MANIPAL
ACADEMY of HIGHER EDUCATION
(Institution of Eminence Deemed to be University)

YOGA MODULE FOR
DESK-BASED WORKERS

PhD Title

Impact of Yoga on the central and peripheral vascular function and cognitive functions among the desk-based workers

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Title: Impact of Yoga on the central and peripheral vascular function and cognitive functions among the desk-based workers

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1. Surya namaskara

Samasthiti: Stand straight with feet together, arms relaxed by the sides. Vision straight.

Step 1: Inhaling lift both hands upward and join the palms over the head, look up.

Step 2: Exhaling bend forward and keep both palms on the floor by sides of the feet, bend the neck and touch face to the knees. Close the eyes.

Step 3: Inhaling raise the head and look front.

Step 4: Exhaling jump backward on the ground by the help of palms & toes, and keep the body parallel to the ground.

Step 5: Inhaling slide the body forward and lift upper part of the body till navel & look up

Step 6: Exhaling lift the waist up and move the head downward by pressing palms and soles to the ground (heal should touch the floor), look at the naval region. Breathe 5 times.

Step 7: Inhaling jump forward and keep the feet in between the palms and look front.

Step 8: Exhaling touch face to the knees. Close the eyes

Step 9: Inhaling raise the head and slowly stand up and join the palms over the head and look up.

Exhaling bring down the hands on either side of the body and look front to form samasthiti.

2. Swastikasana

Samasthiti: Sit erect on the floor with legs stretched straight. Palms on the floor by the sides of the hips. Look front.

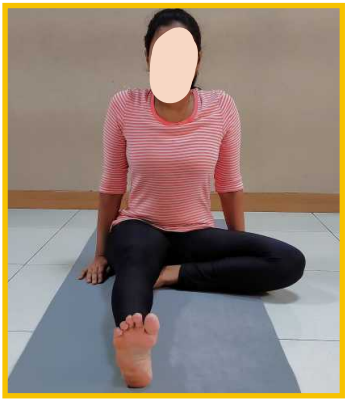
Step 1: Inhale

Step 2: Exhaling bend the left leg. Keep the left foot below the right thigh.

Step 3: Inhale

Step 4: Exhaling bend the right leg, keep the foot on the left leg in between thigh and calf. Hold the chin mudra. Close the eyes and breathe 5 times.

Step 5: Inhaling stretch right leg.

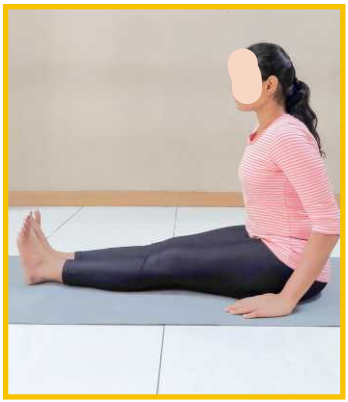


Step 6: Exhale

Step 7: Inhaling stretch the left leg.

Come back to samasthiti

3. Vajrasana



Samasthiti: Sit erect on the floor with legs stretched straight. Palms on the floor by the sides of the hips. Look front. (Figure 3.0)

Step 1: Inhale.

Step 2: Exhaling sit on the heels by taking both the legs back side in one direction. Keep the palm on the thigh. Keep the back, neck, and head straight. Look front. Breathe 5 times. (Figure 3.1)

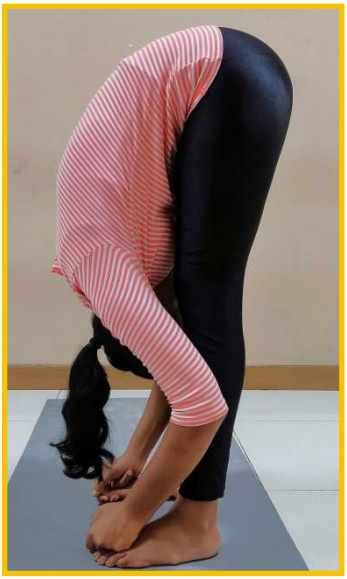
Inhaling bring the legs forward. Back to samasthiti.

4. Padangustanasa

Samasthiti: Stand straight with feet together, arms relaxed by the sides. Vision straight.

Step 1: Inhaling keep the right leg one foot towards right.

Step 2: Exhaling bend forward, hold the toes by both hands thumb, index, and middle finger, touch the face to the knees. Close the eyes. Breathe for 5 times. (Figure 4.2



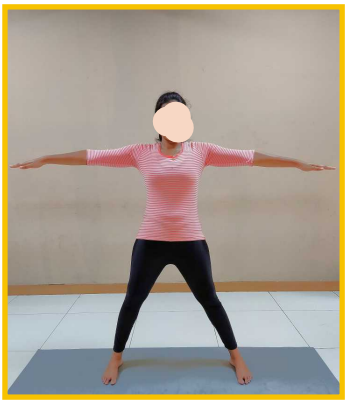
Step 3: Inhaling come up, stand erect and look front. (Figure 4.4

Exhaling join right leg to left to form samasthiti

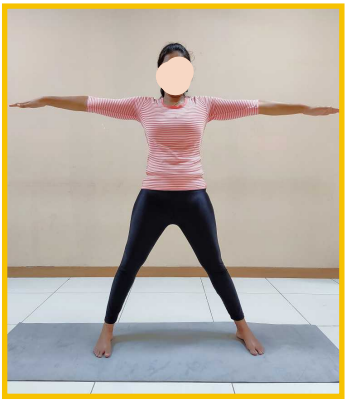
5. Trikonasana

Samasthiti: Stand straight with feet together, arms relaxed by the sides. Vision straight.

Step 1: Inhaling spread the right leg to right side about one leg length and simultaneously spread the hands to both sides up to shoulder level. (Figure 5.1

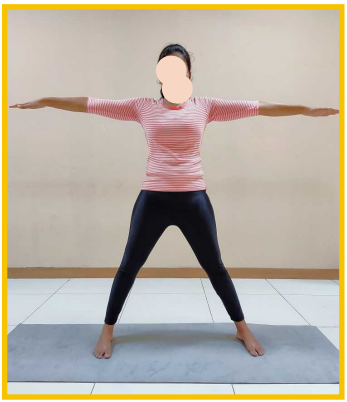


Step 2: Exhaling turn right foot to right side, bend to right side and catch the right big toe by 3 fingers of right hand. Look at the left hand which has moved straight upward.
Breathe 5 times.



Step 3: Inhaling come up, turn right foot to front and keep the hands on both sides up to shoulder level and look front.

Step 4: Exhaling turn left foot to left side, bend to left side and catch the left big toe by 3 fingers of left hand.
Move the right hand straight upward.
Look at the right hand. Breathe 5 times.

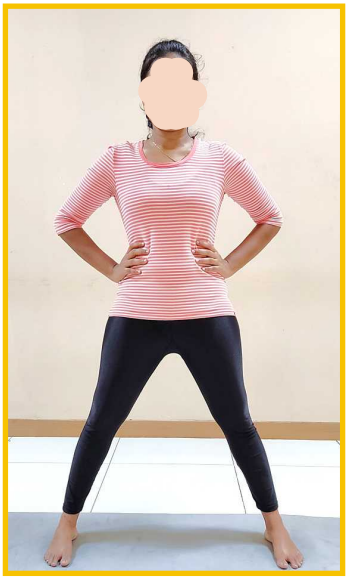


Step 5: Inhaling come up, turn left foot to front and keep the hands on both sides up to shoulder level and look front

Exhaling join the right leg to left to for samasthiti.

6. Prasarita Padottanasana

Samasthiti:
Stand straight with feet together, arms relaxed by the sides. Vision straight. (Figure 6.0)



Step 1: Inhaling spread the right leg towards the right side to one leg distance. Place the hands on the waist. (Figure 6.1)

Step 2: Exhaling bend forward. Keep the palms on the floor in line with the shoulders between the feet. (Figure 7.2)

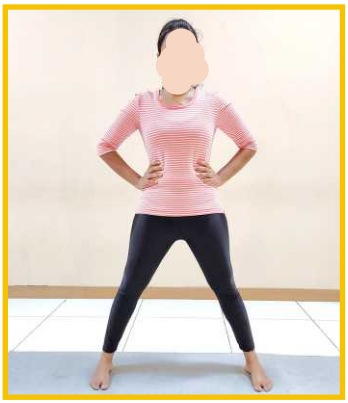
Step 3:
Inhale and simultaneously spread the legs as far as possible. Keep the legs straight. Look front. (Figure 6.3)

Step 4:
Exhaling bend forward, bend the elbow and rest the crown portion of the head on the floor. Both feet, both palms and the head should be in a straight line. Closing the eyes breathe for 5 times. (Figure 6.4)

Step 5:
Inhaling raise the head, straighten the arms and the elbow. Look front. (Figure 6.5)

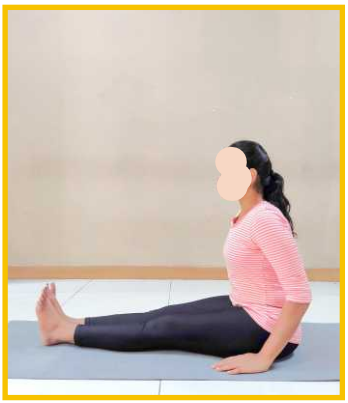
Step 6: Exhaling bring the legs nearer to one leg distance. (Figure 6.6)

Step 7: Inhaling come up to step 1. (Figure 6.7)



Exhaling relax the hands, join the right leg to left come back to samasthiti

7. Paschimottanasana



Samasthiti: Sit on the floor with legs stretched straight. Palms on the floor by the sides of the hips. Look front. (Figure 7.0)

Step 1: Inhale.

Step 2: Exhaling bend forward and catch the big toes with respective hands (thumb, index, and middle finger) and keep the face on the knees. Close the eyes. Breathe 5 times. (Figure 7.1)

Step 3: Inhaling come up, release the hands to form samasthiti.

8. Purvottanasana

Samasthiti: Sit on the floor with legs stretched straight. Palms on the floor by the sides of the hips. Look front. (Figure 8.0)

Step 1: Inhaling keep the palms on the floor on the back side a foot away from the hips. (Figure 8.1)

Step 2: Exhale.

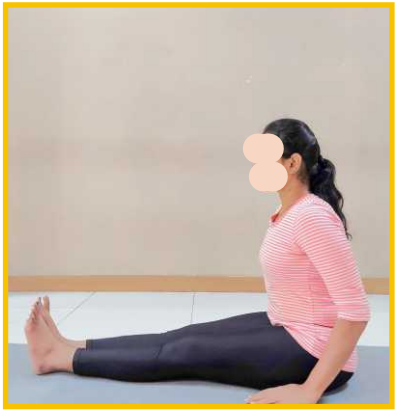
Step 3: Inhaling lift the body off the floor. Keep the soles on the floor and look back. Breathe 5 times. (Figure 8.2)

Step 4: Exhaling come down. (Figure 8.3)

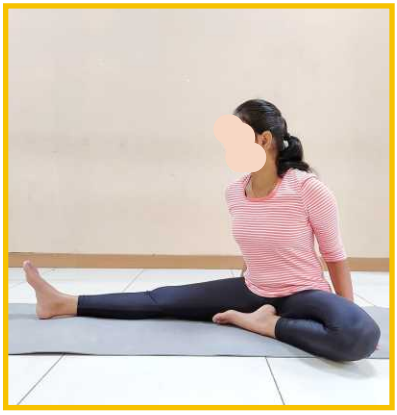
Bring the hands to the sides of the body to form samasthiti.

9. Janushirshasana

Samasthiti: Sit on the floor with both legs stretched straight, palms on the floor by sides of the body. Look front. (Figure 9.0)



Step 1: Inhale.

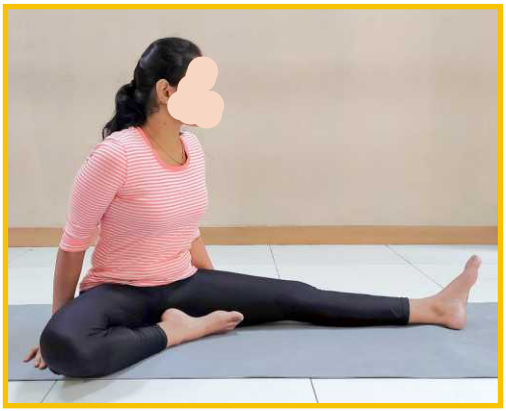


Step 2: Exhaling bend the left leg and keep the heel touching the perineum. (Figure 9.1)

Step 3: Inhale

Step 4: Exhaling bend forward, catch the right big toe with both hand's thumb, index, and middle finger. Keep the forehead on the right knee. Close the eyes. Breathe 5 times. (Figure 9.2)

Step 5: Inhaling raise the head, release the hands and left leg. (Figure 9.3)



Step 6: Exhaling fold the right leg and keep the heel touching perineum. (Figure 9.4)

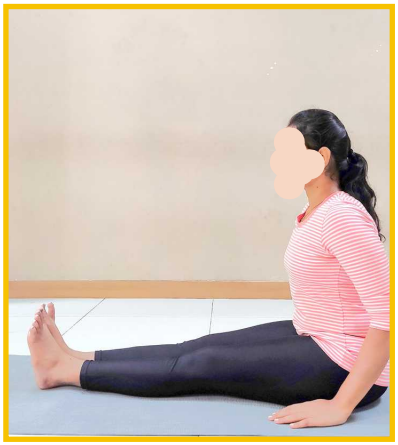
Step 7: Inhale.

Step 8: Exhaling bend forward and hold the left big toe with both hand's thumb, index, and middle finger. Keep the forehead on the left knee. Close the eyes. Breathe for 5 times. (Figure 9.5)

Step 9: Inhaling come up, release the hands, stretch the right leg and come back to samasthiti.

10. Navasana

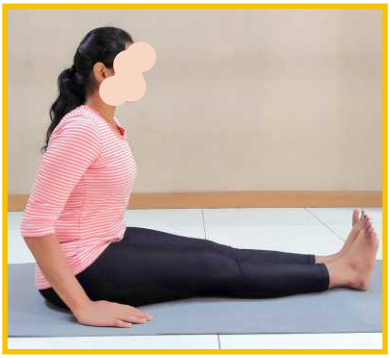
Samasthiti: Sit on the floor with both legs stretched straight, palms on the floor by sides of the body. Look front. (Figure 1.0)



Step 1: Inhaling lift both legs up balancing on the buttocks. Keep the toes in line with the head and hands parallel to the ground. Look front. Breathe for 5 times. (Figure 10.1)

Exhaling bring legs down to form samasthiti

11. Ardha Matsyendrasana



Samasthiti: Sit on the floor with both legs stretched straight, palms on the floor by sides of the body. Look front. (Figure 11.0)

Step 1: Inhale

Step 2: Exhaling insert the left foot below the right thigh. (Figure 11.1)

Step 3: Inhaling fold the right leg knee facing up. (Figure 11.2)

Step 4: Exhaling keep the right foot outside the left knee so that ankle and knee should be in the same line. (Figure 11.3)

Step 5: Inhale

Step 6: Exhaling bring the left hand outside the right knee and hold the right big toe by left hand. Take the right hand back and touch the left thigh. Look back from right side. Breathe 5 times. (Figure 11.4)

Step 7: Inhaling turn to front and release both the hands and keep the right leg to right side. (Figure 11.5)

Step 8: Exhaling stretch the right leg. (Figure 11.6)

Step 9: Inhaling stretch the left leg. (Figure 11.7)

Step 10: Exhaling insert the right leg below the left thigh. (Figure 11.8)

Step 11: Inhaling fold the left leg knee facing upward. (Figure 11.9)

Step 12: Exhaling keep the left foot outside the right knee. (Figure 11.10)

Step 13: Inhale

Step 14: Exhaling bring the right hand outside the left knee and hold the left big toe by right hand, take the left hand back and touch the right thigh. Look back from left side. Breathe 5 times. (Figure 11.11)

Step 15: Inhaling turn to front and release both the hands and keep the left leg to the left side. (Figure 11.12)

Step 16: Exhaling stretch the left leg. (Figure 11.13)

Inhaling stretch the right leg. Back to samasthiti. (Figure 11.14)

12. Pavanamuktasana

Samasthiti: Lie flat on the back on the ground. (Figure 12.0)

Step 1: Inhale

Step 2: Exhaling bend the right leg, bring it on the chest, hold the leg by both hands. (Figure 12.1)

Step 3: Inhaling lift the head up, touch nose or forehead to the knee. Close the eyes. Breathe 5 times. (Figure 12.2)

Step 4: Exhaling keep the head down on the ground. (Figure 12.3)

Step 5: Inhaling extend the right leg. (Figure 12.4)
Repeat the same steps on left leg & both legs also

13. Makarasana

Procedure: Lie on the abdomen,
keep the palms one over the other,
rest your head on the palms to one side.
Keep the legs 3 feet apart. Close the eyes.
keep the mind Relaxed and
continue this pratice for 1 minutes. (Figure 13.0)

14. Dhanurasana

Samasthiti:
Lie down on the floor on the stomach facing downwards. (Figure 14.0)

Step 1: Inhale

Step 2: Exhaling bend the knees. Stretch the arms back and hold the ankle with respective hands. (Figure 14.1)

Step 3: Inhaling lift the legs, and head and chest up. Look up. Breathe 5 times. (Figure 14.2)

Step 4: Exhaling come down. (Figure 14.3)

Inhaling release the hands and legs, come back to samasthiti.

15. Uttanapadasana

Samasthiti: Lie flat on the back. (Figure 15.0)

Step 1: Keep the palms on either side of the head. (Figure 15.1)
Inhaling lift the head and chest arch it by stretching the neck and moving the head back until the crown of the head rests on the floor. (Figure 15.2)

Step 2: Exhaling bring the hands forward and join the palms.

Step 3: Inhaling lift both the legs up until 45° to 50° from floor (parallel to the hands). Look back. Breathe for 5 times. (Figure 15.3)

Step 4: Exhaling bring down the legs.

Step 5: Inhaling keep the palms on the floor on either side of the head. (Figure 15.4)

Exhaling keep the head on the floor and release the hand. (Figure 15.5) Back to samasthiti.

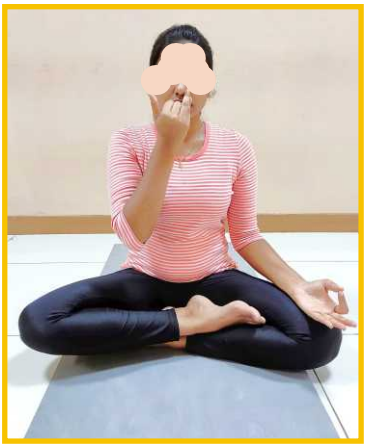
16. Anulomaviloma Pranayama

Preparation: Sit in Swastikasana, and use mrigi mudra for pranayama. (Figure 16.0)

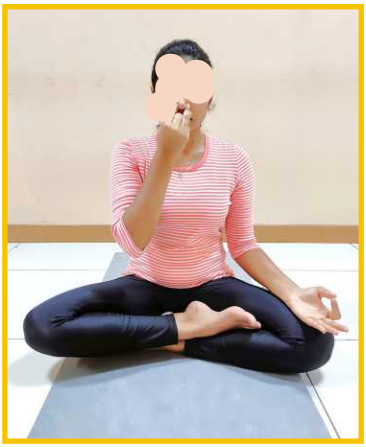
Step 1 : Close the right nostril by thumb. (Figure 16.1)

Inhale slowly and deeply through the left nostril and close the left nostril by ring and little finger. (Figure 16.2)

Step 2: Exhale slowly through the right nostril by releasing the thumb. (Figure 16.3)

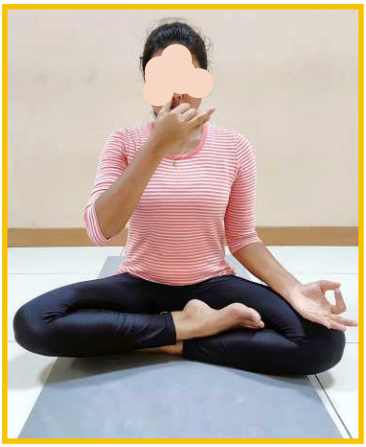


Step 3: Inhale slowly and deeply through the right nostril (there itself) (Figure 16.3).



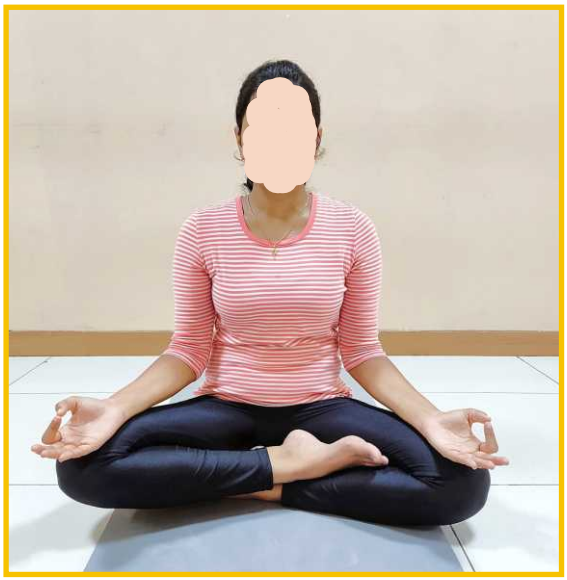
Close the right nostril by thumb (Figure 16.4).

Step 4: Exhale slowly and deeply through the left nostril (By releasing the ring and little finger). (Figure 16.5)



This is one round of Anulomaviloma pranayama.
Repeat the same for 21 times.

17. Bhramari Pranayama



Preparation: Sit in Swastikasana, keep the palms in chin mudra on the respective knees, close the eyes. (Figure 17.0)

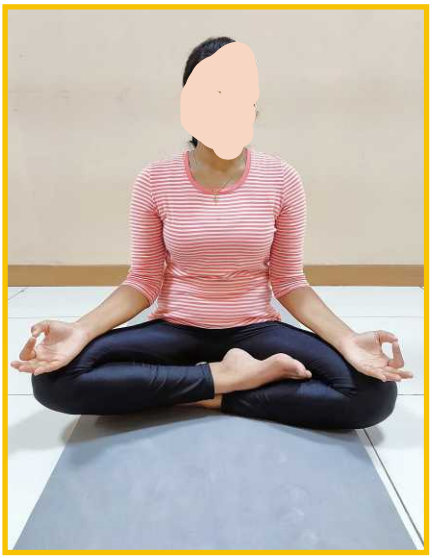
Method: Slowly inhale and while exhaling produce honey bee sound ('m' sound).
Repeat this for 10 times.

18. Shavasana

Procedure:

Lie down flat on the ground, hand on the floor palm facing up, and keep the legs about 3 feet apart, close the eyes. Breathe normally and keep the mind relaxed. Continue this practice for 5 mins. (Figure 18.0).

19. Meditation (So-ham)



Preparation:
Sit in Swastikasana, keep the palms in chin mudra on the respective knees. (Figure 19.0)

Method:
Close the eyes and breathe normally.
Inhaling mentally repeat “so” and while exhaling repeat “ham”.
Keep the concentration throughout the practice.
Continue the practice for 5 minutes.

Thank you