



3

STHULA VYAYAMA

Loosening exercises Sthula Vyayama in Sanskrit are a set of practices intended to increase mobility of joints and to prepare for the practice of yoga postures. It has also been named the locomotive exercise because the movement resembles that of locomotive. The techniques involve repetitive movements of all the joints from the toes up to the neck. It benefit all the organs and all parts of body.



OBJECTIVES

After studying this lesson, you will be able to:

- perform yogic practice to loosen the various joints in the body;
- develop efficiency in flexing the spine, through repeated stretching and relaxing of different muscles;
- control lethargy and tardiness in the body; and
- develop the stamina of the body.



3.1 STHULA VYAYAMA OR LOOSENING EXERCISES

Sthula means loosening and Vyayama refers to exercise. Sthula Vyayama are a series of exercises that help loosen the different part of the body and prepare it for yogic exercises involving spinal movements of :

- forward bending
- backward bending
- lateral bending
- revolving or twisting
- lengthening and stretching of spine.

You have already gone through the initial guidelines for breathing practices in initial/earlier chapters. In this chapter you will learn more about yogic practices which will help you to be more flexible. These are:

- Jogging, Mukhadhauti
- Backward and forward bending
- Twisting
- Side bending

Some special tips for you as a beginner:

- i. Practice the exercises stepwise.

- ii. Count the steps slowly and perform the same with attention.
- iii. Check the performance of each step before increasing the speed.
- iv. Learn to synchronize each step in a group.
- v. Increase the number of repetitions depending upon on your capacity.


Notes

3.2 JOGGING

It is a form of physical exercise of running at a steady, gentle pace. Following stages will help you to understand how to start and proceed while you do this yogic practice.

Stithi: Tadasana

Procedure :

- Make loose fists of your hands and place them on the chest.
- Shrug and relax your shoulders.

Stage I: Slow Jogging

- Start Jogging on your toes slowly.
- Jog about 20 times.
- As days go by, gradually increase this to 100 times.



Stage II: Backward Jogging

- Lean a little forward and increase the speed of jogging gradually.
- Start hitting the buttocks with the heels.



Fig. 3.1

- Repeat this process 20 times at your maximum speed.
- Then gradually slow down the speed.
- Do not stop.
- Continue and move on to slow jogging for at least 10 times.

Stage III: Forward Jogging

- Lean backward a little and now as you increase the speed again, try to raise the knees higher and higher.
- Raise the knees forwards to reach the chest level.
- Repeat 20 times at your maximum speed.



Fig. 3.2

Notes



- Slow down the practice, coming back to the stage of slow jogging again.
- Continue slow jogging for a few rounds to a count of 10 times.

Stage IV: Side Jogging

- Gradually increase the speed of jogging raising the heels sideways.



Fig. 3.3

CLASS-I**Notes**

- As the speed increases bring the heels as close as possible to the elbows.
- Repeat this movement 20 times at your maximum speed.
- Gradually slow down to come back to slow jogging stage.
- Keep jogging a few more rounds (10) and finally stop the practice. Some points to keep in mind.
- Increase the speed of jogging gradually and not too quickly.
- Try not to stop at any stage of the practice until you have completed all the 4 stages of jogging.
- Keep the fists on the chest throughout the practice.

3.3 MUKHA DHAUTI

- Bend forward and place the palms on the respective thighs keeping the arms straight.
- Inhale through the nose and exhale through the mouth.



Fig. 3.4

- While exhaling blast out the air forcibly through the mouth.
- Then, stand in Tadasana and relax for a while.


Notes**Benefit**

- Exhalation in Mukha Dhauti relieves the strain of jogging and jumping.
- It helps to expel the carbon dioxide from the lungs, making you feel fresh and energetic.

**DO YOU KNOW**

Shitilikarana Vyayama are practices which help in loosening the joints and prepare the joints to move forward to Asana practices

**INTEXT QUESTIONS 3.1**

1. During slow Jogging, you should jog on your toes.....
2. During forward jogging raise your knees forward up to.....
3. Exhalation in Mukha Dhauti relieves the of strain of..... and
4. During the process of exhalation.....is expelled from the lungs.



3.4 BACKWARD AND FORWARD BENDING

Sthiti: Tadasana

Procedure

- Stretch the arms straight above the head with the palms facing outward.
- Inhale and bend backwards with arms stretched above the head.
- While exhaling, bend forward as much as possible.
- While inhaling come up and bend backwards and go on rapidly to forward bending with exhalation.
- Repeat 20 times and keep increasing the speed.
- Gradually slow down and ultimately stop the practice.

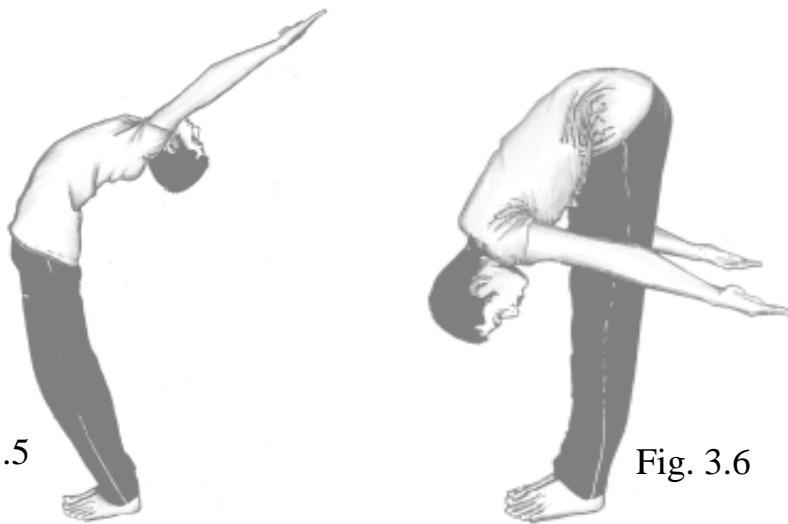


Fig. 3.5

Fig. 3.6

While performing backward and forward bending, you should keep in mind the following points:

- Start slowly and gradually increase the speed. Never exceed your limit.

- You may also practice this while standing with legs apart with the arms moving between the legs.
- While bending forward, do not let the hands touch the ground; swing them in the air backwards.
- Always bend from the lower waist.
- Ensure that the movements are free, easy and in a flowing manner.


Notes

3.5 TWISTING

After jogging backward and forward bending, the next important practice is Twisting.

Sthiti: Tadasana

Procedure

- Spread the legs about one meter apart.
- Raise the hands sideways parallel to the ground while inhaling.



Fig. 3.7

CLASS-I**Notes**

- Keep the legs firm on the ground and twist to the right, keeping the right hand straight all through the twist.
- Simultaneously twist the neck and look at the tip of the fingers.
- Bend the left hand at the elbow to bring the hand close to the chest.
- Come back while inhaling.
- Repeat the same on the left side.
- Gradually increase the speed to reach your maximum capacity.
- Repeat 10 to 20 rounds.
- Slow down the speed and stop the practice.
- Relax in Tadasana

Points to keep in mind :

- All twisting should be above the waist level. Keep the body below the waist, straight and firm.
- Do not bend the knees.

3.6 SIDE BENDING

Sthiti: Tadasana

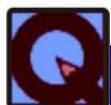
Procedure

- Keep the legs about one meter apart.
- Raise the hands sideways parallel to the ground while inhaling.
- Bend to the right till the right hand touches the right heel while exhaling.
- Look at the palm of the left hand raised above. Come up with inhalation.

**Notes**

Fig. 3.8

- Repeat 4 or 5 times to the right and left side alternately.
- Relax in Tadasana.



INTEXT QUESTIONS 3.2

1. During backward and forward bending practice,.....and backwards with arms stretched above the head.
2. All twisting practice should be above level.
3. Always keep legs about apart while practicing side bending.



WHAT HAVE YOU LEARNT

You learnt Sthula Vyayama or loosening exercises and how to practice these exercises. It is important to understand that these exercise makes you flexible, increase the mobility of the joints and prepares for yogic Asanas involving spinal movement like:

- forward bending,
- back ward bending,



- lateral bending,
- revolving or twisting, and
- Lengthening and straightening the spine.



TERMINAL QUESTIONS

1. What is Sthula Vyayama? What is the technique of this practice?
2. How performing Mukha Dhouti after jogging helps you?
3. Which are the five spinal movements for which Sthula Vyayama prepares you?



ANSWERS TO INTEXT QUESTIONS

3.1

1. Slowly
2. Chest level
3. Jogging and Jumping
4. Carbon-di-oxide

3.2

1. Inhale and bend
2. Waist
3. One meter