

Warming yoga poses for cold winter days

This Winter Season specially intended to make your winter healthy and happy. While you're at it, please note that yoga is not just a form of physical training and meditation; rather, it is a lifestyle and philosophy as well this winter take up the practice of dynamic yoga, rather than hold poses for long amount of time.

- ❖ In winter, it's always better to practice Yoga indoors, and remember to do proper warming up exercises. This way you'll maintain your health, end up with a calm mind and plenty of energy.
- ❖ While indoors, do plenty of Surya Namaskar (Sun Salutations). This will help you keep warm, flexible and increase your energy as well as keep your body stretched and nimble.
- ❖ Do lots of Chest Breathing. Sit in any meditative posture; say Sukhasana (the Easy Pose), Vajrasana (Warrior Pose) or Padmasana (the Lotus Pose) with hands on your knees. Take slow, deep breaths, let your chest expand and contract as much as possible. Do this 10 - 15 times.
- ❖ Stretch that spine with some Yogic Exercises. Stand with both feet apart. Now stretch both hands above your head, then inhale and start to bend backwards from your waist. Next, with an exhalation, bend forward. Do this also 10 - 15 times. Caution: those suffering from lower back problems must avoid bending forwards.
- ❖ Do plenty of limbering up exercises and stretches. By this, we literally mean, For the Limbs. All standing, stretching Yoga poses such as Trikonasana (Triangle Pose), Tadasana (Mountain Pose), Utthita Trikonasana (Reversed Triangle Pose), sitting poses such as Paschimottanasana (Seated Forward Bend), inverted postures like Viparita Karani (Legs Up the Wall, Inverted Pose), prone poses such as Bhujangasana (Cobra Pose), Chakrasana (Wheel Pose), Dhanurasana (Bow Pose) and Shalabhasana (Locust Pose) will help a lot. Practice some rigorous, sweat-generating Yogic exercises aimed at weight loss and stretching, while toning up the internal organs as well. These poses will bring down stress, increase their life span, develop more calmness, and have more harmony strength, and balance in their lives.
- ❖ Do lots of pranayamas (Yoga breathing exercises). The best for the season is Surya Bhedana (Right Nostril Breathing). This constitutes one round; you should be doing at least 5 rounds a day.
- ❖ This is a great time to start some meditation. Together with Sattvic (pure and light, predominantly vegetarian) diet, warm up exercises, Yogasanas and pranayama (breathing techniques), some Yogic meditation help you

immensely. They will give you lots of much-needed spiritual energy to last you the rest of the year.