



Mind, Body , Soul
with YOGA

Magical Health

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Introduction

Humans who are living a life of a slave, no more understand the meaning of liberation or self actualization. The negative thoughts like fear, anger, doubts, low self esteem, and lack of self love camouflage the powers that we are blessed with- The powers of 'Subconscious Mind'

The modern Yoga is considered only as a form of exercise where is promoted irrationally for weight loss. You might lose weight but still feel stressed, suffer medical issues, and do not find peace of mind. The situations that you are facing, whether health related, financial crisis, poor relations, firing from boss, or what so ever is the reflection of your thoughts. Therefore, understanding Yoga is vital for creating a balance in your life.

Yoga means Union

Yoga is alignment of mind, body and soul, Yoga is synchronization of mental health and physical health, Yoga is feeding your subconscious mind with new beliefs, Yoga is peace of mind, Yoga is the solution of your problems, Yoga is self actualization,, Yoga is liberation, Yoga is freedom from negative thoughts, Yoga is a combination of the universe and the universe within you.

Yoga is the turning away of the senses from the objective universe and the concentration of the mind within. Yoga is eternal life in the soul or spirit. Yoga aims at controlling the mind and its modifications. The path of Yoga is an inner path whose gateway is your heart. Yoga is the discipline of the mind, senses and physical body. Yoga helps in the co-ordination and control of the subtle forces within the body. Yoga brings in perfection, peace and everlasting happiness. Yoga can help you in your business and in your daily life. You can have calmness of mind at all times by the practice of Yoga. You can have restful sleep. You can have increased energy, vigour, vitality, longevity and a high standard of health. Yoga transmutes animal nature into divine nature and raises you to the pinnacle of divine glory and splendour.

The practice of Yoga will help you to control the emotions and passions and will give you power to resist temptations and to remove the disturbing elements form mind. Since I explained you very well how thoughts affects your reality in details in the previous emails, I am introducing you with 6 powerful Yoga Asans which will enable you to keep a balanced mind always and remove fatigue. It will confer on you serenity, calmness and wonderful concentration.

TADASAN



Health benefits:

1. Best exercise which helps in aligning your mind, body and soul.
2. Helps in balancing your body.
3. Stretches calves, back and arms

Steps:

1. Stand with your legs wide enough parallel to your shoulders length.
2. Lock your fingers.
3. Keep your back straight.
4. Take your locked fingers above your head.
5. While taking your arms above your head, slowly stand on your toes.
6. Now stretch your arms up as much as possible touching your ears.
7. Hold the stretch and slowly bring down your arms and feet completely touching the floor.

Repetition no:

1. Hold the posture of stretch for 10-30 secs.
2. Repeat the asan (exercise) for 2-3 times.

TWISTS & BENDS

Health benefits:

1. Best exercise to relieve constipation when performed early morning after drinking two glasses of water empty stomach.
2. Helps in stretching and toning of abs.
3. Inch loss of the sagging tires on the sides.

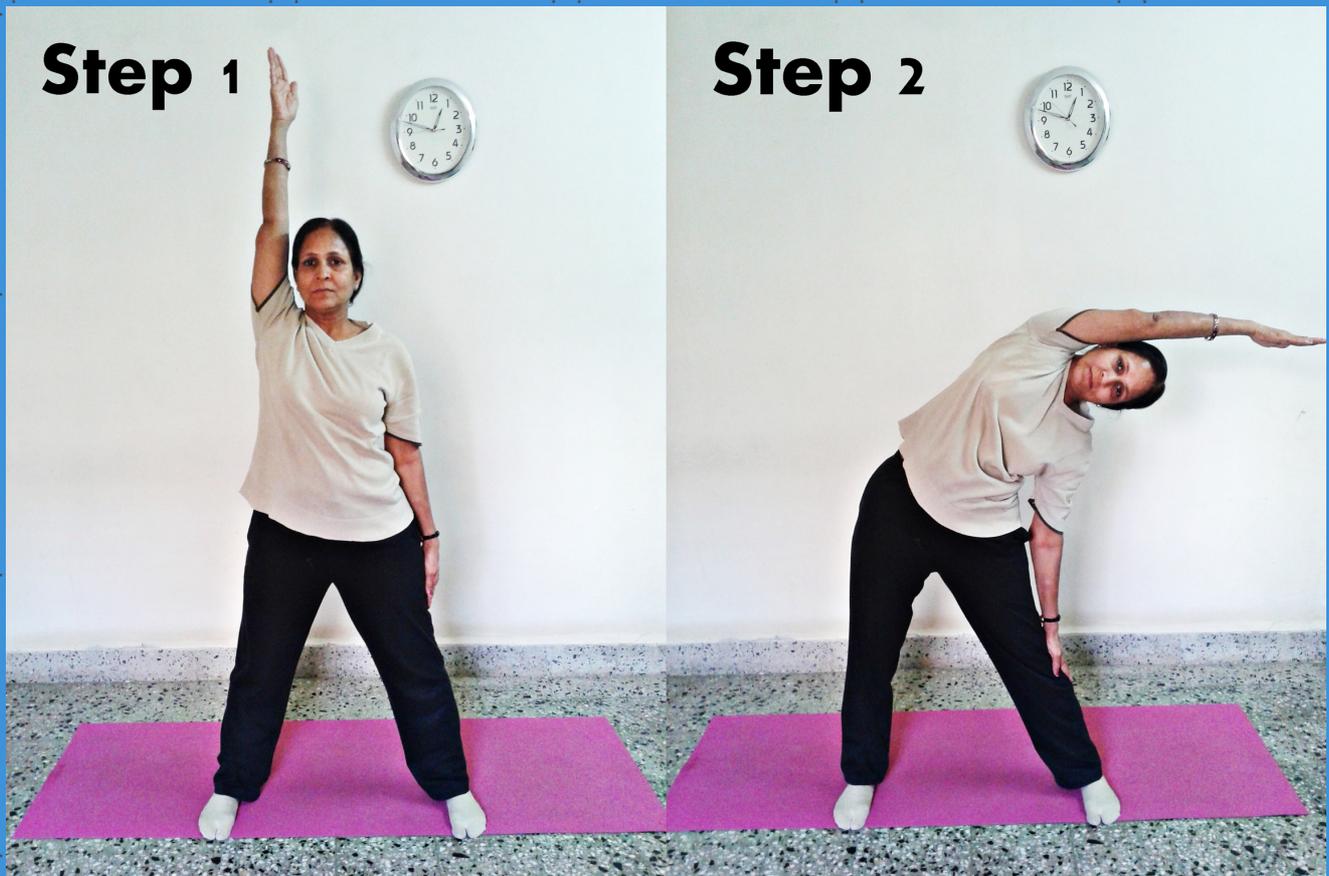
Vakrasan- Twist



Steps:

1. Wide stand posture (legs wider than the shoulder length) with your back straight.
2. Hands stretching on the sides, straight lined with the shoulder.
3. Twist your abs with your hands and head moving along in the same direction.
4. Breathe out while twisting.
5. Twist each side alternately.

Konasan- Bend



Steps:

1. Wide stand posture (legs wider than the shoulder length)
2. Stretch one hand above your head.
3. Bend on the opposite side of the stretched hand.
4. Be careful that you do not bend your back forward but on the side.
5. Breathe out while bending.
6. Bend each side alternately.

Repetition no:

1. Hold the posture for 10 secs.
2. 2 rounds of each twist and bend (each round is inclusive of both the side)

UTHITEKASAN



Health benefits:

1. Best exercise for leg pain and the ones who have leg pain when they stand for long.
2. Relaxes your hamstrings, calves, glutes, and back muscles.

Steps:

1. Sit on the floor.
2. Fold one leg touching the floor horizontally and other leg folded vertically.
3. Hold the feet of with locked fingers.

4. Now stretch you leg which you are holding with locked fingers toward your head.
5. Try and extend your leg as much as possible. With time and practice, you will be able to touch your head.
6. Slowly relax you leg back on the floor.

Repetition no:

1. 10 rounds each side.

BHADRASAN



Health benefits:

1. Keep your hip joints flexible.
2. Strengthens your lower abs.
3. Best exercise for females when they are menstruating. It keeps you away from abdominal pain.

Steps:

1. Sit on the floor with your legs folded touching both the soles together.
2. Hold both the soles with your hands.
3. Flap your knees like a butterfly's wing.

Repetition no:

1. 25 flappings of both the knees together.
2. 25 flappings of alternate knees.

SETU ASAN



Health benefits:

1. Strengthens your lower back muscles.
2. Relieves lower back and pain in the hips.

Steps:

1. Lie down facing upwards.
2. Fold your legs to 45 degrees.
3. Keep your hands parallel to the side of your abdomen.
4. Lift your hips upward slowly.
5. Hold for few seconds and then come back down.

Repetition no:

1. Hold for 10 counts.
2. 3-4 rounds each side.

BHUJANG ASAN

Step 1



Step 2



Health benefits:

1. This exercise is an extension of Setu asan. It relaxes and strengthens your upper back muscles.

Steps:

1. Lie down on the floor facing your head towards the ground.
2. Join your heels and knees together.
3. Hold one hands wrist with the other hand on your back.
4. Lift your heads upward with the shoulders.

Repetition no:

1. Hold the posture for 5-10 secs.
2. Repeat the exercise for 3-4 times.

THANK YOU

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