SDM Yoga Sequence

Disclaimer

Please read before proceeding further.

The following list of SDM Yoga Sequence is for your personal use only. It should not be shared with anyone else who has not undertaken the Stop Diabetes Movement (SDM) 10 day/10 week program which was conducted under the guidance of certified yoga instructors.

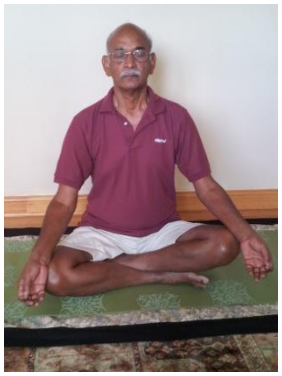
The techniques and suggestions presented in this course are not intended to substitute for proper medical advice. Consult your physician before beginning any new exercise program.

SEWA, VYASA and the INSTRUCTORS assume no responsibility for injuries suffered while practicing these techniques.

SEWA, VYASA and the INSTRUCTORS do not recommend Yoga exercise for pregnant or nursing women or for children under 16 years of age.

If you are elderly or have any chronic or recurring conditions such as high blood pressure, neck or back pain, arthritis, heart disease, Diabetic retinopathy and so on, seek your physician's advice before practicing.

I. Sukhasana- sit quietly observe breath; 3 Omkara's



II. Prarthna and resolution/ sankalp

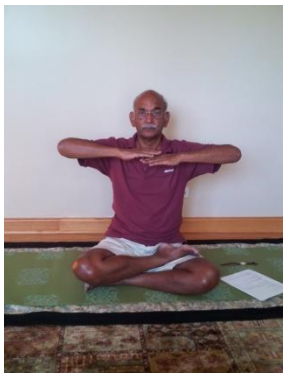
ॐ सह नाववतु।	Oṁ Saha nāvavatu
सह नौ भुनक्तु।	saha nau bhunaktu
सह वीर्यं करवावहै।	Saha vīryam karavāvahai
तेजस्वि नावधीतमस्तु	Tejasvi nāvadhītamastu
मा विद्विषावहै।	Mā vidviṣāvahai
ॐ शान्तिः शान्तिः शान्तिः ॥	Oṁ Shāntiḥ, Shāntiḥ, Shāntiḥ

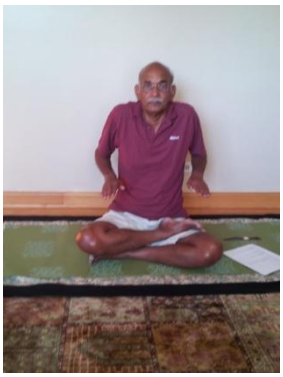
III. BREATHING



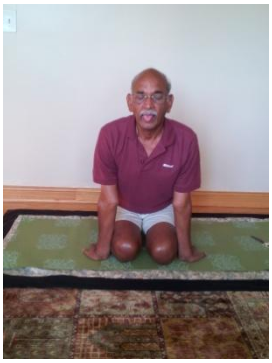
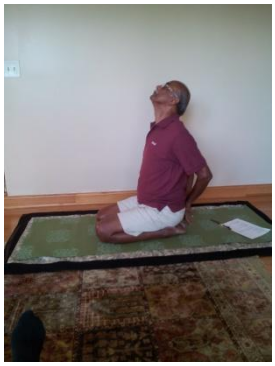
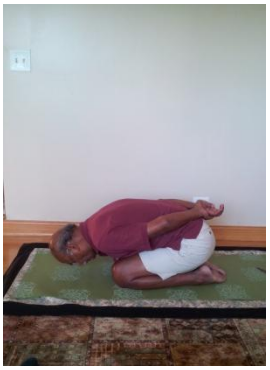
- Kapalbhati using Nasika Mudra
    - Both Nostrils
    - Left nostril only – Close right nostril
    - Right nostril only – close left nostril
    - alternating nostril simultaneously
    - with both nostrils
- Breathing to open three lobes of right lungs and two of left lungs
    - Hands raised on inhalation and down on exhalation

- Hands extended on sides with elbows bent and at shoulder level, and hands in front of the chest, with . On inhalation open chest and distance between hands; on exhalation bring them back in front of the chest.
- Hands on side of body with elbow bent and lower arm in front. Inhaling, raise the Shoulder and arms; exhaling bring down shoulders and arms.

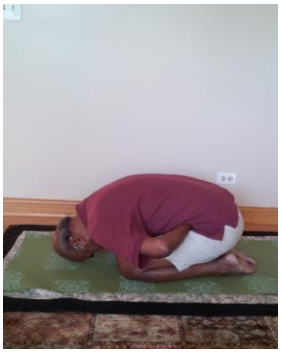
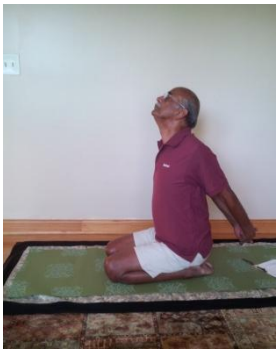
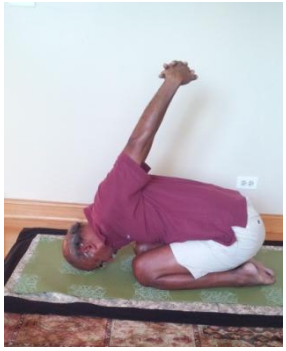





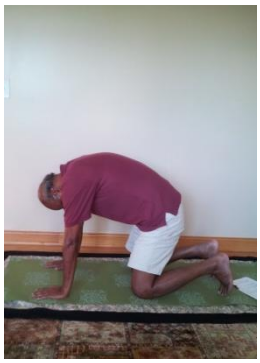
- Vajrasana
  - Dog breathing (Shwana swasana)
  - Shashankasana pranayamas: Hold hands in the back and inhale. While exhaling with short bursts (fu..fu..fu) bend forward & down.

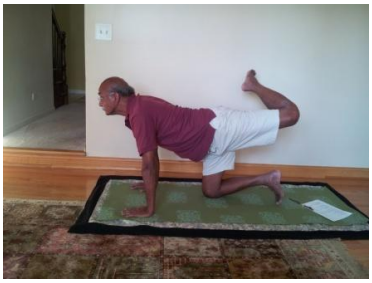
  - Shashank asana with closed fists (thumb inside) on your belly- rest same as above.
  - Shashank asana with hands clasped behind and raised on exhaling- rest same as above

- Marjari asana
  - Get on your knees and hands. Move the spine and head like a cat. Exhaling bring head down towards chest and lower your hip. Suck in your abdomen. On inhaling raise head and hips, lowering your belly.
  - Marjari asana with alternate hands and leg raised, and with knee bent towards the chin and bring elbow of opposite towards knee.
  - Vyagarajasana- Marjari asana with leg raised and knee bent towards the back of the head.



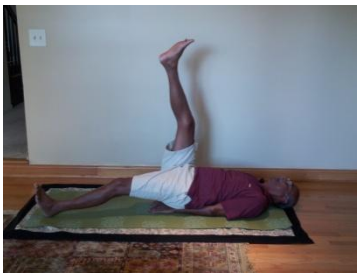


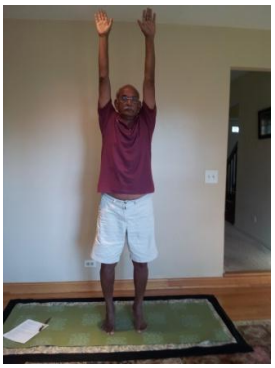
- Shashankasana to relax

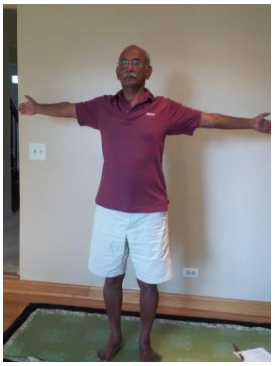


- Utthanpadasana: while inhaling, place hands slightly under your hips and raise one leg at a time 90 deg, while inhaling. Exhale and hold.

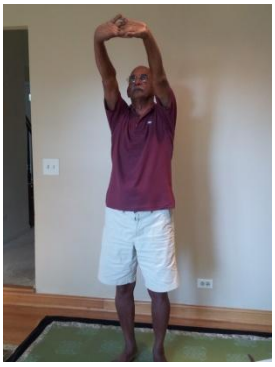


- Standing
  - Tadasana: Stand straight; keep eyes closed if possible. Become aware of pressure on toes, heels and linear pressure on sides of feet.
  - Heels raised – inhaling stretch up raising hands
  - Hands in and out (front to side) breathing.
  - Hands stretch breathing with hands clasped over chest, elbows dropped. Stretch in front → at 135 deg→ at 180 deg.








IV. LOOSENING EXERCISES

- Gentle Jogging → raise knees while jogging → next, touch heel to butt → next, jog with legs on the side.
- Mukhdhouti: Do mukh dhouti to remove toxic build up. Inhale through nose and exhale through mouth loudly. Repeat as necessary throughout Yoga practice whenever you feel tired.



- Raise hands, stretch and bend down with hands swinging past the hips – dynamic
- Trikonasana swing- leg apart and hands apart, bend sideways with opposite hand raised.
- ParivartaTrikonasana swing – leg apart → hands stretched out on sides, bend and bring hand to opposite leg. Raise the other hand up straight and turn head to look up towards hand..
- Twisting -Bend hands at elbow at shoulder level and in front of chest. Twisting at the waist stretch and swing hand dynamically towards the back. Inhale on return with hands back to original position.



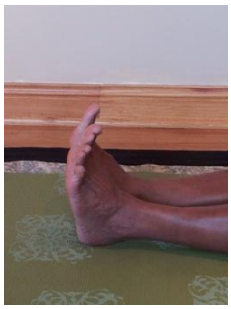
- Quick Relaxation Technique: Lie on back with feet and hands apart. Watch your abdomen go up on inhalation and down on exhalation. Next, do abdominal breathing with some force. Next breate normally and watch your breath with feelings. Omkara.

V. PAWAN MUKTA ASANA series

- Stithi Dandasana: Relax while sitting down. Hnads behind back, legs apart and head dropped behind. Breathe normally.
- Dandasana: bring hands by your side.

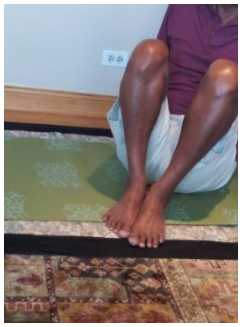



- Toes, ankles and calf exercises



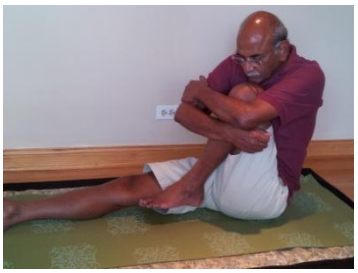


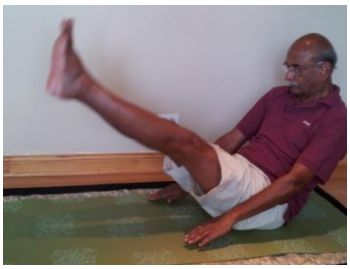



- Knees- tighten and relax each knee 20 times.
  - Patella- Support body with one hand behind the back. With opposite hand move the patella side by side, and in a circle.

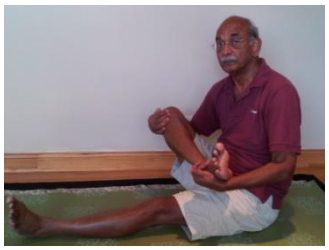



- While sitting Bend knee to chin (head lowered) with hand around the knee, raise the foot off the ground and inhaling stretch the bent leg forward and up while supporting it from underneath with your hands. Repeat with other leg. And if possible repeat with both legs with arms stretched forward and on the sides of the stretched legs.



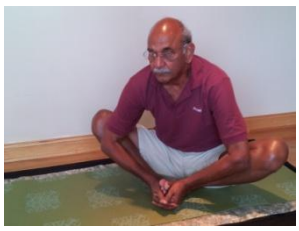
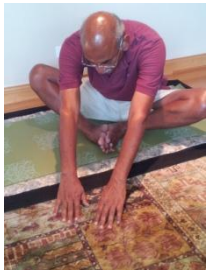
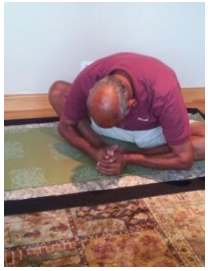
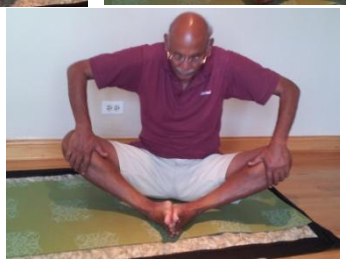


- Knee rotation in front and side
- Hip joint work out -Knee- cradle with both hands and swing – rotate the knee


- Titli with each leg and then with both
- Titli with both legs and then raise hands and bring down in front →hands walking in front
- Titli with both legs and rock the body back & forth and then on exhalation bend forward and down to touch toes with forehead



- Reverse plank (Purvatasana)



- Hips & Waist
  - Legs apart and touch opposite hand to toes (swinging dynamic), with the other hand behind.
  - Legs apart and glide fingers in front back and forward. Hold and bring head down





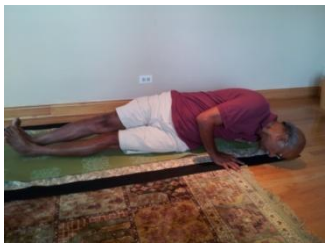

  - ChakkiChalanasana




  - Naukchalanasana




  - Bhunaman asana

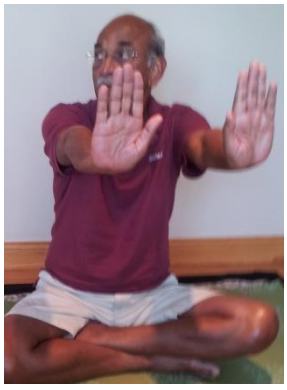
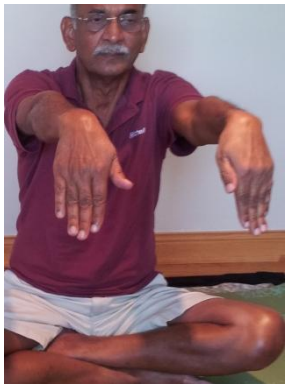



- Hands
  - Wrist exercises- fist closed move wrist (only) up/down, sideways and rotation





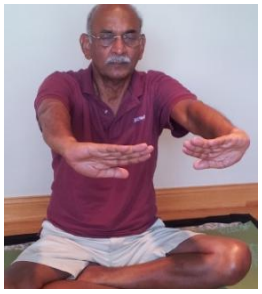
  - Open palm (with fingers together)



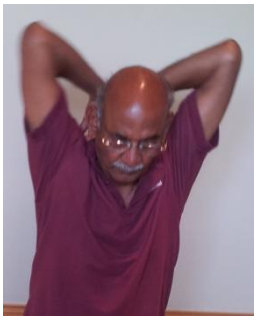
  - Stretched palms (with fingers stretched apart)

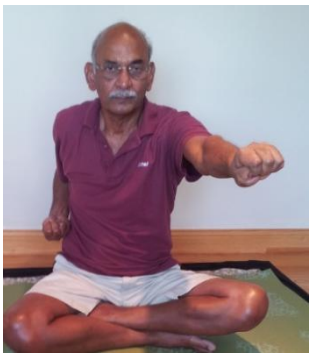


- Elbow- Bend hand at the elbow in front with fingers on the shoulder, Forcibly throw hand in front. Repeat 10 times. Do the same with hands stretched up and bent at elbow with fingers touching back of shoulders. Repeat same on sides.
- Shoulders
  - rotation each direction
  - Hold shoulder with fingers and rotate the elbow with full circle
  - Good job pat (with fists) on back (dynamic with each hand)
  - Punches forward

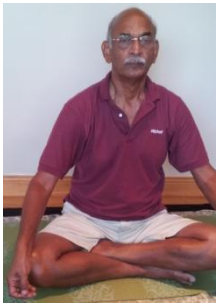
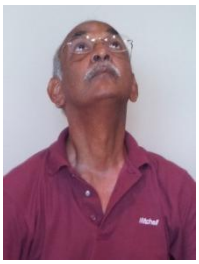
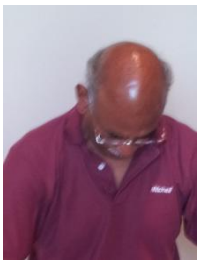


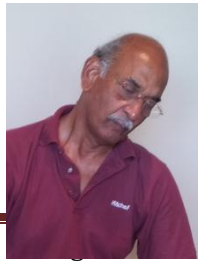



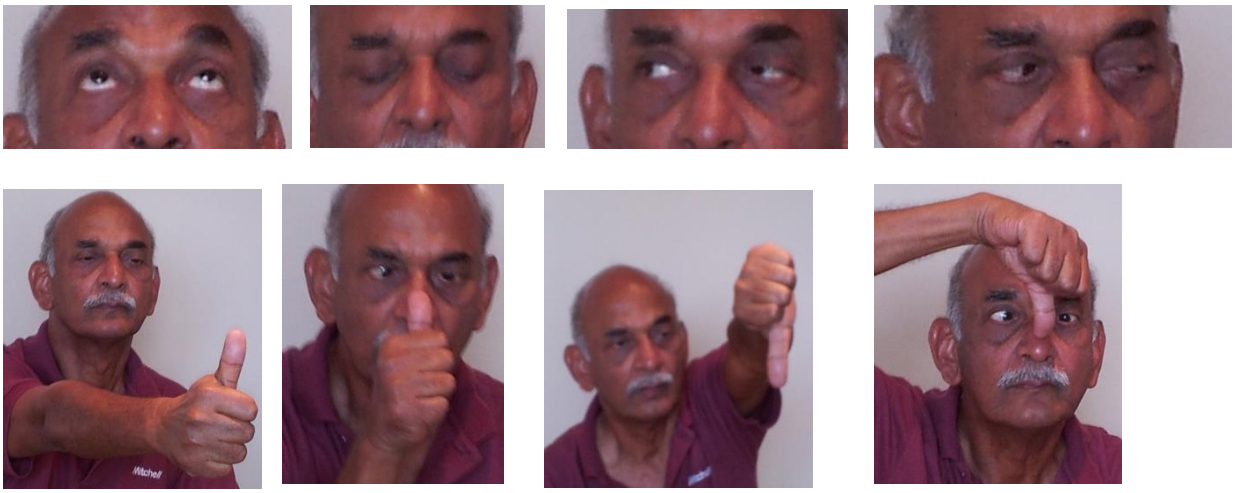
- Neck rotations – on sides, up & down, drop down neck towards the shoulder and gentle rotation.





- Eye exercises: Move eyes in all directions- look up-down, side ways, towards your nostrils, between your eyebrows, alternate side up & down, rotation.



VI. DRT (Deep Relaxation Technique)

VII. Prayer and Sankalp

VIII. PRANAYAMAS

- Anulom Vilom beginning with inhalation through right nostril, and fingers in nasika mudra



- Udyaan bandha
- Agnisar Udyaanbandha

Yoga for a Stronger Back

Marjari asana

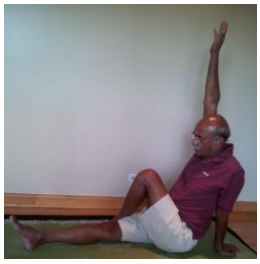



Vakrasana 1: In Dandasana, fold one knee and keep foot next to the other leg's knee. Stretch opposite hand and bring around to catch the big toe.

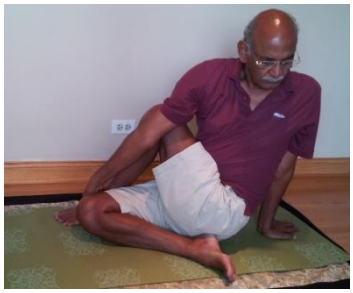
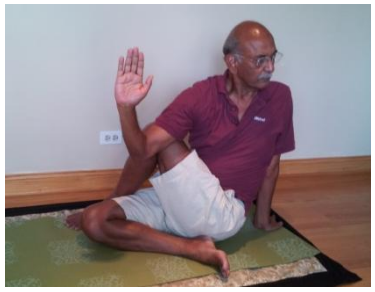




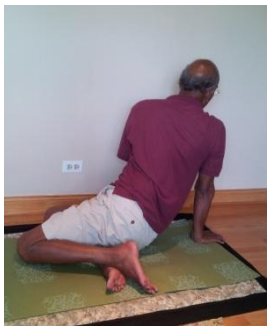
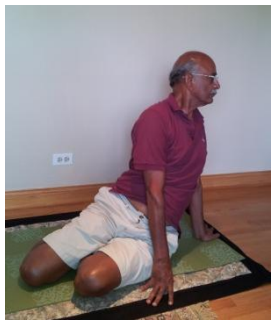
Vakrasana 2: In Dandasana, fold one knee and keep foot on the other side of the other leg's knee. Stretch opposite hand and bring around to catch the big toe.


Ardhmatseyandrasana: In Dandasana, fold one leg and bring heel towards the other side hip. Bend the other knee and keep foot on the other side of the other leg's knee. Stretch opposite hand and bring around to catch the big toe.

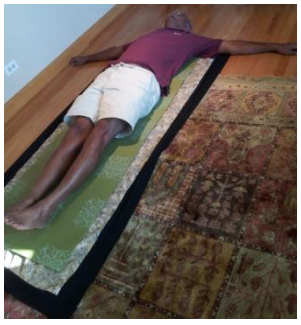
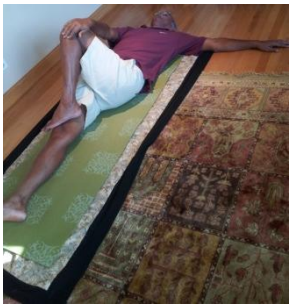



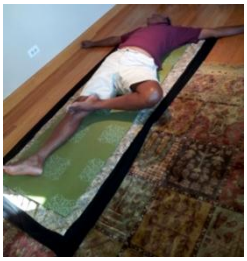
Bharadwaj: Sit sideways. Keep both hands on side-behind, and exhaling twist body back, while keeping both legs and hips on the ground.

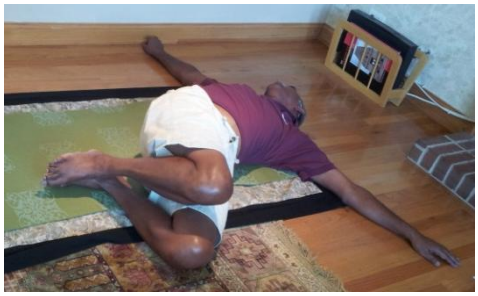
Shava Udarakarshanasana

Lie down on back and keep stretch hands on the side. Bend one knee and place foot over the knee of the other foot. Exhaling, twist spine by bringing the bent knee towards the other side floor and upper body turning opposite with shoulder on the ground. Keep feet together, and try to keep your pelvis on the floor. Inhaling return, and drop the knee on same side towards floor.



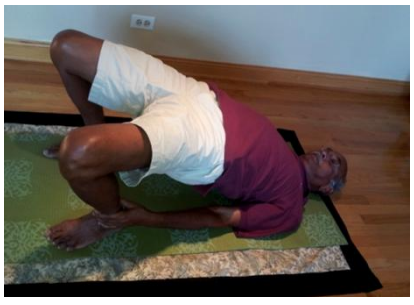
Variation 1: Fold both legs with hands stretched on sides. Twist both knees on one side, and upper body on opposite side. Keep shoulders and hip (as much as possible) on the floor.

Variation 2: Twist one leg over the other and twist spine towards floor with shoulder on the ground and head stretched on opposite side. Repeat on other side.




Kandharasna: Lie on back, bend knees, keep hip distance between knees and heels. Try to hold ankles with hands. Inhaling raise abdomen and on exhaling slowly lower it. Raise your abdomen more by cupping your butt with palms, keeping elbows perpendicular to floor.


Hastapadangustasana- Lie on side, raise the head and support with hand, perched on the elbow. Bend one knee in front of abdomen, catch the toe and straighten it.



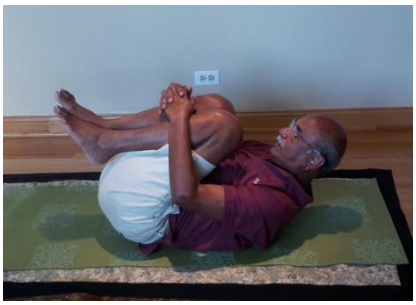


Pawanmukta on side: Exhaling, bring bent knee to chin with head raised. Inhaling, release the pose, take the leg behind towards the hip, and hold with hand. Stretch the other hand up.





Back massage- Lie in Pawanmuktasana- hold both knees towards the chest and rotate the lower back to release stiff muscles



Reverse Plank (see notes above)

Plank on side while resting on elbow. Supporting the body with your hands, lift the hips up and down with body resting on feet. If necessary keep calf on the floor for support.





Variation: Use support of one hand. Keep other hand behind the head.





Nirlambasana: Lie on abdomen, raise your head and relax the back, supporting the head between the hands. Breathe normally, paying attention to your spine.



Bhujangasana: Lie on stomach, hands next to the shoulders and forehead / chin on the floor. Inhaling raise your upper body till your navel and look towards the ceiling. Exhaling return and keep hands on the side.





Dhanurasana: Lie on stomach. Bend knees towards buttocks. Hold feet with hand. Inhaling raise the knees first and then upper body to form a bow pose. Variation: Rock body back & forth.



