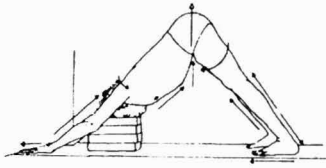


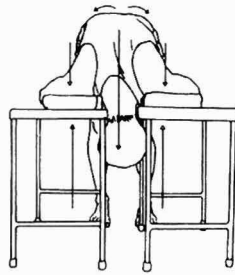
## asanas for emotional stability

The following asanas will help you to develop emotional stability. When the given sequence is followed, they relax a person totally. The arrows show the right direction to extend and expand in the asana. For detailed step by step directions on how to perform each asana, please see my earlier book, *Light on Yoga*.

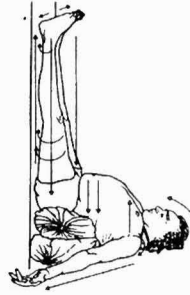
I also recommend that you learn the practice under the guidance of an experienced and qualified teacher. It is important to do the practices correctly and precisely to receive the desired benefits and to avoid any harm.



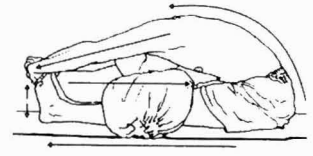
1. *Adho Mukha Svanasana*  
(resting the head on support)  
Stay for 2 to 3 minutes.



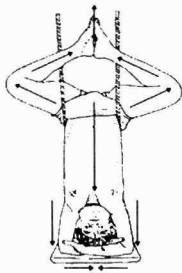
2. *Uttanasana*  
(resting the head on the chair  
and head down with the  
shoulders resting on two high  
stools): stay for 3 to 5 minutes.)  
Stay for 2 to 3 minutes.



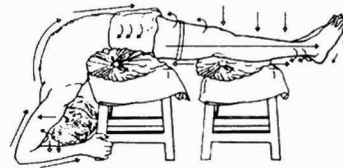
9 *Viparita Karani in Sarvangasana*  
(here shown resting on 2 bolsters):  
Stay for 5 minutes.



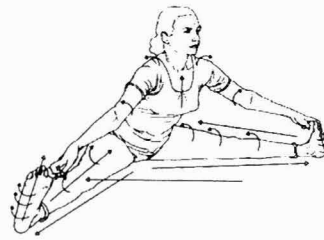
10 *Paschimottasana*  
(head resting on a bolster): Stay for  
3 to 5 minutes.



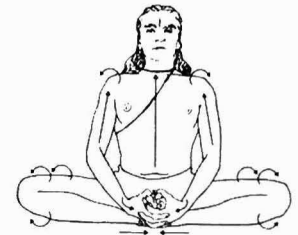
3 *Shirsasana*  
(head balance using ropes): Stay  
as long as you feel comfortable.



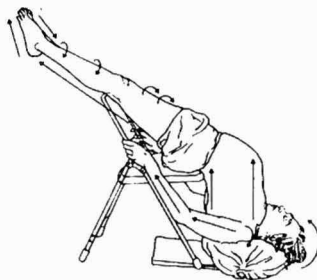
4 *Viparita Danasana*  
(on 2 stools): Stay for 3 to 5  
minutes.



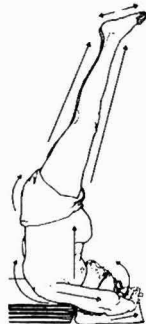
11 *Upavista Konasana*  
(If one cannot hold the toes, one  
can sit straight with palms on the  
floor behind the buttocks): Stay for  
2 minutes.



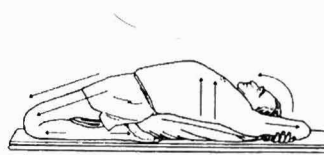
12 *Baddhakonasana*  
(Roll a blanket and place  
underneath the knees for comfort):  
Stay for 3 to 5 minutes.



5 *Sarvangasana*  
(on a chair): Stay for 5 to 10  
minutes.



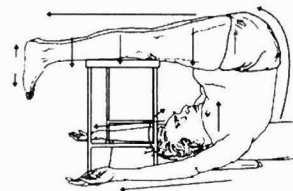
6 *Niralamba Sarvangasana*  
(resting the shoulders on support):  
Stay for 5 minutes.



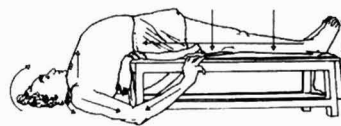
13 *Supta Virasana*  
(on a bolster): Stay as long as you  
can lie with ease.



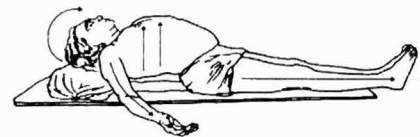
14 *Viloma Pranayama*  
(with interrupted exhalation either in  
sitting or lying position): If done in  
sitting position, stay for 5 to 8  
minutes.



7 *Niralamba Halasana*  
(knees or thighs resting on a  
stool): Stay for 5 to 10 minutes.



8 *Setubandha Sarvangasana*  
(on a bench): Stay for 10 minutes.



15 *Shavasana* with chest elevated (Some bolsters or heavy weight  
to be kept on the thighs for a quick relaxation of the body and a  
wrapped cloth around the eyes for the relaxation of the brain. The  
weight on the thighs opens the lungs). This can be done at any  
time, even after meals, according to one's available time.

### PLEASE NOTE:

While doing *Sarvangasana* on the chair (5), if you feel pressure on the temples, you can instead do *Niralamba Sarvangasana* (6). *Sarvangasana* on the chair can be tried after doing *Niralamba Sarvangasana* first to start with. *Niralamba Sarvangasana* (6), *Setubandha Sarvangasana* on a bench (8), and *Viparita Karani in Sarvangasana* (9) are very good for those suffering from migraine.

- Asanas 1 to 3 completed in sequence of asanas calms the mind and cools the brain.
- Asanas 4 to 10 balance the intelligence of the head (intellectual centre) and the intelligence of the heart (emotional centre).
- Asanas 11 and 12 stimulate the brain to think positively.
- Asana 13 brings quietness in the body.
- Asana 14 allows you to experience inner silence.
- If you do not have enough time, skip asana 14 and go to 15. If time allows, do for 5 to 10 minutes.