

## Practical 23



### Balancing Group of Asanas

Balancing group of asanas are group of practice that develops a balanced mind and more mature outlook on life.

#### Aim

To perform the EkaPada Pranamasana.

After completion of this practical, you will be able to perform and demonstrate this practice in appropriate format.

#### Requirements

- Yoga mat – 1

#### Preparation of Yoga classroom

- The room should be clean and well ventilated.

#### Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, wrist watches, belt etc before practice.

#### Method

- Stand upright with feet together. Focus the gaze on a fixed point of the body at eye level and maintain it throughout the practice. This is the starting pose.
- Shift your weight to left foot. Bend the right leg and place the sole of the foot on the inside of the left thigh. Heel should be closer to the perineum and right knee should point out to the side.
- Make yourself balanced and still at this stage, slowly stretch the hands beside the body and place the hands in the prayer pose. If comfortable and balanced then raise the hands above the head.
- Release the pose completely and change the side. Practice it one to two times.
- Breathing – Breath normally throughout the practice.
- Awareness – On a fixed point at eye level and at the eyebrow centre.

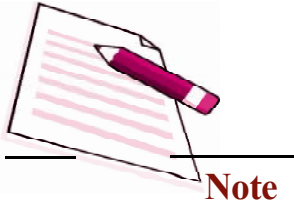
#### Contraindication

Person having varicose veins.



#### Note





**Benefits**

- This belongs to the group of balancing asanas as well as inducing physical balance. It develops a balanced mind.
- It develops concentration, memory, and balance at the emotional, mental and psychic levels.
- It removes stress and anxiety.
- It also strengthens the leg, ankle and foot muscles.

**Effects and Observations**

- Perform this practice as mentioned above for 8 weeks daily and observe the effects

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Back muscles stretch/ compress								
Abdominal muscles compress/ stretch								
Fat reduction								
Body relaxation								
Effects on mental state								

- ✓ or × under physical effect and submit the record.

**Observation**

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**Remarks**

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**(Signature of the Instructor)**



**Note**

