



YOGIC POSTURES AND MOBILITY

Why it is important to stretch our posterior body

Most people spend most of their waking hours in an upright position. This often causes the spine to become compressed and the ligaments on the posterior body become shortened and tightened.

To have a good posture and balance, the ligaments should be long and elastic. Aging is one of the causes of tightening and shortening of the ligaments. Incorrect posture without proper exercise speeds up this process, rendering the body immobile, often accompanied by pain and discomfort.

With proper yoga exercises, ligaments elasticity can be kept even at an advanced age. One of the primary goals of asanas (yogic posture exercises) is to bring about and maintain maximum flexibility of the body. Sitting forward bend (Paschimottasana) is one of the postures that serves this purpose.

Swami Sivananda's
Mahasamadhi
July 14

Check out the new
time-slot for
Beginner 1, Open,
Advanced & Headstand
Class

JULY EVENT

- ◆ Your Body Type & Diet In Ayurvedic Perspective
- ◆ Neti Cleansing Workshop

Paschimottasana *Sitting Forward Bend*

Forward Bend is a boon for many of the typical postural problems related to modern life, whereby a lot of the body's major muscles have become shortened due to stress, lack of exercise and bad postural habits, such as spending so much time sitting on chairs.

By restoring flexibility to all the posterior (back) muscles of the body, Forward Bend prevents and alleviates many types of muscular tension in the back and helps to correct an exaggerated lower back curve. It also lengthens the lower back muscles and hamstrings, improves postural alignment and reduces nervous tension in the body.

The efficiency of the Forward Bend stretch depends mostly on keeping your legs straight and on the proper position of all the toes, which must be pulled towards you and stretch the spine straight up before lowering the body into the pose.

1.



Sit on your mat with both legs stretched in front of you, flex your feet.

2.



Inhale, stretched both arms up, lengthen your spine up towards the ceiling.

3.



Exhale, and start to bend forward from the lower back, extending from the hips.

4.



Bend forward until your hands reach either your calves, ankles or feet, and reach your head and spine forwards as much as possible .

Allow your elbows to hang loose to release tension in your neck and shoulders; aim to keep your upper back, neck and head all in one line; and breathe slowly and deeply. Stay in the posture for about 1 minutes before lifting the arms again do the reverse motion and then relaxing them on an inhalation.

Adap- tation

A.



B.



For Beginners who can't bring their abdomen all the way down touching thighs, practice adaptation to slowly get into the correct pose.

Keep spine straight, upper back, neck and head all in one line, slowly exhale to progress.

JULY EVENT

Your Body Type & Diet In Ayurvedic Perspective

Date:

Saturday, 12 July 2008

Time:

2.00-3.00pm

Fee:

\$5,- / person

Sivananda Centre's students is free



RSVP:

Janaki 98386704 or Sumukhee 90679100
or email to info@sivananda.com.sg

Topic covered:

+Basic Ayurvedic Principles

+Doshas (Your Body Type)

- +Basic Ayurvedic Principles
- +Doshas (Your Body Type)
- +Diet base on your Doshas
- +Ayurvedic Treatments base on your Doshas

About the speaker:

Dr.J.Nirubha, Director and Consultant Physician at Global Ayurvedic Centre, 424 Race Course Rd, Singapore.

Educational Qualification:

- BAMS (Bachelor Of Ayurvedic Medicine and Surgery 1994 to 2000- 5.5 year professional course).
- M.G.R. Medical University, India. Reg no: AA26927 Tamilnadu Board of Indian Medicine.

Professional Experience:

- Worked as Consultant Physician at Gift of Nature Ayurvedic Centre In Singapore for 2 years.
- Ayurveda College Hospital and Arya Vaidya Chikitsalayam at Coimbatore, India for 1 year.
- Participated in free medical camps, at Several rural areas in Tamilnadu, India

Other Experience:

- Involved in study of literature to consolidate the effects of herbs on selected Ayurvedic medicine.
- Regular Columnist for Where Health Begins magazine From July 2002 to December 2004.
- Written health articles for Eat Magazine, Shape Magazine, Etc.
- Done seminar on Ayurveda in NUS.
- Given presentation about Ayurveda to STB Singapore.
- Given promotional talk regularly in 96.8 on Ayurveda.
- Appeared on Channel 5 TV show to talk about medicinal value of different flowers.
- Appeared on Vasantham Central TV program- HELLO DOCTOR.

Neti Kriyas Workshop

Yogic Cleansing : natural ways to keep us breathe freely without disruption of sinusitis or asthma

Date:

Saturday, 26 July 2008

Time: 2.00-3.00pm

Fee: \$20 (additional \$10 for Neti pot and string)

RSVP: Janaki 98386704 or Sumukhee 90679100
or email to info@sivananda.com.sg



Topic covered:

- +Kapalabhati (forcing exhalation with abdominal pumping)
- +Anuloma Viloma (alternate nostril breathing)
- +Jala Neti (Nasal cleansing with water)
- +Sutra Neti (Nasal cleansing with string)
- +Tongue cleaning

Who should attend:

Anyone with awareness of quality breathing with clean/unblock nasal passage and lungs; People who suffer from sinusitis or asthma.

PS: Bring your own Neti pot and string if you have one.

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Class Schedule							
Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
10.00 - 11.15 am		Beginner 2		(coming soon) Beginner 1		10.00 - 10.45am Meditation FREE	Beginner 1
11.00 - 12.15 pm						Open	11.30 - 12.45pm Open
12.00 - 1.15 pm		Intermedi-ate		(coming soon) Beginner 1			
12.30 - 1.30 pm						Headstand	
3.00 - 4.15 pm			(August) Kids		(coming soon) Beginner 2	2.00 - 3.00pm Event	
4.30 - 5.45 pm			Gentle		Pre-natal		
6.30 - 7.45 pm	Intermedi-ate	Beginner 2	Open	Beginner 2	Beginner 1		
8.00 - 9.15 pm	Beginner 2	Beginner 1	Intermedi-ate	Beginner 1	Advanced		

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Serve, Love, Give, Purify, Meditate & Realize

