

## **CLASS-VIII**

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## 8

# YOGA PRACTICES FOR ANGER MANAGEMENT-II

In previous lesson you have learnt about various practices under Sukshma Vyayama and Asana to control anger. These practices help us to overcome with anger and also keeps us calm and relaxed. It also improves the flexibility of muscles. In this lesson, we will learn about Breathing Practices, Pranayama, Kriyas, Bandhas, Mudras and Meditation which calms you down and also helps in appropriate expression of anger



## OBJECTIVES

After studying this lesson, you will be able to:

- explain Breathing Practices;
- demonstrate Pranayama;
- describe various Kriyas and
- demonstrate Bandhas and Mudras.



## 8.1 BREATHING PRACTICES

Breathing Practices are to normalize the breathing rate, and to make the breathing uniform, continuous and rhythmic. The Practices include Hands Stretch breathing, straight leg raise breathing and Shashankasana Breathing. It also helps to improve concentration and calms down the mind.

### **Sthiti (initial) and Relaxation postures for all Breathing practices and Asanas**

Sthiti: Initial standing posture -Tadasana

- Stand erect with feet close together.
- Place the hands along the thighs with fingers stretched out.
- The legs, trunk and the head are aligned in a straight line.
- Close the eyes and observe the balance

Standing Relaxation Posture - Sithila Tadasana

- Stand erect with legs about six to twelve inches apart, hands hanging freely by the side of the body with the shoulders collapsed.
- Make sure that the body is completely relaxed.
- Gently close the eyes.

Sthiti (Initial) for Supine Posture

- Lie down on the back with legs together.

- Stretch the hands straight above the head, biceps touching the ears and the palms facing the ceiling.
- Close the eyes.



Notes

Sithila (Relaxation) for Supine Posture - Savasana

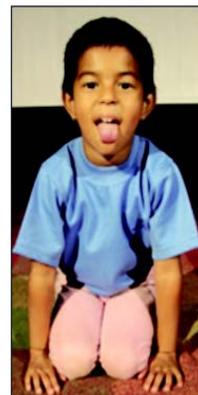
- Lie supine on the ground with hands and feet apart.
- Slightly stretch the body and allow the whole body to relax completely with gently closed eyes.
- Become aware of different parts of the body starting from toes to head.
- Feel the spread of relaxation in all parts of the body progressively. With regular long practice, the relaxation will become deeper, natural and spontaneous.
- Then the whole body is relaxed to the extent that one forgets the body. The mind experiences alert full rest.

## 1. DOG BREATHING

**Sthiti: Dandasana**

**Practice :**

- Fold the right leg at the knee and sit on the right heel.
- Fold the left leg also at the knee sit on both heels.
- Place the palms of the hands on the ground beside the knees.





- Make the spine slightly concave and fix the gaze straight ahead.
- The mouth is opened wide, the tongue is pushed out to its maximum. Practice rapid, forceful inhalation and exhalation, expanding and contracting the abdomen vigorously.
- Repeat the practice for 30 seconds.
- Relax in Sasāñkāsana.
- Feel the automatic stoppage of breath. It helps to reduce the rush of anger.
- It helps to throw away the anger. The inner rush of energy is now governed. Relax.

## 2. RABBIT BREATHING

### Sthiti: Dandasana

#### Practice :

- Fold the right leg at the knee and sit on the right heel.
- Fold the left leg also at the knee sit on both heels.
- Keeping the knees together, bend forward and rest the forearms on the floor, keeping the elbows by the side of the knees and palms flat on the ground.





- Maintain the head at a distance of one hand length from the ground to chin. Open your mouth partially. Protrude the tongue partially. Touch the lower lip resting on the lower set of teeth.
- Gaze at a point about 2 feet on the ground in front of you.
- Pant quickly like a rabbit, using only the upper part of the chest. Feel the air moving beautifully in and out of the lungs. Feel the expansion and contraction of the chest muscles.
- Continue for 20 to 40 breaths.
- Close your mouth and relax in Sasankásana. Stretch your hands forward with the forehead resting on the ground. Feel the relaxation of chest and thorax. Allow your breath to return to normal.

**Note :**

- Breathe rapidly through the mouth only.
- Do not drop your head on to the floor.

## **8.2 PRANAYAMA**

Pranayama popularly known as yogic breathing, consists of the breathing techniques which are related to the control of breath or respiratory process.

It helps to increase your concentration and attention, creates awareness, brings relaxation, reduces stress and increases lung capacity.



## 1. CANDRA ANULOMA VILOMA

### Sthiti: Dandasana

#### Practice :

- Adopt Násika Mudrá with your right hand.
- Close the right nostril with the tip of the thumb.
- Inhale and exhale slowly through the left nostril (Candra Nádi) only.
- Keep the right nostril closed all the time during the practice.
- One cycle of inhalation and exhalation forms one round.
- Practice nine rounds.
- This practice helps to deal with all the energy imbalances which is the root cause for anger.
- Allow the mind to calm down.



#### Note :

Time taken for exhalation should be longer than inhalation.

## 2. NADISUDDHI

### Sthiti: Dandasana

#### Practice :

- Sit in any meditative posture.
- Adopt Násika Mudrá.
- Close the right nostril with the right thumb and exhale completely through the (left) nostril. Then inhale deeply through the same left nostril.
- Close the left nostril with your ring and little finger of the Násiká Mudrá, release the right nostril. Now exhale slowly and completely through the right nostril.
- Inhale deeply through the same (right) nostril. Then close the right nostril and exhale through the left nostril. This is one round of Nádisuddhi pránayama.
- Repeat nine rounds.

#### Note :

- The first symptoms of correct practice is the feeling of freshness, energy and lightness of the body and mind.

#### Benefits :

- It increases the digestive control.
- It promotes balance between the two nostrils apart from cleansing the nasal tract.



Notes



### 3. SITALI

#### Sthiti: Dandasana

#### Practice :

- Place the palms resting on the thighs.
- Stretch the tongue forward partly out of the mouth and fold it so as to resemble the beak of a crow.
- Slowly suck in the air through the beak and feel the jet of cool air passing down the throat into the lungs. o Slowly exhale through the nostrils, feeling the movement of warm air all the way up from the lungs through the throat and the nasal passages.
- This completes one round of Sitali Pránáyáma.
- Repeat nine rounds.
- This helps to throw away anger. There is washing away of CO<sub>2</sub>. Cleansing takes place. Activates right brain. The breath stops automatically. Allow it. This helps to reduce anger.



### 8.3 KRIYAS

Kriya in Sanskrit means "completed action." It is also cleansing technique. There are six Kriyas which helps to cleanse various internal organs. Here in this lesson we will learn about Kapalabhati, which is used for cleansing frontal lobe.

In Sanskrit, Kapala means 'skull' and bhati means 'shine'. So, it helps to improve the functions of the organs located in the skull.

## 1. KAPALABHATI - LEFT NOSTRIL

### Sthiti: Dandásana

- Sit in any meditative posture.
- Keep your spine and neck erect perfectly vertical to the ground.
- Close the eyes and collapse the shoulders.
- Relax the whole body completely.



Notes

### Practice :

- Adopt Nasika mudra close the right nostril with the ring finger
- Practice rapid breathing with active and forceful exhalation and passive inhalation.
- During each exhalation, blast out the air by vigorous flapping movements of the abdomen in quick succession.
- Inhale passively by relaxing the abdominal muscles at the end of each exhalation.
- Repeat the exhalation as quickly as possible at the rate of 60 strokes per minute.
- At the end of one minute, stop the practice.
- Now observe an automatic suspension of breath. In fact, there will be no urge for breathing for a few seconds.
- Simultaneously the mind may experience a deep state of silence. Enjoy this state of deep rest and freshness.



## 8.4 BANDHAS AND MUDRAS

Mudra and Bandha are Yogic techniques which bring stability to the mind. They work on a much deeper and more subtle level than the Asanas. Mudra means a "sign" or a "seal" in Sanskrit. Mudras are most commonly associated with various hand gestures. Bandha is generally considered as a 'lock'. It literally means 'to bind', 'to hold captive' or 'to contract'.

### 1. UDDIYANA BANDHA

#### Sthiti: Tádásana

#### Practice :

- Stand with the legs 2 to 3 feet apart, bend forwards slightly from the waist and place the palms on the thighs with the arms straight.
- Make yourself quite comfortable in this position.
- Exhale completely through the mouth by vigorously contracting the abdominal muscles.
- Simultaneously press the hands against the thighs, tighten the arms, shoulders, neck muscles and lift up the ribs.
- As a result of this, the diaphragm automatically rises up, producing a concave depression of the abdomen. The abdominal wall gets sucked in as if to press the spine.





- Hold this condition as long as comfortable.
- Then inhaling slowly release the abdominal muscles and return to the upright position.
- Rest for a while and then go for the next round.
- Repeat 5 rounds.

## **2. AGNISARA**

### **Practice :**

- In the position of Uddiyána Bandha, move the abdominal wall in and out vigorously like a pump as many times as you can (while holding the breath in exhalation).
- This movement of the abdominal wall is done through mock inhalations & exhalations i.e., it seems as if one is inhaling and exhaling whereas it is not so.
- Then stop the movement of the abdominal wall, release the bandha and while inhaling come up to Tádásana and relax.
- Repeat a few times.

### **Benefits :**

- Helps in controlling our anger.
- Strengthening the muscles.
- It improves blood circulation to the whole trunk area and strengthens all the internal organs.



### 3. JANU SIRASASANA WITH JALANDHARBHANDA

#### Sthiti: Dandásana

#### Practice :

- Bend the right leg along the ground, placing the heel against the perineum and the sole touching the inner side of the left thigh.
- Place the palms by the side of buttocks keeping the spine erect.
- While inhaling raise the arms above the head. While exhaling slowly bend forward and hook the big toe of the left foot with the index fingers. Press both the thumbs on the big toe.
- In the final position try to touch the forehead to the knee. The elbow joints touch the ground. Adopt Jalandhara Bandha. Hold the breath.
- Then release Jalandhara Bandha, while inhaling return to the starting position. Relax in Sithila Dandásana.
- Repeat the same practice with the left leg.



#### Note :

- The knee of the bent leg should be on the floor.
- Do not bend the straight leg while in the final position.
- Bend forward and try to touch forehead to the knee as far as comfortable.

- In the final position keep the back muscles relaxed and use the arm muscles to hold the toe for maintaining the position.

## 8.5 MEDITATION (EXAMINE THE RAISE AND GROWTH OF EMOTIONS)

Notes

Sit in any meditative posture and close the eyes. Observe the changes going on in the body. Breath in the whole body gets energized. Breath out the whole body feels the lightness. Recall



an incident in which you are very angry. Energy has gone up. Slowly breath out with slow exhalation. Inhale see the energy rushing up. Exhale and feel the relaxation. Emotions are coming up and emotions are dissolving into silence. Feel the movement of the energy pattern. Smile on the face. As you exhale whole body getting relaxed.



### INTEXT QUESTIONS 8.1

1. Write any 2 benefits of Nadi Shuddhi.
2. Which body part we generally use in Mudra?
3. What is the meaning of 'Kriyas' in Sanskrit?



Notes



## WHAT HAVE YOU LEARNT

In this lessons you have learnt about:

- Breathing Practices: Dog Breathing , Rabbit Breathing
- Pranayama : Candra Anuloma Viloma, NadiSuddhi, Sitali
- Kriyas: KapalaBhati - Left Nostril
- Bandhas and Mudras: Uddiyana Bandha ,Agnisara, Janusirasasana with Jalandharbhanda
- Meditation



## TERMINAL QUESTIONS

1. What is Pranayama and what are the benefits of it?
2. What is the meaning of Kapalabhati?
3. Suggest any four steps of meditation.
4. What are Bandhas and Mudras?



## ANSWERS TO INTEXT QUESTIONS

### 8.1

1. i. It increases the digestive control.
  - ii. It promotes balance between the two nostrils apart from cleansing the nasal tract.
2. Hand
3. Completed action