

21/Y&N



सत्यमेव जयते  
आयुष मंत्रालय, भारत सरकार  
Ministry of AYUSH, Govt. of India

# Yoga Break at Workplace



5 Minutes  
Yoga  
Protocol

Ministry of AYUSH  
Government of India





To get De-stressed,  
Refreshed and  
Re-focused

S.No	Name of the Yoga practices Total Duration 5 minutes
01.	Tadasana Urdhva Hastottanasana Tadasana
02.	Skandha Cakra Uttana Mandukasana Kati Cakrasana
03.	Ardha Cakrasana Prasarita Padottanasana Deep breathing (3 rounds)
04.	Nadisodhana Pranayama
05.	Bhramari Pranayama Dhyana



# 1. Tadasana Urdhva Hastottanasana Tadasana

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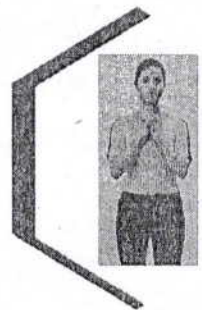
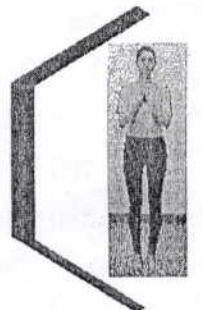
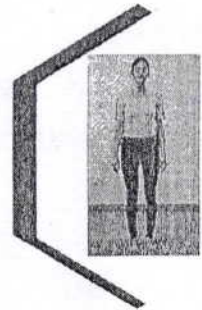
## Caution:

- ✦ Avoid in case of weak leg muscles, varicose veins, migraine and vertigo.
- ✦ Avoid heel raise in case of cardiac illness.

## Starting Position: Alert Posture (Samasthiti)

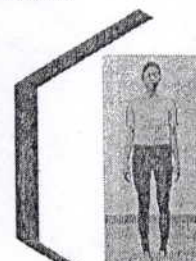
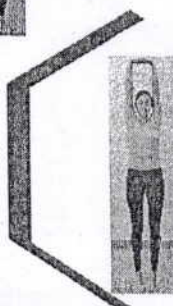
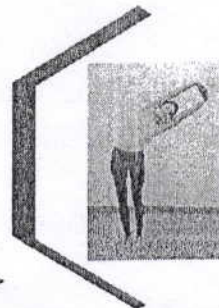
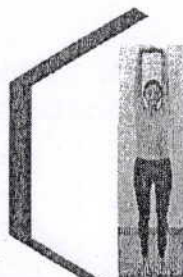
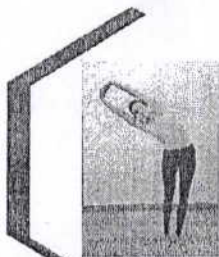
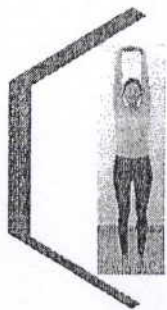
### Technique

- ✦ Stand with feet 2 inches apart.
- ✦ Adopt namaskar mudra.
- ✦ Inter lock fingers, inhale and stretch the arms upwards.
- ✦ Maintain the position.
- ✦ Exhale, bend on right side.
- ✦ Inhale, come back.
- ✦ Exhale, bend on left side..
- ✦ Inhale, come back.
- ✦ Exhale, place interlocked palms on the head.
- ✦ Inhale, stretch the arms and heels up, relax and maintain the position.
- ✦ Exhale, bring the heels down and release the interlock of the fingers come back to starting position.



### Benefits

- ✦ These asanas help in developing stability in the body, clearing congestion of the spinal nerves and correcting faulty posture.
- ✦ These postures help to bring mind-body coordination







## 2. Skandha Cakra Uttana Mandukasana Kati Cakrasana

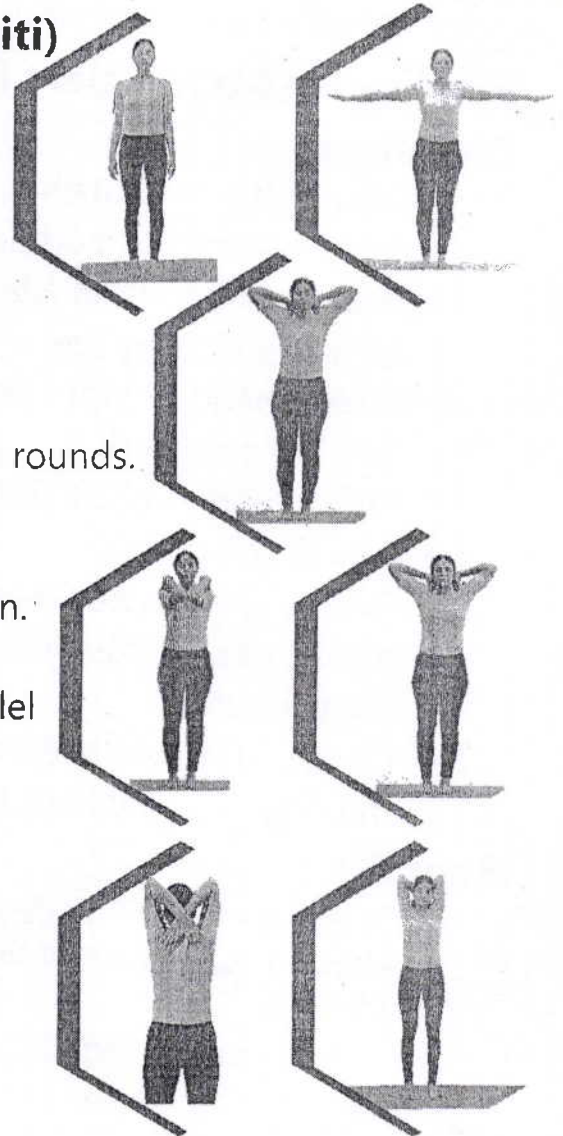
### Caution:

- ✦ Avoid in case of vertigo and chronic shoulder pain, slipped disc and hernia

### Starting Position: Alert Posture (Samasthiti)

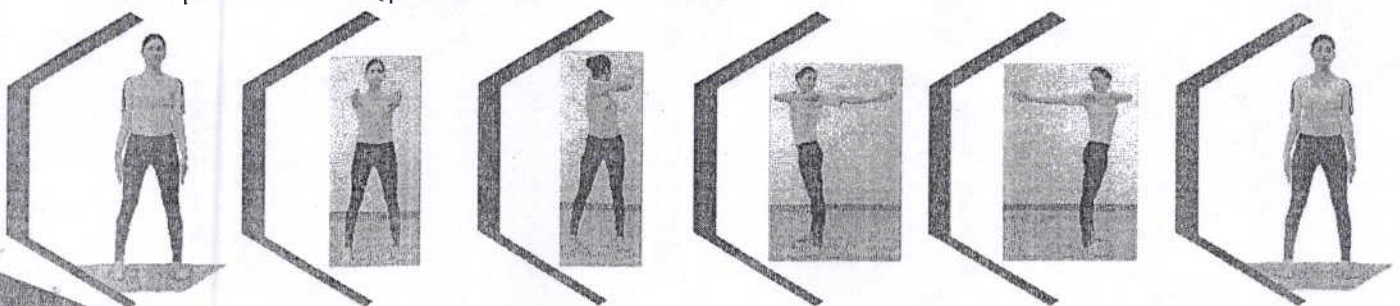
### Technique

- ✦ Stand with feet 2 inches apart.
- ✦ Raise the arms by the side, up to the shoulder level.
- ✦ Place the fingers on these respective shoulders.
- ✦ Rotate both elbows in a clockwise direction for 3 rounds.
- ✦ Do the same in an anti-clockwise direction for 3 rounds.
- ✦ Slide and cross both the arms behind the head. Keep the spine straight and relax.
- ✦ Inhale, stretch the arms, exhale bring them down.
- ✦ Spread the legs 2 feet apart.
- ✦ Raise both the arms to the chest level and parallel to each other.
- ✦ Exhale, twist the body towards the right side.
- ✦ Inhale and come back.
- ✦ Exhale, twist the body towards the left side.
- ✦ Inhale and come back.
- ✦ Exhale, bring the arms down
- ✦ Relax.



### Benefits

- ✦ These practices help to relieve back pain, cervical spondylitis, frozen shoulder and helps in increasing flexibility of spine and waist.
- ✦ These postures help to overcome stress.





### 3. Ardha Cakrasana Prasarita Padottanasana Deep Breathing

#### Caution:

- ✦ Avoid this posture in case of cardiac disorders, spinal disorders, glaucoma, vertigo or a tendency to giddiness.
- ✦ Be gentle with your neck while bending backward.

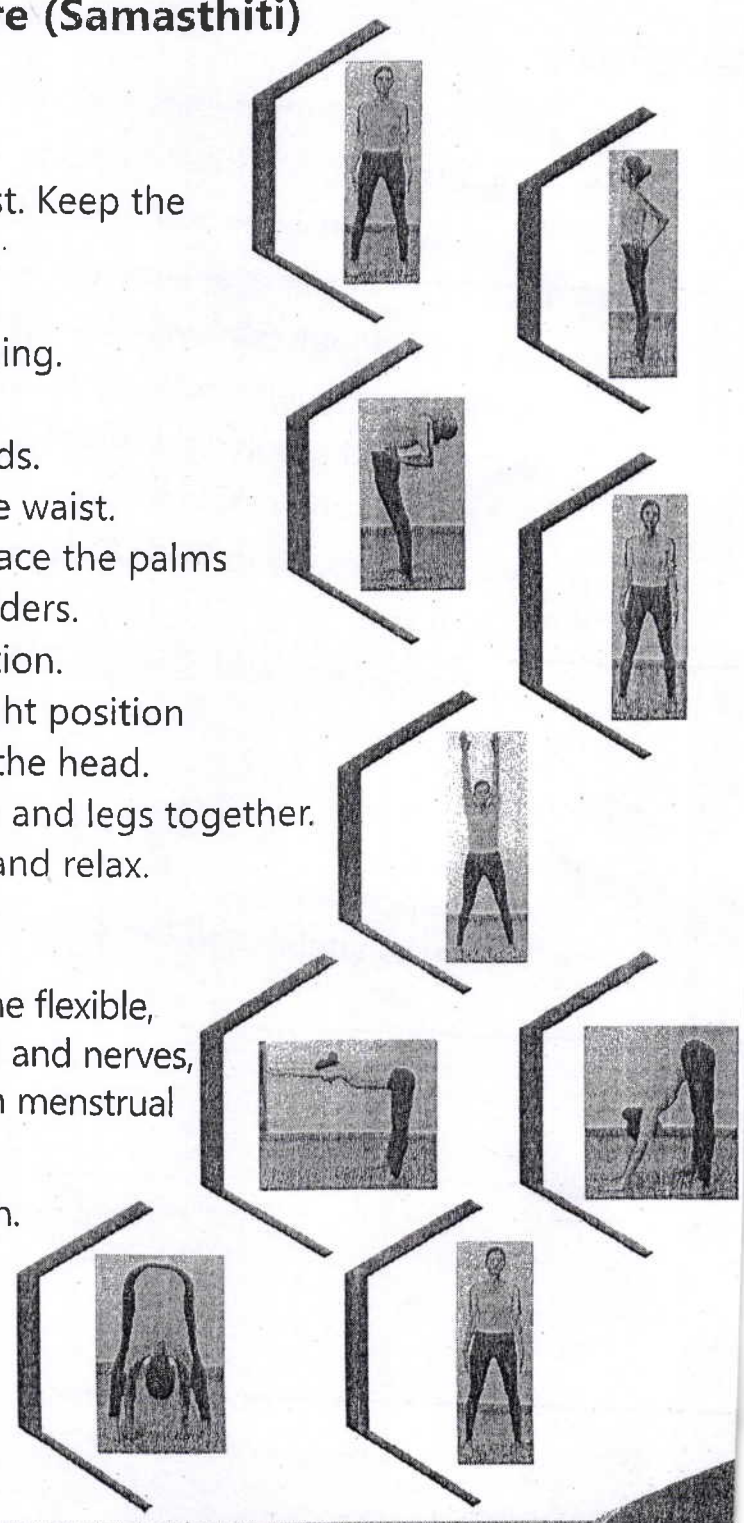
#### Starting Position: Alert Posture (Samasthiti)

#### Technique

- ✦ Spread the legs 2 feet apart.
- ✦ Place the fingers on the waist. Keep the arms parallel to each other.
- ✦ Inhale, bend backward.
- ✦ Maintain with normal breathing.
- ✦ Exhale, come back.
- ✦ Inhale, raise the arms upwards.
- ✦ Stretch up the body from the waist.
- ✦ Exhale, bend forward and place the palms on the floor under the shoulders.
- ✦ Relax and maintain the position.
- ✦ Inhale, come up to the upright position and stretch the arms above the head.
- ✦ Exhale, bring the arms down and legs together.
- ✦ Deep breathing for 3 times and relax.

#### Benefits

- ✦ These practices make the spine flexible, strengthen the spinal muscles and nerves, improve digestion and help in menstrual problems for women.
- ✦ These practices help to refresh.

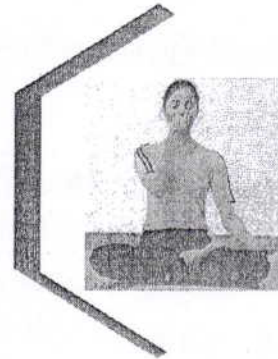


## Alternate Nostril Breathing (Nadisodhana Pranayama)

- ✦ Breath should be slow, steady and controlled. It should not be forced or restricted in anyway.

### Technique

- ✦ Sit in any comfortable posture.
- ✦ Keep the spine and head straight.
- ✦ Place the left hand in Jnana mudra and the right hand in pranayama mudra.
- ✦ Close the right nostril with the right thumb and inhale through left nostril, close the left nostril and exhale through right nostril again inhale through right nostril and exhale through left nostril.
- ✦ This is one round of Nadisodhana Pranayama
- ✦ Repeat.
- ✦ Bring the right hand down in Jnana mudra.
- ✦ Relax



### Benefits

- + Induces tranquillity and helps to improve 'internal awareness' and concentration.
- + Increases vitality and lowers anxiety and stress levels.



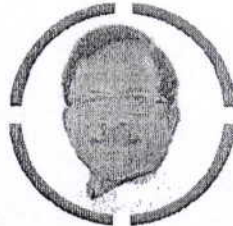
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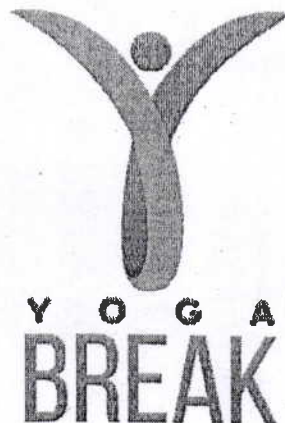


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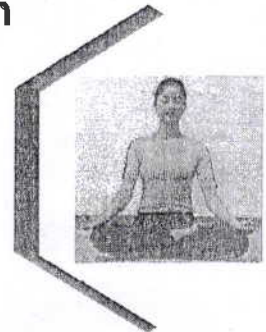


## 5. Bhramari Pranayama Dhyana

**Starting Position: Sit in any comfortable posture with closed eyes.**

### Technique

- ✦ Keep both the feet in Jnana mudra on the respective knees.
- ✦ Inhale deeply, through the nose.
- ✦ While exhaling, make a deep steady humming bee sound.
- ✦ Repeat.
- ✦ Dhyana.
- ✦ Adopt dhyana mudra:
- ✦ Keep back and neck straight and relax.
- ✦ Observe breathing
- ✦ Meditate.



Now join the palms together in Namaskar Mudra, bring the arms down and relax.

### Benefits

- ✦ The practice of Bhramari relieves stress and helps in alleviating anxiety, anger and creates a soothing effect on the nervous system.
- ✦ Meditation helps to keep the mind calm and quiet, increases concentration, memory, clarity of thought and rejuvenates the whole body and mind by giving them proper rest.
- ✦ These practices help to re-focus

Do Yoga  
To De-stress, refresh and re-focus