



**Nandu Koregaonkar**

MBAMA Marmapuncture

Reg No: 34

38 Gemini Road Woodley

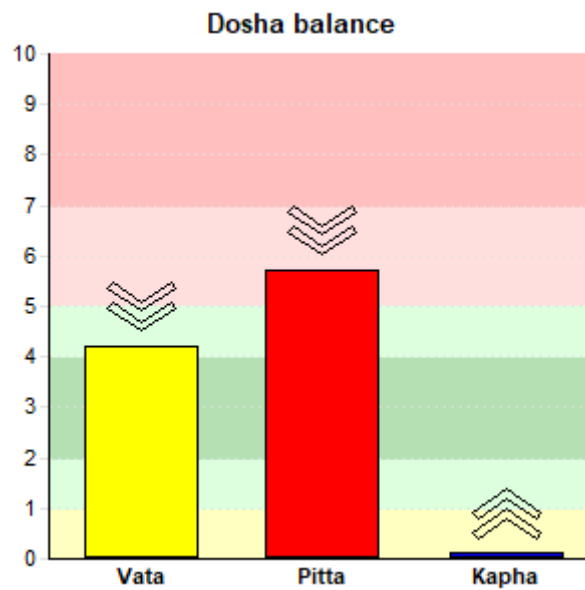
Reading: RG5 4TF

Name: Example 1

Age: 47

Date: 10/03/2023

### Your Personal recommendations for Yoga Therapy



### Yogatherapy – Recommended Asanas

- Parsva Upavistha Konasana (over one open leg forward bend) 167.01
- Upavistha Konasana (open legs forward bend) 167.01
- Supta Padangusthasana (one leg stretched up lying down) 146.67
- Parivrtta Janu Sirsasana (revolved head to knee pose) 141.45

**Value index : 6.28**



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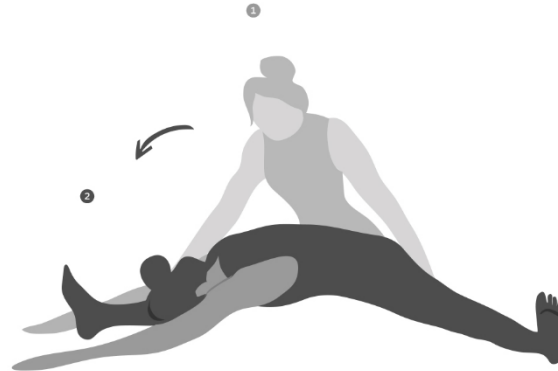
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## **Parsva Upavistha Konasana (over one open leg forward bend)**



### **Parsva Upavistha Konasana**

Over One Open Leg Forward Bend

- Establish Upavistha Konasana legs (Moving Into the Pose).
- Inhale as you turn the torso to face over the right leg.
- Exhale, move the (always straight) spine forward, reaching the front body over the right leg.
- With every inhalation, lengthen and strengthen the legs.
- Hold the right calf or foot with the hands or just lengthen the hands on the floor.
- Keep the chest open and arms relaxed.
- With every exhalation, extend the spine forward and use the Important actions list.
- Continue to lengthen for 20-60 seconds to begin.
- Inhale and bring the straight torso up pivoting from the hip joints.
- On an exhalation, return to sitting and repeat on other side.
- Use a belt or towel around the foot so that your back may remain straight as you stretch your legs.
  - Press the knees down
  - Extend lower legs out through the heels
  - Pads of feet move toward the face
  - Shoulders move back and down
  - Spine moves up to extend forward
- Long holds with repetitions; soft smooth breathing or Ujjayi; focus on the release; soften the neck, open the chest.
- Not for those with hip replacements or sciatica.



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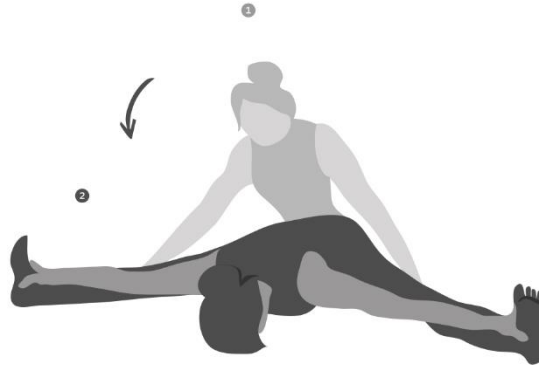
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## Upavistha Konasana (open legs forward bend)



### Upavistha Konasana

Open Legs Forward Bend

- From Dandasana exhale and spread the legs wide apart.
- Pull the flesh of the buttocks back, away from the sitting bones.
- Lengthen backs of the legs, extending out through the heels.
- Knees and toes face the ceiling - do not let the legs roll in or out.
- Press the fingertips on the floor behind you and draw the lower spine into the body and lift it up. Work with a straight spine.
  
- Inhale and strengthen the legs extending out through the heels.
- Exhale and extend the torso forward, moving the low spine and abdomen toward the floor (between the legs).
- Repeat #2, working to keep the spine straight as you extend forward.
- With every inhalation, lengthen and strengthen the legs.
- With every exhalation extend the spine up toward your head and forward.
- Continue for 20-60 seconds to begin.
- Exhale.
- Come up with a straight spine, pivoting from the hips.
  
- Reestablish Dandasana and see how you feel.
- Long holds with repetitions; soft smooth breathing or Ujjayi; focus on the release; relax your neck, open the chest.
- Not for those with hip replacements or sciatica.



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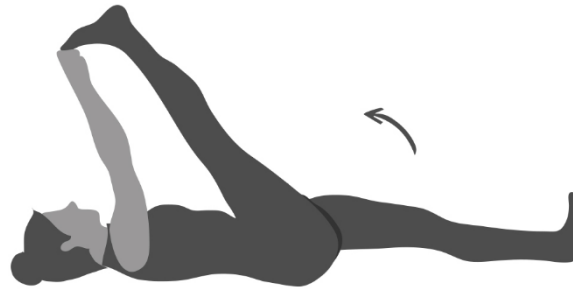
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## Supta Padangusthasana (one leg stretched up lying down)



### Supta Padangusthasana

One Leg Stretched Up Lying Down

- Lying on your back, strengthen and straighten your legs.
- Inhale, bend the right knee and take hold of the right foot with the right hand (first two fingers of the right hand around the big toe).
- As you exhale, straighten the right knee pushing the right heel up toward the ceiling.
- The right arm remains straight.
  
- With each inhalation establish the Foundation Points marked on photo.
- With each exhalation strengthen both legs and extend out through the heels.
- Bring the lifted leg closer to the face.
- Hold for 20-60 seconds.
  
- Keeping your hips facing the ceiling (level), open the straight left leg out to the left side.
- Hold 20- 60 seconds.
  
- On an exhalation bring the left leg straight back up to centre.
- Hold your lower back in contact with the floor as you slowly lower the left leg.
- Repeat on the other side.
  
- If needed, use a belt around the foot of the extended leg so the back can remain straight.
- Shoulders are back and down with the chest open.
  - Lengthen through the heels and strengthen both legs
  - Keep the chest open
  - Stretch upward leg with each exhalation
  - Neck is relaxed with chin in
  - Pull the right hip down and away from your waist to level the hips
  
- Long holds with repetitions; soft easy breathing or light Ujjayi; focus of consciousness on pulling, synchronized with the breath; pulling the torso, the leg from the hip joint, open rib cage.



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## **Parivrtta Janu Sirsasana (revolved head to knee pose)**



### **Parivrtta Janu Sirsasana**

Revolved Head To Knee Pose

- From Dandasana pull the left foot into the perinium.
- Rotate the pelvis to the left until the left hip joint will not appear on the same line as the straight right leg.
- Press the right knee toward the floor, lengthening through the heel.
- Inhale, slide your right hand on the inner side of the right leg, reaching the floor.
- Exhale when pulling the right side of the torso down towards the right foot.
- Grasp the foot (fingers on the sole, thumb on top of the foot) of the right hand.
- Extend your left arm over your head to hold the right foot (thumb on top, other fingers on the soles).
- With each inhalation establish the position of the straight leg.
- With each exhalation extend the left ribs along the thigh and rotate the chest toward the ceiling.
- Hold for 15-30 seconds to begin.
- Return to Dandasana and repeat other side.
- Use a belt or towel to hold the foot of the extended leg so you can lengthen the straight spine.
  - Draw the straight leg into the hip joint to lengthen torso
  - Bring in the right side of the spine to revolve the chest
  - Keep neck relaxed, head between the arms
  - Extend on the exhalations
  - Pull ball of extended foot back
  - Shoulders stay down
  - Hold in the chin
- Long holds with repetitions; soft smooth breathing or Ujjayi; focus on opening and breathing; draw the straight leg, turn and open the chest.
- This posture is contraindicated for spinal disk problems and hip replacements.