



## YOGASANAS FOR ALL AGE GROUPS

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### Abstract

Yoga is a simple process of reversing the ordinary outward flow of energy and consciousness so that the mind becomes a dynamic center of direct perception no longer dependent upon the fallible senses but capable of actually experiencing Truth. By practicing the step-by-step methods of Yoga taking nothing for granted on emotional grounds or through blind faith we come to know our oneness with the Infinite Intelligence, Power, and Joy which gives life to all and which is the essence of our own Self. Basically human life goes through four biological stages of development and accordingly we can suggest yoga for each stage to have proper benefit yoga. Yoga for Childhood includes shavasana, balasana, bhujasana, utkatasana and bhadrasana. For teenage most suitable yoga asana are pawanmuktasana, bhujasana, utkatasana, chakrasana, sarvangasana, paschimottasana and matsyasana. During adulthood tadasana, trikonasana, ardhakatchakrasana, paschimottanasana, akarna dhanurasana, matsyasana, halasana, bhujangasana, suptavajrasana, ardhmatsyendrasana, vajrasana, Ustrasana, setubadhasana and noukasana. And for old age people most suitable yoga asanas are shavasana, uttanapadasana, naukasana, pawanmuktasana and shalabhasana.

**Keywords:** Asana, Yoga, Flexibility, Strength, Balance and Muscles.

### Introduction

Yoga is having no age barred on its practice it starts earlier in life and can be practice as long as possible till any age. Yoga is a simple process of reversing the ordinary outward flow of energy and consciousness so that the mind becomes a dynamic center of direct perception no longer dependent upon the fallible senses but capable of actually experiencing Truth.

By practicing the step-by-step methods of Yoga taking nothing for granted on emotional grounds or through blind faith we come to know our oneness with the Infinite Intelligence, Power, and Joy which gives life to all and which is the essence of our own Self. Yoga should be practice by all age group people with specific change in schedule. Basically human life goes through four biological stages of development and accordingly we can suggest yoga for each stage to have proper benefit yoga.

### Selected yogasanas for different age group:

1. Childhood: Practicing yoga since childhood leads to health life from the beginning itself. Children should be encouraged to take active part in yogic exercises as part of their daily routine. Schools at various level in private as well as government should make yoga as part of their regular routine.

- Shavasana
- Balasana
- Bhujasana
- Utkatasana



- Bhadasana

**Major Benefits:**

It helps in prevention and treatment of asthma, allergy and constipation.

It helps in developing strength and muscular coordination.

Improves hearing and vision power.

### 2. Teenage

Practicing yoga helps teens develop the body-mind and also promotes better posture and even alleviates stress. During adolescence, there are growth spurts. The bones tend to grow fast, and the muscles stay a little tighter. This makes it difficult to maintain flexibility in adolescence. The rhythmic breathing and stretching involved in yoga offer teens a natural way to find relief from daily stressors. Yoga asana which leads to strenuous effect on body structure should be avoided.

- Pawanmuktasana
- Bhujasana
- Utkatasana
- Chakrasana
- Sarvangasana
- Paschimottasana
- Matsyasana

**Major Benefits:**

- It helps in developing neuro-muscular among various parts of body.
- Improves hearing and vision power.
- To improve cardio respiratory efficiency.
- Release tension and helps in maintaining sleep.
- Leads to health life style.
- Increase blood flow.
- To maintain body flexibility and balance.

- To control blood pressure and diabetes.
- Avoid cardio respiratory related diseases.
- To maintain body muscular strength.

### 3. Adulthood

In this age group people can practice any kind of yoga asana of relatively more duration. Practicing yoga in this stage of life lead to enjoyable life ahead. In adulthood little complex kind of yoga asana should be practiced with more degree of difficulties. Apart of various simple asanas practiced during teenage below mentioned asanas is to be practice in this age group.

- Tadasana
- Trikonasana
- Ardhakatichakrasana
- Paschimottanasana
- AkarnaDhanurasana
- Matsyasana
- Halasana
- Bhujangasana
- Suptavajrasana
- Ardhamatsyendrasana
- Vajrasana
- Ustrasana
- Setubadhasana
- Noukasana

**Major Benefits:**

- To improve body flexibility and balance.
- To control blood pressure and diabetes.
- Helps in improving fertility.
- To improve cardio respiratory efficiency.
- Release tension and helps in maintaining sleep.
- Leads to health life style.
- Increase blood flow.



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**4. Old Age**

Old age people should perform yoga under careful guidance and observation of yoga experts. People of this age group must be encouraged to practice yoga in group of more than 3-4 people. Studies have shown that yoga can be extremely helpful when it comes to combating stress, fatigue and pain. Their practice schedule must be consist easy yoga asana with light pranayama for relatively of less duration. Best suitable asana are:

- Shavasana
- Uttanapadasana
- Naukasana
- Pawanmuktasana
- Shalabhasana

**Major Benefits:**

- To maintain body flexibility and balance.
- To control blood pressure and diabetes.
- Avoid cardio respiratory related diseases.
- To maintain body muscular strength.
- Free from all old age related diseases.

**Conclusion**

It is very important to practice yoga in systematic and scientific manner in all phases of life. Better results can be obtained by practice it continuously and for longer period of time. Yoga is one best methods for living long, lovely and healthy life. Improve range of motion around joints and increase flexibility of various major and minor muscle of body. Regular practice of yoga leads to strength muscle, joints, ligaments and tendon of human body. Yoga is perhaps the only form of activity which massages all the internal glands and organs of the body in a thorough manner, including those – such as the prostate - that hardly get externally stimulated during our entire lifetime.

By gently stretching muscles and joints as well as massaging the various organs, yoga ensures the optimum blood supply to various parts of the body. This helps in the flushing out of toxins from every nook and cranny as well as providing nourishment up to the last point. This leads to benefits such as delayed ageing, energy and a remarkable zest for life.

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