

# **Yoga for Stress Management**

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# Hands in & out Breathing

Position: Standing (Tadasana)

- Stretch your arms in front at the shoulder level and join the palms together.
- While inhaling, slowly spread the arms out to the sides
- Exhale, bring them back together
- Repeat this for 5 rounds



# Hand-stretch Breathing

Position: Standing (Tadasana)

- Interlock your fingers, place them on your chest
- Inhale, stretch out your hands
- Exhale, bring them to the chest
- Practice this: Infront of your chest, forehead and over the head, each for 5 rounds

Infront of the chest



Infront of the forehead



Over the head



# Spinal Twisting

Position: Standing (Tadasana)

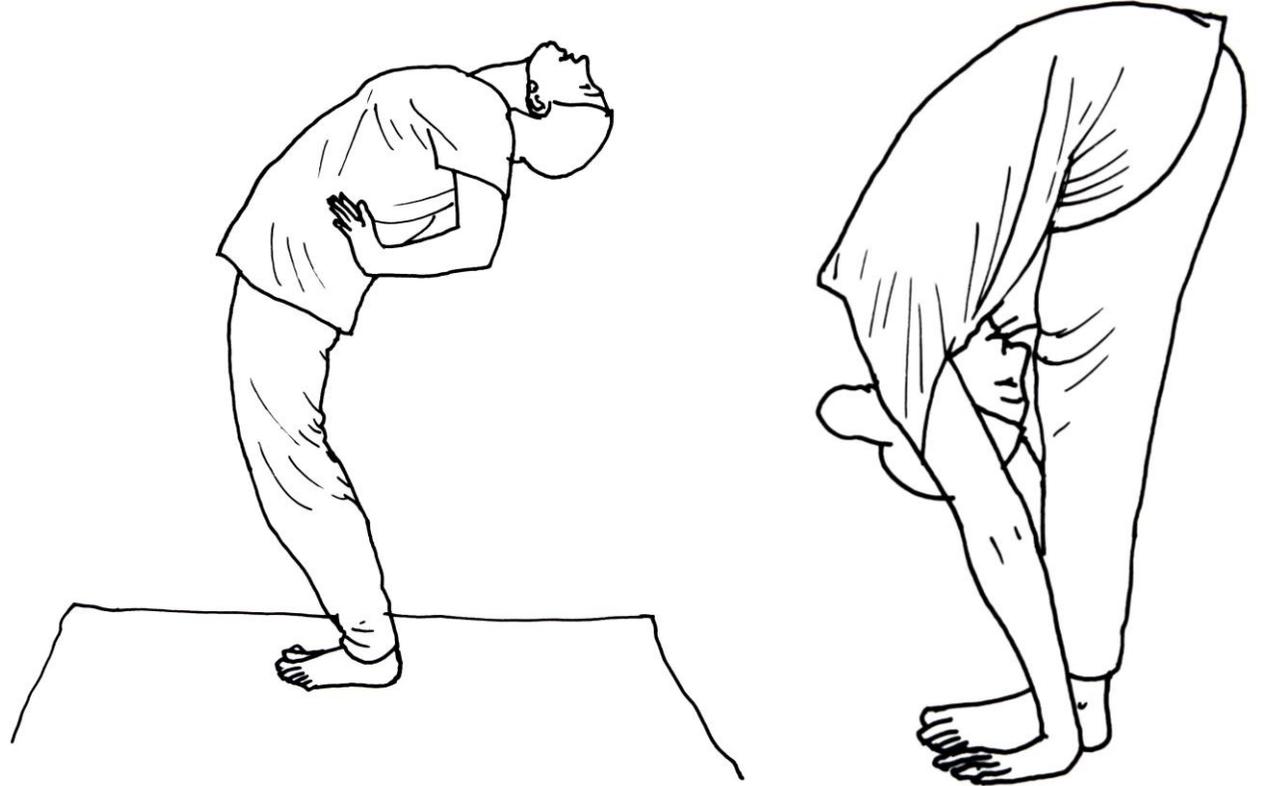
- Stand with your legs 2-feet apart.
- Inhale, stretch your arms in front at the shoulder level
- Exhale, twist along your spine and look towards your right
- Inhale to the centre
- Exhale, twist along your spine and look towards your left
- Practice this for 5 rounds on each side



# Forward and Backward Bending

Position: Standing (Tadasana)

- Take 2 feet distance between your feet
- Inhale and bend back from your lower back while supporting it with your hands
- Exhale bend forwards and try to touch your toes, with knees straight.
- Practice this, each for 5 rounds



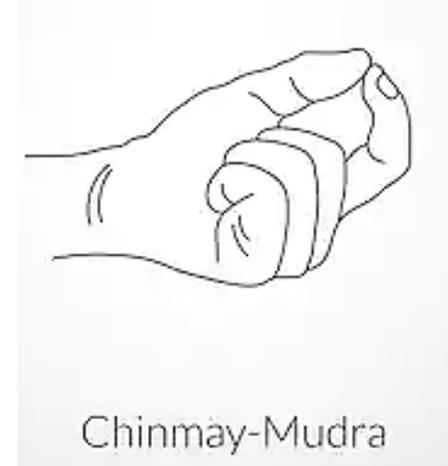
# Sectional Breathing- Vibhagiya Pranayama

Position: Sitting

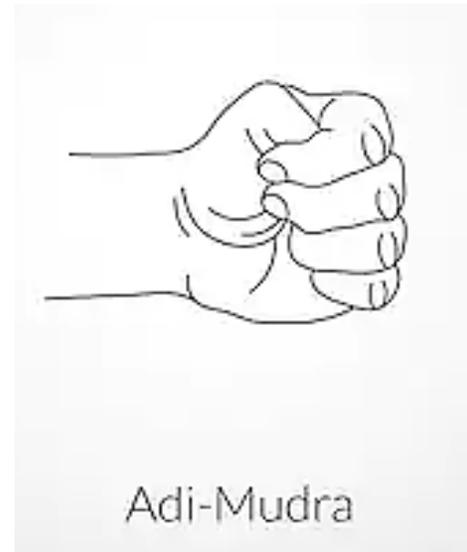
- Hands in *Chin/Chinmaya/Adi* mudra, placed on the thighs
- Inhale slowly for **6 counts**, hold the breath in for **4 counts**
- Exhale for **8 counts**, hold the emptiness of breath for **4 counts**
- Practice this 5 rounds with awareness on lower lobes of lung in *Chin mudra* (6:4:8:4)
- 5 rounds with awareness on middle lobes of lung in *Chinmaya mudra* (6:4:8:4)
- 5 rounds with awareness on upper lobes of lung in *Adi mudra* (6:4:8:4)



Chin Mudra



Chinmay-Mudra

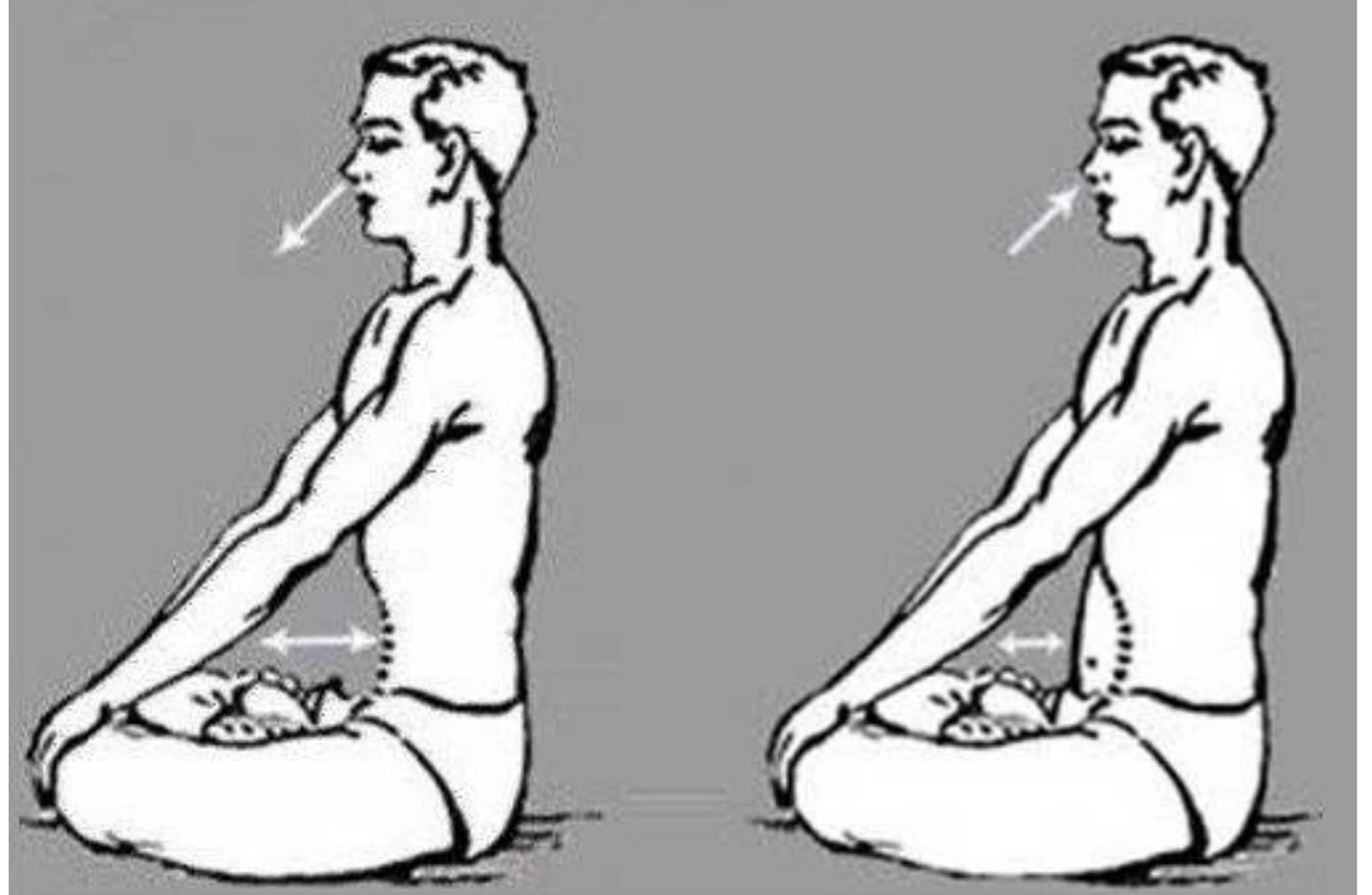


Adi-Mudra

# Kapalabhati Pranayama

Position: Sitting

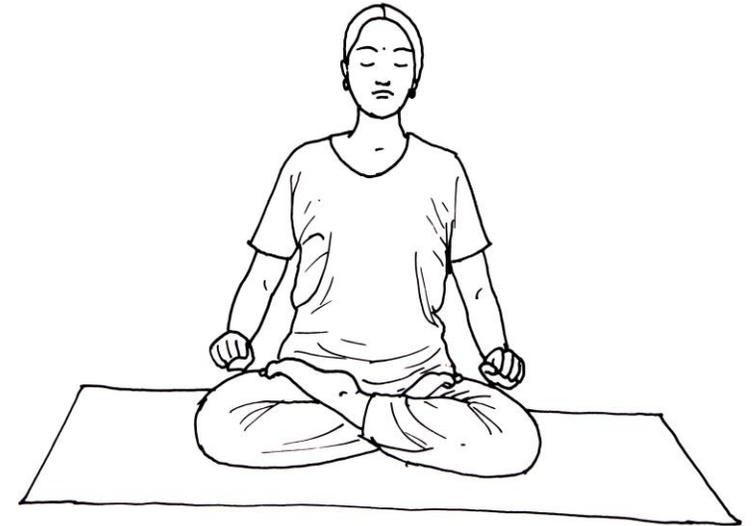
- Hands in *Chin* mudra, placed on the thighs
- Exhale forcefully while flapping the abdomen in
- Practice this 30 rounds/cycle for 2 cycles
- After the practice, close your eyes and observe your breath



# Bhastrika Pranayama

Position: Sitting

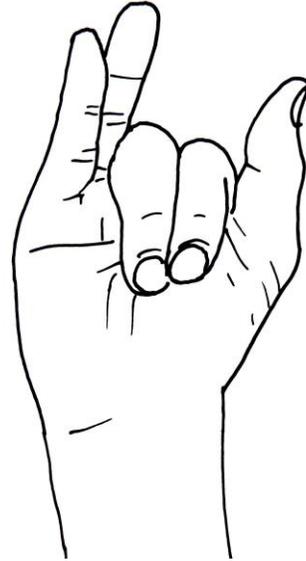
- Make a fist of your hands, place it in front of your shoulders
- Inhale forcefully while throwing your hands up and opening your fists.
- Exhale forcefully while drawing your hands down and closing your fists
- Practice this 20 rounds/cycle for 3 cycles
- After the practice, close your eyes and observe your breath



# Nadishuddhi Pranayama

Position: Sitting

- Left hand in *Chin mudra*, placed on your thigh
- Right hand in *Nasika mudra*, i.e bend your index and middle fingers down
- Inhale from left nostril while closing your right nostril with thumb.
- Close your left nostril with ring and little fingers. Exhale from right nostril
- Inhale from the right nostril. Close the right nostril
- Exhale from the left nostril.
- This completes 1 round. Practice for 9 rounds
- After the practice, close your eyes and observe your breath



# Nadānusandhāna (A-U-M Chanting)

Position: Sitting

- Hands in *Chin* mudra, placed on the thighs
- Inhale deeply, chant 'AAA' as you exhale, awareness on your abdominal region. Perform this for 9 rounds
- Inhale deeply, chant 'UUU' as you exhale, awareness on your chest region. Perform this for 9 rounds
- Inhale deeply, chant 'MMM' as you exhale, awareness on your head region. Perform this for 9 rounds
- Lastly, chant A-U-M in a single breath for 9 rounds.
- Feel the vibrations from abdomen -> chest -> head, as you chant
- After the practice, close your eyes and observe your breath and your mind



# Thank You

Please feel free to send us your feedback

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