin lock or Jalandhar Bandha, but just nice a pressure to stop the breath).
- Step 2) After exhaling, do not inhale.
- Step 3) In this exhaled state (without any air in the lungs), you have to perform flapping of the stomach as follows – (a) pull the stomach in towards the spine. (b) Next, with a quick thrust, push the stomach outwards until the stomach expands fully. (c) Keep the stomach expanded for a split second. (d) Again pull in the stomach and forcefully push it out. Continue this flapping as long as your breath permits.
- Step 4) After the last stroke, release the stomach, look up and inhale fully through the nostrils.
- Step 5) Exhale very slowly in a controlled manner. This completes 1 cycle of the exercise.
- Step 6) Repeat for two more cycles.

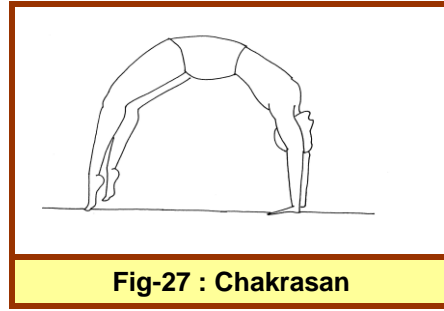
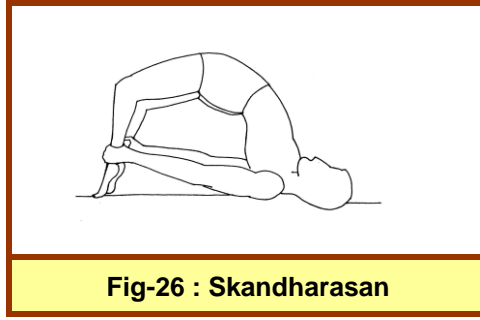
In the beginning of the practice Step 3 should be started with about 10 to 20 strokes and very gradually increased to 40 strokes.

### 5.3 Postures for Week-5 :



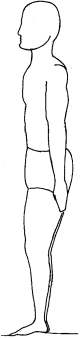
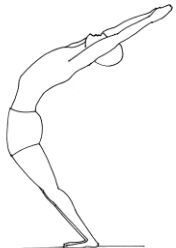

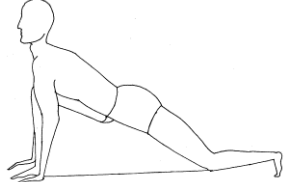
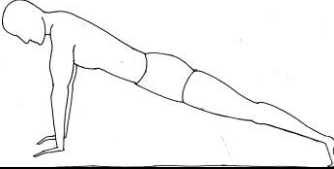

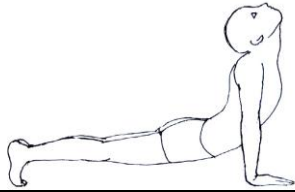
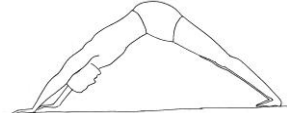



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## WEEK – 6

### 6.1 Surya-Namaskaar (Sun-Salute) (Refer Fig-28 to Fig-37) (Surya = Sun, Namaskar = salute or prostration)

			
<b>Initial Position Fig-28</b>	<b>1 - Urdhwa Namaskar Fig-29</b>	<b>2 - Janu Shirasan Fig-30</b>	<b>3 - Ekpada Prasarana Fig-31</b>
			
<b>4 - Dwipada Prasarana Fig-32</b>	<b>5 - Ashtanga Namaskar Fig-33</b>	<b>6 - Sarpasana Fig-34</b>	<b>7 - Bhujangasana Fig-35</b>
			
<b>8 - Ekpada Akarshana Fig-36</b>	<b>9 - Janu Shirasan Fig-37</b>	<b>10 - Back to original position</b>	

## 6.2 Shavasana (Dead Body Posture) (Refer to Fig-38)

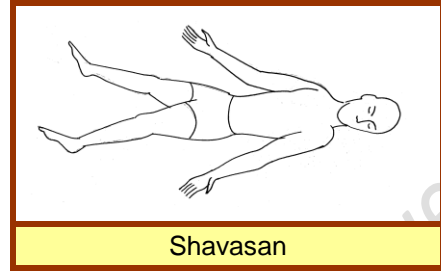
(Shava = corpse, asan = posture)

### Procedure

Initial position: Lie on your back with the palms facing up. If possible, turn the head slightly to your left.

- Step 1) Keep roughly 1 feet distance between your feet and close the eyes. Release the tension in the shoulders, thighs, and muscles of back and the rest of the body.
- Step 2) Focus your mind on your breath. Within the mind, chant 'So' while inhaling and 'Hmmm' while exhaling. Continue this up to 1 minute.
- Step 3) Now, focus your attention on the soles of your feet. Avoid any movement of the feet and tell yourself that you are drawing away all awareness from the soles of feet.
- Step 4) Move your attention up to the top of the feet and take away all life forces from this region, leaving the feet almost lifeless.
- Step 5) Continue this meditation on the entire body. Follow this sequence - soles of feet, top of feet, the toes, heels, ankles, calves, knees, thighs, groin, seats, the region above anus, region below navel, the navel, waist, back and the spine, ribs, lungs, heart, shoulders, biceps, forearms, palms, fingers, neck, face, eyes and the centre of the eye-brows. Meditate up to 1 minute at the centre of the eyebrows with the realisation that now the entire body is lifeless as a corpse. Enjoy this experience.
- Step 6) Now follow the reverse path and move your attention down until the sole of the feet. As you meditate on each region re-energize it fully.
- Step 7) Gently join the feet to each other and bring your hands close to the body. Straighten your head and gently raise it, while coming to a sitting posture with legs crossed and eyes closed for few seconds.
- Step 8) Perform Om twice before concluding Shavasana.

Fig-38



## WEEK - 7

### 7.1 Uddiyan-Bandha (The lock-trio)

[Udd = flight, Yan = aeroplane]

(the vital air in the rectum is made to "fly" or rise up in this technique)

### Procedure

Initial Position: It is recommended to be done in Padmasana, while slightly leaning forward, pressing the hands firmly on the knees. In the Padmasana position adopt the initial position as in Agnisara. Contract the anus (i.e. apply "Moola Bandha").

- Step 1) Sit in the position as described above. Exhale forcefully and without any delay, press the chin firmly on the base of the throat (Jalandhar bandha).
- Step 2) Press the chin on the chest or into the triangular hollow at the joint of the collar bones (Jalandhar bandha) and then lift the stomach muscles from within with a gentle push towards the upward direction. This results in muscles of diaphragm being pushed upwards.
- Step 3) Pull the stomach in as much as possible towards the spine (Uddiyan Bandha). Hold in this condition as long as you can. Do not wait until you feel suffocated before you decide to inhale. Relax the stomach first.
- Step 4) Now lift the chin, slowly inhale through the nostrils and then exhale slowly in a controlled manner.
- Step 5) Breathe normally for a couple of breathes.
- Step 6) Repeat 3 cycles for this exercise.

In the beginning of the practice Step 3 should be started with 6 seconds and very gradually increased to 20 seconds.

## 7.2 Shankha-Prakshalan (Conch-Shell Cleansing) (Refer Fig-39 to Fig-42)

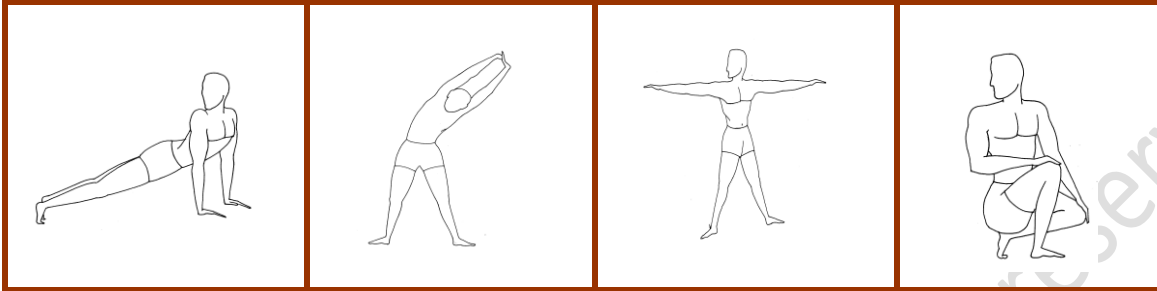


Fig-39

Fig-40

Fig-41

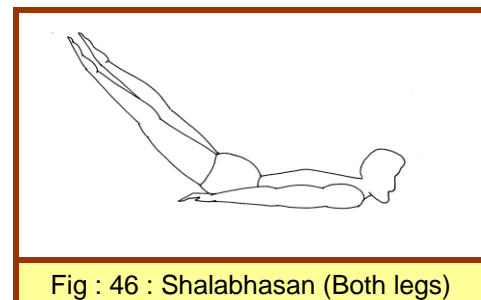
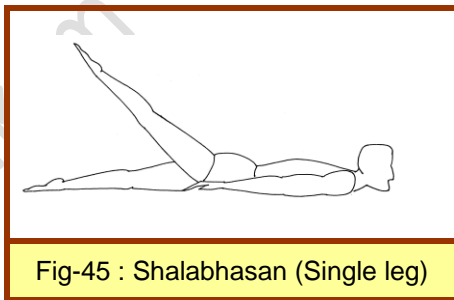
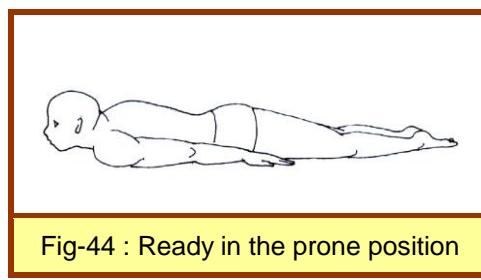
Fig-42

### Procedure

This technique is used for cleansing the bowels early in the morning. Drink 2 glasses of lukewarm water and perform the above (Fig-39 to Fig-42) postures 3 times one each side ie left and right.

For all postures, in the beginning of the practice hold for about 4 to 5 seconds, gradually increasing to 10 seconds.

## 7.3 Postures for Week-7 :



### 8.1 Jala-Dhauti (Stomach Cleansing)

(Jala = water, Dhauti = washing)

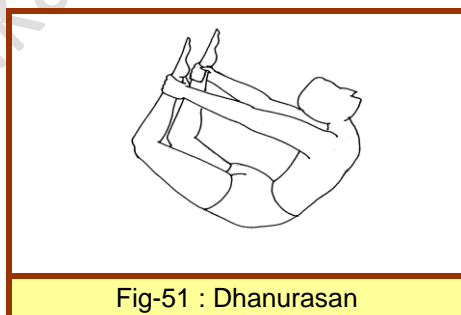
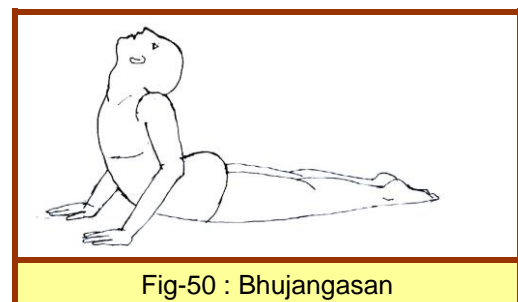
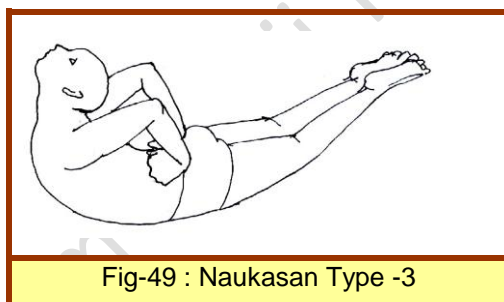
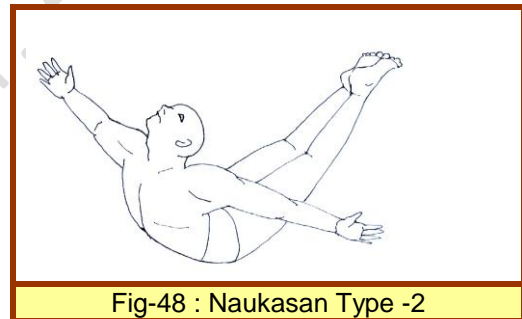
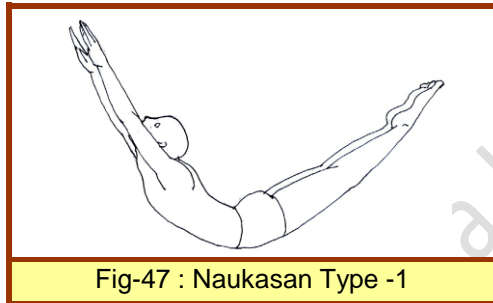
#### Procedure

Initial position: Squatting or sitting comfortably in a chair.

- Step 1) Take a jar of lukewarm water. Add a pinch of salt to the water.  
Step 2) Start to drink the water one glass after another. One can drink the water at a comfortable speed but do not spend too much time in between the gulps. Attempt to drink as many glasses of water as you can. Up to 6 glasses of water is recommended.  
Step 3) Now go to the toilet / bathroom and stand with your feet apart. Bend forward at your waist until your torso is parallel to the floor. Now, use your 3 fingers to lightly touch deep inside the throat. This will give rise to a vomiting sensation and you will throw out some water that you had just consumed. Breathe naturally for a while and touch the fingers again in the throat.  
Step 4) Repeat Step 3 until you have thrown out all the water that was consumed.

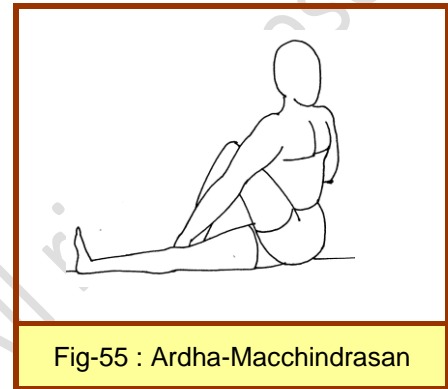
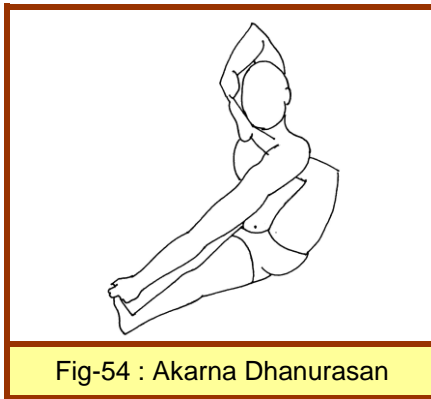
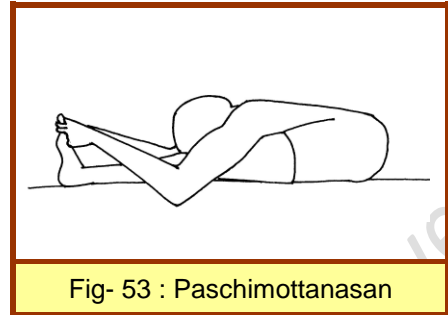
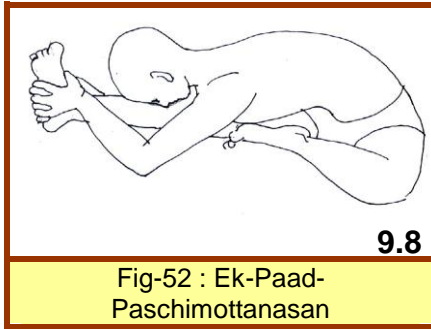
Perform the Jala-Dhauti continuously for 15 days. Then, stop the practice for the next 15 days. Thereafter, the Jaladhauti should be practised 3 continuous days after every 15 days.

### 8.2 Postures for Week-8 :



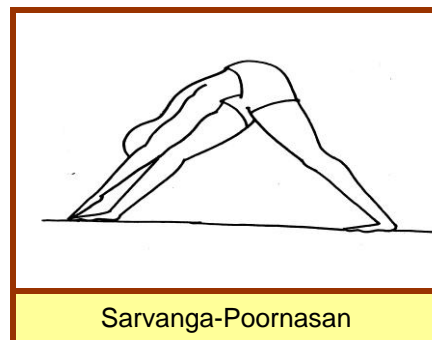
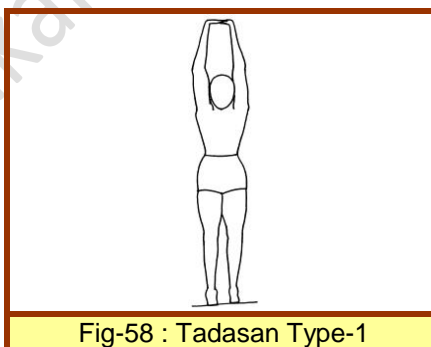
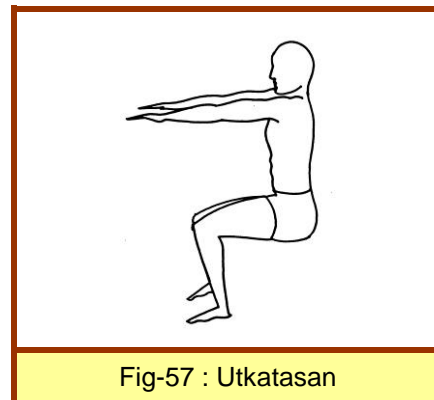
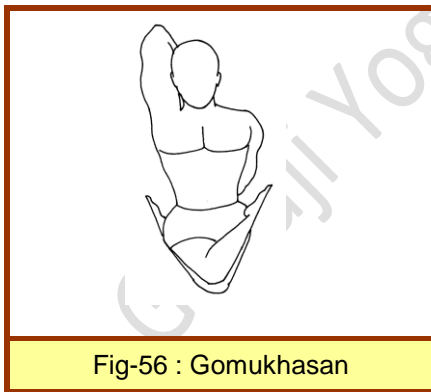
## WEEK-9

### 9.1 Postures for Week-9 :



## WEEK-10

### 10.1 Postures for Week-10 :



\*\*\*\*\* End Of Syllabus \*\*\*\*\*

# Nikam Guruji Yoga Kutir

(www.yoganikam.org)

**Classes conducted by Nikam Guruji Yoga Kutir in Singapore** (as on 31-March-13)

No	Venue	Day	Timing	Contact Person
1	<b>Ramakrishna Mission</b> 179, Bartley Road View Map	Sun	9.30 to 11.30 AM	Ms. Devi <a href="mailto:infoindian@gmail.com">infoindian@gmail.com</a>
2	<b>Onepeople.sg</b> Opposite Bradell MRT View Map	Sun	9.30 to 11.30 AM	Mr. Jagadish <a href="mailto:jagadish.avadhani@gmail.com">jagadish.avadhani@gmail.com</a>
3	<b>Global Indian International School</b> 51 Jalan Rajah	Sun	9.30 to 11.30 AM	Mr. Pavlesh <a href="mailto:pavlesh@hotmail.com">pavlesh@hotmail.com</a> Mr. Pankaj Tripathi <a href="mailto:p_tripathi71@yahoo.com">p_tripathi71@yahoo.com</a>
4	<b>Global Indian International School</b> 82 Cheviot Hill, East Coast	Sun	9.30 to 11.30 AM	Ms. Estella <a href="mailto:estellatan@gmail.com">estellatan@gmail.com</a>
5	<b>JCube Mall</b> JStage - Level 5 Near Jurong East MRT	Mon	7.00 to 9.00 PM	Mr. Ramaprasad <a href="mailto:ramaprasad9@gmail.com">ramaprasad9@gmail.com</a>
6	<b>Tampines Mall</b> Open Plaza, Level 4, Tampines	Mon	7.00 to 9.00 PM	Mr. Aseem Agrawal <a href="mailto:aseemagrwal@gmail.com">aseemagrwal@gmail.com</a>
7	<b>Singapore Khalsa Association</b> Level 2, 2 Tessensohn Road Singapore 217646 (Nearest MRT Farrer Park)	Mon	7.00 to 9.00 PM	Mr. Uthayachandran <a href="mailto:uthayachandran@gmail.com">uthayachandran@gmail.com</a>
8	<b>Sri Srinivasa Perumal Temple</b> 397 Serangoon Rd, S-218123	Tue	7.00 to 9.00 PM	No email address. Please contact personally at Perumal Temple Office.
9	<b>Junction 8 Mall</b> Open Plaza, Level 3 Bishan (Right above Bishan MRT)	Tue	7.00 to 9.00 PM	Mr. Pankaj Tripathi <a href="mailto:p_tripathi71@yahoo.com">p_tripathi71@yahoo.com</a>
10	<b>Hougang Secondary School</b> 2, Hougang Street 93	Wed	7.00 to 9.00 PM	Ms. Jane Chua <a href="mailto:mitrajcht@yahoo.com.sg">mitrajcht@yahoo.com.sg</a>
11	<b>Bukit Panjang Primary School</b> 109 Cashew Rd, S-679676	Wed	7.00 to 9.00 PM	Mr. Mohan Tel: 98504904 <a href="mailto:cmohan@sp.edu.sg">cmohan@sp.edu.sg</a> Mr. Teh Kwee Hwa

# Nikam Guruji Yoga Kutir

(www.yoganikam.org)

12	<b>IMM Building</b> 2, Jurong East st 21 3rd Level, Garden plaza	Wed	7.00 to 9.00 PM	Mr. Pankaj Tripathi <a href="mailto:p_tripathi71@yahoo.com">p_tripathi71@yahoo.com</a>
13	<b>Sri Thendayuthapani Temple</b> 15, Tank Road, S- 238065	Wed	7.00 to 9.00 PM	Mr. Ramadas <a href="mailto:ramadas53@gmail.com">ramadas53@gmail.com</a>
14	<b>The Grassroot's Club</b> Near Yio Chu Kang MRT	Thu	7.00 to 9.00 PM	Reception counter Mr. Mohan Tel: 98504904 <a href="mailto:cmohan@sp.edu.sg">cmohan@sp.edu.sg</a>
15	<b>Zhonghua Primary School</b> 12 Serangoon Avenue 4 Singapore 556095	Thu	7.00 to 9.00 PM	Ms. Kavitha <a href="mailto:kaviragh@yahoo.com">kaviragh@yahoo.com</a>
16	<b>Global Indian International School</b> Mei Chin Rd, Queenstown	Sat	9.30 to 11.30 AM	Mrs. Latha <a href="mailto:coordinator@sg.globalindianschool.org">coordinator@sg.globalindianschool.org</a>

## Appendix - 1

### Recommended Sequence Of Exercises For Regular Practice.

1	Netra-Snaan (eye-wash)	Early morning while having a wash, in the afternoon or before going to bed.	<b>Padmasan (Lotus Posture)</b>		
2	Jala-Neti (Nasal Cleansing)	Jala-Neti - Either in afternoon or night.	1	Kapal-bhati (Brisk breathing with Right nostril)	Up to 54 strokes; once.
3	Shankha-Prakshalan (Conch-Shell cleansing)	Before cleaning the bowels if there is difficulty in cleaning bowels.	2	Kapal-bhati (Brisk breathing with Left nostril)	Kapal-bhati (Left nostril) : Up to 54 strokes; once.
4	Jala-Dhauti (Stomach cleansing)	Ideally after cleaning the bowels. For three consecutive days after 15 days.	3	Kapal-bhati (Brisk breathing with both nostrils )	Up to 108 strokes; three times.
5	Surya-Namaskaar (Sun-Salute)	Just before starting breathing exercises. Start with 3 salutes and gradually increase upto 12.	4	Ujjayi (Snoring breath Type-1)	5 to 10 breathes.
6	Tratak (Lamp Meditation)	At night before going to sleep, provided stomach is empty for 3 hours.	5	Ujjayi (Snoring breath Type-2)	5 to 10 breathes.
<b>Vajrasana (Kneeling) posture</b>			6	Snoring breath Type-3] 6]	5 to 10 breathes.
1	Prayer		7	Chanting of Om	Three consecutive times, meditation (3 to 5 minutes),two times.
2	Pranakarshan Kriya (Deep breathing with meditation on spine)	3 minutes.	8	Seetkari (Breath through teeth)	Seetkari : 5 to 10 times.



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3	Shoulder exercise (Type-1)	5 to 10 circles in each direction with each arm.	9	Seetali (Breath through tongue)	Seetali : 5 to 10 times.
4	Shoulder exercise (Type-2)	5 to 10 circles in each direction with each arm.	10	Vayusaar (Burping)	Until belching occurs.
5	Brahma-Mudra (Neck exercise Type-1)	5-10 times	11	Agnisaar (Stomach flapping)	Three times; as many strokes as possible at a stretch.
6	Brahma-Mudra (Neck exercise Type-2)	5-10 times	12	Uddiyan Bandha (The lock trio)	Three times.
7	Brahma-Mudra (Neck exercise Type-3)	5-10 times			
8	Yoga-Mudra (Forward Bend Type-1)	Once.			
9	Yoga-Mudra (Forward Bend Type-2)	Once			
10	Yoga-Mudra (Forward Bend Type-3)	Once.			

Postures Lying on back			Postures while sitting		
1	Utsit Padasan (Single and both legs raising)	Left leg, right leg and both legs 6 seconds each. Once.	1	Paschimottanasan (Forehead to knees)	Hold upto 25 seconds. Once.
2	Cycling	Left leg, Right leg and both legs. 5 rounds each.	2	Akarna Dhanurasan (Archer's stance)	Hold upto 8 seconds. Once.
3	Pavan-muktasan (Nose to knee)	Left leg, right leg and both legs. Once each. Hold upto 8 seconds.	3	Ardha-Macchindrasan (Spinal twist)	Hold upto 20 seconds. Once.
4	4-count rolling	5 times.	4	Gomukhasan (Cow face posture)	Hold upto 20 seconds. Once.
5	Sarvangasan (Shoulder stand)	Once. Hold upto 20 seconds.	5	Ushtrasan (Camel stance)	Hold upto 15 seconds. Once.
6	Matsyasan (Fish stance)	Once. Hold upto 15 seconds	<b>Postures while standing</b>		
7	Halasan (Plough stance)	Once. Hold upto 20 seconds.	1	Utkatasan (Chair)	Hold upto 15 seconds. Once.
8	Kandharasan (2 <sup>nd</sup> shoulder stand)	Once. Hold upto 5 seconds with heels on floor and 5 seconds with heels raised.	2	Tadasan (Palm tree)	Heels up and down - five times. Heels raised and hold upto 10 seconds. Walking on heels - five steps forward and five steps backwards.
9	Chakrasan (Wheel posture)	Once. Hold upto 5 seconds with heels on floor and 5 seconds with heels raised.	3	Sarvangapoornasan	Left side - 10 seconds. Right side - 10 seconds.
<b>Postures Lying on Stomach</b>			4	Shavasan (Corpse posture)	Until fully relaxed. Once.
1	Shalabhasan	Left side, right side, both legs. Hold upto 5 seconds. Once.	5	Shanti Paath (The peace hymn)	After completing all exercises
2	Naukasan (Canoe)	Left side, right side, both legs & hands. Hold upto 5 seconds. Once - all three variations.			
3	Bhujangasan (Serpent stance)	Hold upto 15 seconds. Once.			
4	Dhanurasan (Boswstring)	Hold upto 8 seconds. Once.			