

# The 7 Day SLEEP SYSTEM

Ultimate **Vedic** Guide to using Mudras, Yoga &  
Ayurveda for **Curing Insomnia**, other  
**Sleeping Disorders** and Helping You Sleep Like a Baby



— Advait —

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*by*

Advait

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## **Do you wish to receive Information on Yoga, Mudras and Ayurveda on a regular basis?**

Hi, I am Advait,

I am and wish to remain a life-long student of *Ayurveda*, *Yoga* and *Mudra Vigyaan*. During the course of my study, work and research I come across many priceless gems in the field of Vedic Health & Healing.

You'll be surprised to know how many serious ailments can be prevented and cured by using some basic ingredients available in our kitchen pantry or doing these simple hand gestures (Mudras) or by simple Yoga exercises.

Grab this opportunity and get useful information & tips on Ayurveda, Yoga & Mudras right into your inbox....once a week.

From Addiction to Arthritis, for Improving Digestion to Detoxification, Ayurveda, Mudras & Yoga are extremely effective. In cases of Cancer and even in patients with HIV/AIDS they work like magic.

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Thanks.  
**Advait**

## Insomnia and other Sleeping Disorders

If you are familiar with my previous works, you know that I like to keep all my books fluff-free and concise. This one won't be any different.

I will not waste 25 pages on educating you about the definitions of sleep disorders, rather I would prefer to present you some interesting (or should I say 'alarming') facts...

**How Insomnia and other Sleep Disorders affect U.S. as a community:** More than 70 Million Americans suffer from sleep disorders.

- of these 70 Million, 45% suffer from severe chronic insomnia.
- of these 70 Million, 37% have admitted to have fallen asleep while driving
  - Which results into 328,000 car crashes per year.
  - 21% of which are fatal for all the parties involved.
- of these 70 Million, 73% suffer from obesity.
- these 70 Million people are 10 times more likely to fall prey to Depression and related psychological disorders.

Also studies have revealed that a person suffering from Insomnia is;

- 5 times more likely to have a *heart stroke*.
- 2 times more likely to have a *brain stroke*.
- 3 times more likely to suffer from *erectile dysfunction*. (men) - 5 times more likely to have *less sperm count*. (men) A recent study had linked sleep disorders in women to increased risk of colon and breast cancer.

A recent study published in the SLEEP journal found that, even one night of sleep deprivation can result into brain tissue loss.

Huffington post recently published a 15 year long study, which found that

people who slept fewer than 6 hours had a significant increase in mortality risk.

## **How Sleep Disorders affect our personal health:**

### Brain—

The first organ of our body that sleep deprivation affects is the brain. We lack concentration, our ability to remember things decreases and the reaction and response time also slows down.

### Eyes—

Your eyelids start to droop, dark circles develop around your eyes and the eyes start to look bloodshot.

### Skin—

Skin develops fine lines and wrinkles; also it loses its luster, moisture and elasticity.

### Appetite—

Appetite goes up but at the same time your metabolism slows down drastically which results in excess consumption of unwanted calories leading to complexities like obesity, diabetes, hypertension *etc.*

### Immune System—

If you are sleep deprived, your immune system takes a hit and you become more prone to a lot of infections.

## **How sufficient Sleep and Rest keeps us healthy:**

### *Eliminates Stress—*

When we rest and are asleep our body secretes melatonin and serotonin, both of which eliminate the stress causing hormones. This De-stresses us, making us feel happy and emotional stronger and healthier.

### *Improves cardiovascular health—*

Deep and regular sleep reduces calcium deposition in the arteries thus eliminating the possibility of arteriosclerosis and keeps our heart healthy.

### *Keeps obesity in check—*

Deep and regular sleep helps the body in creating sufficient amount of Leptin which controls how much we eat (leptin tells us when to stop eating). Also it helps the body maintain a proper rate of metabolism.

### *Memory Improvement—*

Sufficient sleep maintains the health of our Hippocampus, the part of the brain where our precious memories are stored. Also while we sleep our body strengthens our neural connections which again reinforce the Hippocampus.

### *Increases Immunity—*

Our immune system depends on a sound sleep for replenishment and reinforcement. While we sleep, our immune system is gaining strength to fight off the next wave of toxins and infection causing viruses that will strike the next day.



***Understand this, Sleep is as important a biological entity for the human body as Oxygen and food.***

### **The Most Common Remedy and its Side-Effects:**

Sleeping pills come with immediate effects and relief, but it is a temporary solution, effective only for a short-term, addictive and come with a baggage of health hazards.

Here are some potential threats you are exposed to if you consume sleeping pills:

- Impaired driving is one of the biggest problems with sleeping pills; people don't realize they're still hazy and it is like driving drunk thus increasing the risk of accidents drastically.
- They don't go well with other medicines, *i.e.* if you are on some medications and you also consume the sleeping pills you can't anticipate how this combination might hit you.
- Consuming sleeping pills suppresses your breathing making your breaths slow and shallow, which could be a real threat for someone suffering from Asthma and other respiratory disorders. For this same reason people suffering from sleep apnea should not be given sleeping pills.
- They cause drastic weight gain.
- They are extremely addictive and if you form a habit you'll end up being worse off when you decide to stop consuming them, because your body will then be adapted to them—and that means you'll have more difficulty getting good and restful sleep.
- They can cause Swelling of the eyes, face, lips, tongue or throat.
- Regular consumption of sleeping pills dulls your bodies balancing mechanism and you become 5 times more likely to fall down. A major hazard for older people in particular.
- According to a study conducted in 2012 (published in BMJ Open) “People who took prescription sleeping pills were more likely to die or get cancer than those who did not take them”.

**The Full-Proof, No Side-Effects solution for Sleeping disorders – Vedic Healing** Mudra healing, Yoga and Ayurveda are the 3 pillars of the Vedic healing system which forms the base of the ‘The 7 Day Sleep System’.

Each day of this system comprises of 5 Mudras, 2 Pranayam Asanas, 3 Yoga Asanas and 2 Ayurvedic Serums which help you cure your sleeping disorders instantly and without any side-effects.

**Three Pillars of Vedic Healing**  
**Mudras, Yoga & Ayurveda**

## What are Mudras?

According to the Vedic culture of ancient India, our entire world is made of ‘the five elements’ called as *The Panch-Maha-Bhuta*’s. The five elements being **Earth, Water, Fire, Wind** and **Space/Vacuum**. They are also called the earth element, water element, fire element, wind element and space element.

These five elements constitute the human body – the nutrients from the soil (earth) are absorbed by the plants which we consume (thus we survive on the earth element), the blood flowing through own veins represents the water element, the body heat represents the fire element, the oxygen we inhale and the carbon dioxide we exhale represents the wind element and the sinuses we have in our nose and skull represent the space element.

As long as these five elements in our body are balanced and maintain appropriate levels we remain healthy. An imbalance of these elements in the human body leads to a deteriorated health and diseases.

Now understand this, the command and control center of all these five elements lies in our fingers. So literally, our health lies at our fingertips.

The Mudra healing method that I am going to teach you depends on our fingers.

To understand this, we should first know the finger-element relationship:

Thumb – Fire element.

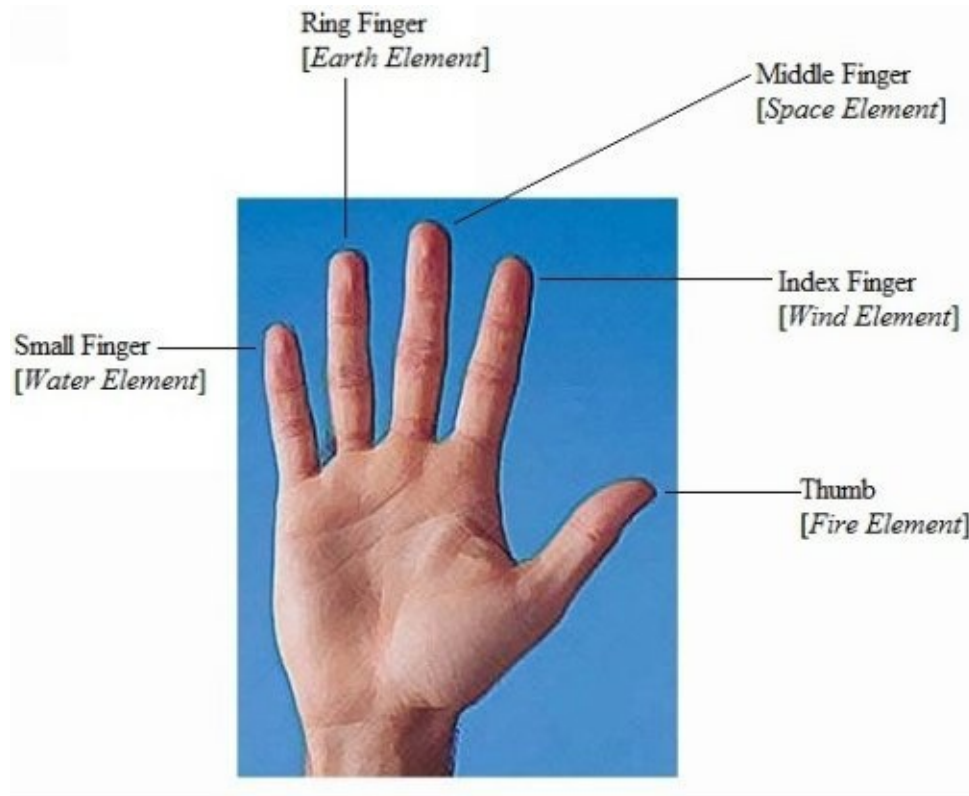
Index finger – Wind element.

Middle finger – Space/Vacuum element.

Third finger – Earth element.

Small finger – Water element.

This image will give you a better understanding of the concept:



When the fingers are brought together in a specific pattern and are touched to each other, or slightly pressed against each other, the formation is called as a '*Mudra*'.

When the five fingers are touched and pressed in a peculiar way to form a Mudra, it affects the levels of the five elements in our body, thus balancing those elements and inducing good health.

**P.S.** The Mudra Healing and Weight Loss methods aren't just theory or wordplay; these are healing methods from the ancient Indian Vedic culture, proven and tested over ages.

## **Important**

For the better understanding of the reader, detail images have been provided for every mudra along with the method to perform it.

The Mudras whose images show only one hand performing the Mudra, are to be performed simultaneously on both your hands for the Mudras to have the maximum effect.

## The True Meaning of Yoga

There is a common and popular belief that 'Yoga' is an Indian ritual which is all about performing difficult physical exercises for maintaining health and curing diseases.

This is a MYTH!!

Actually, sound health is a side-effect of Yoga.

Surprising!!! But true.

The word 'Yoga' literally means *to unite ourselves with our higher self* - an entirely meta-physical objective which can be achieved through a Discipline of Physical exercises (Asana's) coupled with Meditation exercises (*Dhyana*) and Breathing exercises (Pranayam). When we perform those exercises we get in shape and achieve good health.

*Yoga* is not something which is only to be performed or practiced; it is also to be achieved.

*Yoga* is the destination and the path to it is through a disciplined practice of physical exercises, meditation and breathing exercises.

*Maharshi Patanjali*, in his revolutionary work '*Paatanjal YogaSutra*' prescribes an eight-fold path to achieve Yoga, known as *Ashtang Yoga*.

['*Paatanjal YogaSutra*' is considered to be the most comprehensive book on Yoga and it forms the basis and reference of all the Yoga methodologies practiced throughout the world today.]

The Ashtang Yoga [eight-fold path to yoga], given by Maharshi Patanjali is as follows: **Yama**

*The moral virtues that one should possess as they are considered to be essential for one's initiation on the path to yoga.*

### **Niyama**

*It involves being knowledgeable and aware about your surroundings and then*

*studying yourself to form an essential discipline which you would adhere to.*

### **Asana**

*'Understanding and Performing' the required physical exercises, this is the core of your yoga practice.*

### **Pranayam**

*It is all about breath control, which enhances the life energy which governs the existence of a being and balances the mental energy.*

### **Pratyahar**

*Sensory inhibitions which internalize the consciousness and prepare your mind to take action.*

### **Dharana**

*It involves inculcating an extended mental focus to concentrate on only those things that are essential.*

### **Dhyana**

*It involves meditation, paying attention to your breathing and thus focusing only on yourself.*

### **Samadhi**

*Becoming one with the object of your contemplation and experiencing spiritual liberation.*

Yama and Niyama are essential for inculcating the needed discipline and to establish a strict routine.



Asana is the crucial physical part, which subjects your body to essential physical movements through different exercises.

Pranayam and Pratyahar are needed to guide us through the various breathing exercises and for making us aware of the internal spiritual changes as we ascend along the path to Yoga.

Dharana and Dhyana stages prepare us mentally and spiritually to concentrate inwards by using various meditation exercises.

Samadhi is the culmination stage where one achieves Yoga.

*In this guide we make use of, **Asana** and **Pranayama** for Curing Insomnia and related Sleep Disorders.*

## What is Ayurveda?

Ayurveda ( आयुर्वेद ) is an ancient system of health care that is native to the Indian subcontinent. It is presently in daily use by millions of people in India and it is being hugely appreciated and followed by millions of people across the globe as a holistic approach to health and well being.

The word 'Ayurveda' is a compound Sanskrit word,

Ayurveda ( आयुर्वेद ) = Ayushya ( आयुष्य ) + Veda ( वेद ) , Where, 'Ayushya' means 'Life' and Veda means 'Wisdom / Knowledge'.

Thus, Ayurveda Literally means, the knowledge of life.

Ayurveda is concerned with measures to protect "Ayushya" (Life), which is achieved through a healthy living along with therapeutic measures that relate to physical, mental, social and spiritual harmony.

Ayurveda has documented cures, for various diseases considered as incurable by modern medical science. Also, most of the modern drugs and medicines are known to have hazardous side-effects while Ayurvedic remedies have none.

People all over the world are now realizing the effectiveness of herbal remedies and are accepting Ayurveda in to their lives.

# Day 1

# **Pranayam Asana #1**

## Udgith Pranayam/Pranayam of resounding Aum

### **Method:**

Sit in Sukhasan and form the dnyanamudra with your hands and place them on your knees with your palms facing upwards.

Close your eyes.

Inhale to your full capacity; hold the breath in for a couple of seconds and then exhale through the chant of 'Aum'.

Listen to this chant as it fills your surroundings with the sound of cosmic vibrations.

### **Duration:**

Repeat it for 3-4 times.

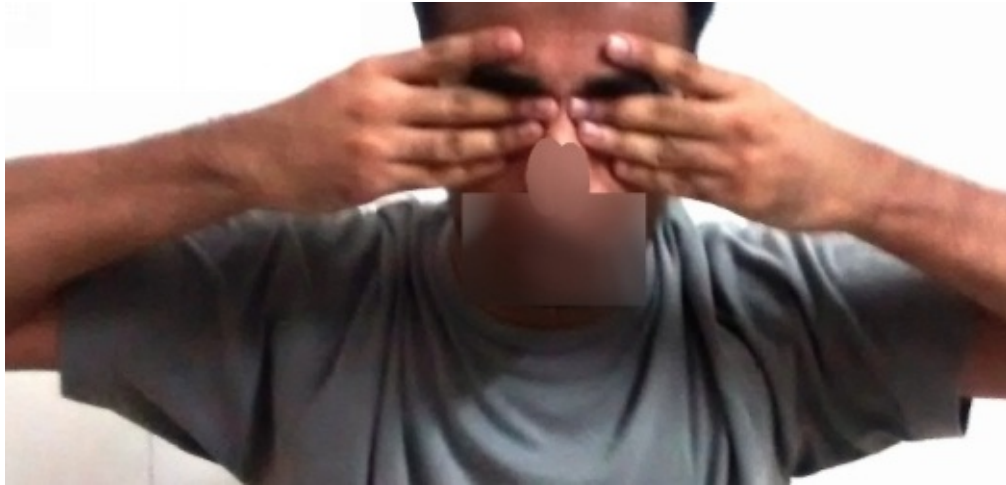
### **Uses:**

-This Pranayam is very effective in curing any disorders of the throat, lungs and upper chest.

-It maintains a proper blood circulation and also helps in purifying your blood.

## Pranayam Asana #2

### Bhramari Pranayam/Pranayam of the Hornet



#### **Method:**

Sit in Sukhasan.

Close your eyes.

Then close your ears with your thumbs, place your index fingers on your forehead, and place the remaining three fingers on your eyes and press the ridge between your eyes slightly with your middle finger.

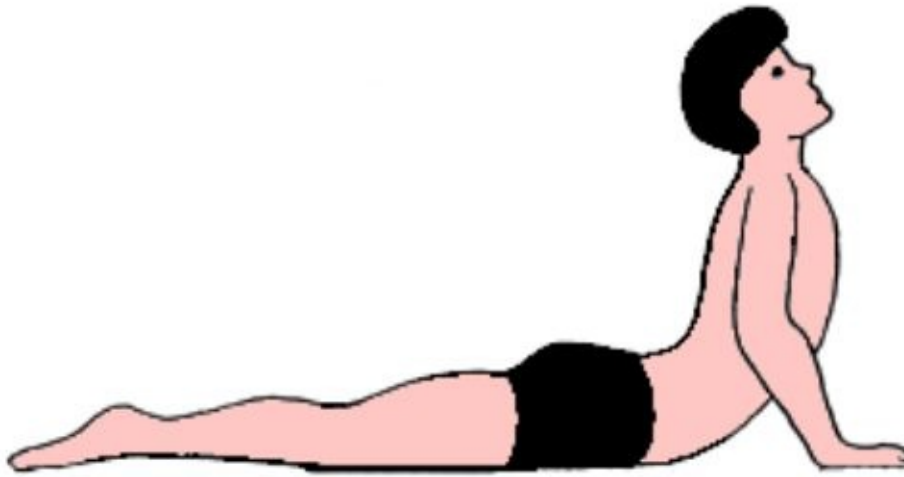
Inhale to your full capacity; hold the breath in for a couple of seconds.

Then keeping your mouth closed, exhale slowly while making the 'Aum' sound (Om Chant).

(This step creates a sound similar to the buzzing of a hornet's wings hence the name.) **Duration:**

No specific duration. Repeat it for at least 4-5 times.

**Yoga Asana #1**  
**Bhujang Asan/Asana of Snake**



**Method:**

Lie down on the mat/ground facing down, *i.e.* your stomach, chest and chin touching the ground, with your hands at your side, palms facing down.

Then, placing your palms adjacent to your respective shoulders, push your upper torso up. (Refer Image) Your groin should still be touching the ground.

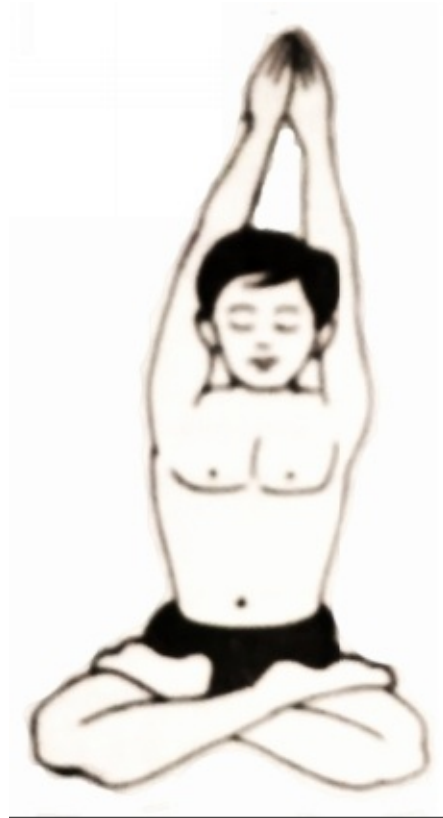
Hold this position for a few seconds and then return back to the initial lying down position, while exhaling slowly.

**Duration:**

Repeat at least 3-4 times.

## Yoga Asana #2

### Parvatasan/Asana of Mountain



#### Method:

Sit comfortably on the mat with your legs stretched out front.

Now, fold your right leg and place the foot on your left thigh with the base of the right foot (palm of the foot) facing upwards. (refer the image) Then, fold your left leg and place the foot on your right thigh with the base of the left foot (palm of the foot) facing upwards.

The heel of both your feet should be touching the base of the opposite thighs. (This is how you sit in *Padmasan*) Now raise your hands up above your head and bring your palms together form a *Namaste* gesture (refer the image). [Namaste – Indian form of Salutation]

Extend your arms up, as much as you can without breaking the contact between



your palms.

Take a deep breath, keep the air in for a few seconds and then exhale slowly. Bring your hands down and be in the original position.

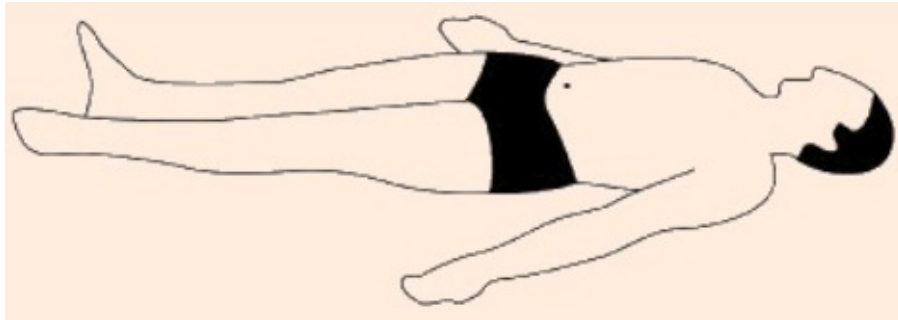
All the while keep your body straight and aligned.

**Duration:**

This Asana takes 10-15 seconds to perform and you can repeat it 5-6 times.

## Yoga Asana #3

### Shavasana / Asana of Corpse



#### **Method:**

Lie down on the mat. Relax your body and bring your feet together, such that they are touching each other adjacently.

Keep your hands by your back with your palms facing upwards.

Close your eyes and breathe calmly for 10-12 seconds.

Then imagine/visualize a luminous beam of light entering your body through the top of your head and running along your spine and illuminating it.

Imagine the light entering your neck and nourishing your thyroid, and then imagine it entering your heart and bringing you more calmness.

Then imagine this light, spreading through your shoulders to your elbows and then onto your palms and then reaching and nourishing each and every finger of yours and then feel them getting relaxed completely.

Then this light overflows from your heart and fills all your chest cavity and abdomen, nourishing each and every organ in the abdomen and relaxing those organs.

Then this light, from the lower end of your spine, spreads into your hips and then flows into your legs and reaches every finger of your feet and internally nourishes them and then feel the entire lower part of your body very relaxed.

In the final phase, this light enters your face through your neck and nourishes

your teeth, tongue, lips, nose, ears and eyes and then you feel those parts relaxed completely.

Keep breathing slowly and gently allow your breath to relax you more and more.

After about 10-12 minutes in this state, slowly roll to your right side while keeping your eyes closed. Stay in this state for a minute.

Then with the support of your right hand, sit up with your legs folded with eyes still closed.

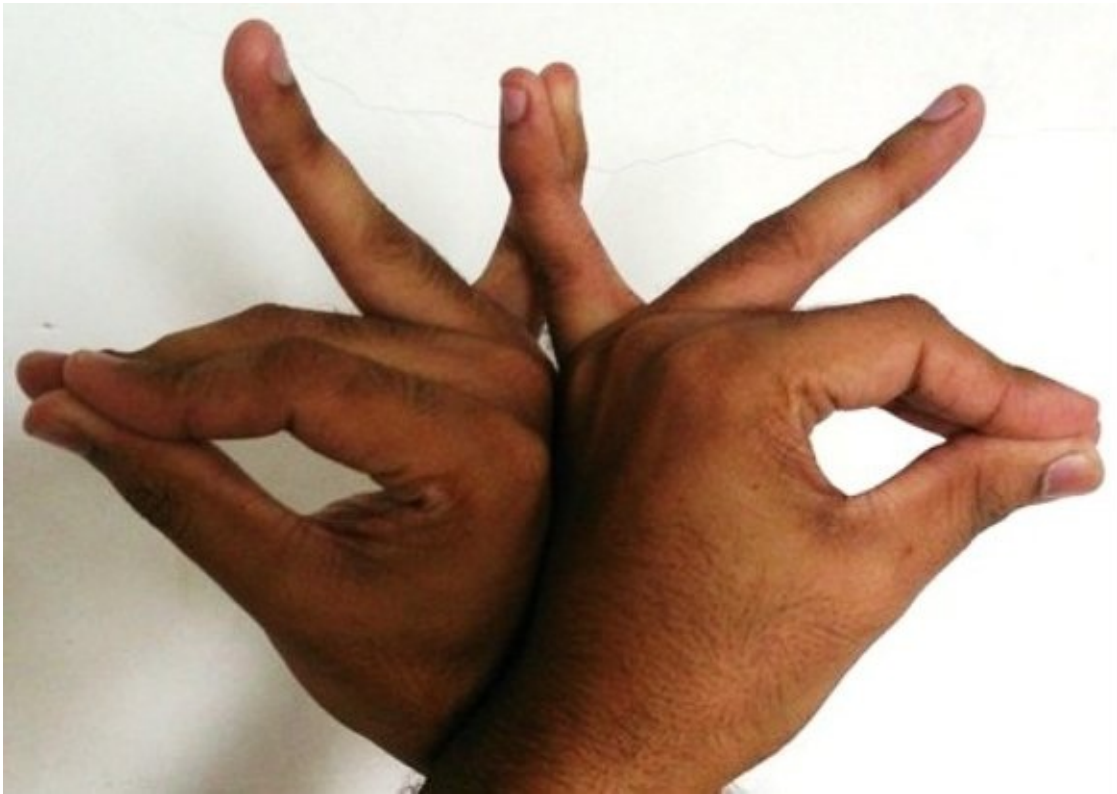
Now breathe deeply, become aware of the environment around you and slowly open your eyes.

**Duration:**

This Asana takes around 15 minutes to perform.

## **Mudra #1**

## Kilakmudra / Mudra of Bondage



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Cross your wrists with the back of your palms facing each other.

Now stretch out both the Little fingers, and then hook them with their tips touching and pressing against each other. (Refer the image) Lift up both the ring fingers, slightly.

Join the tips of the Thumb, Index and Middle fingers on both the hands together.

### **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be

performed for 40 minutes at a stretch.

## **Mudra #2**

## Mushtimudra / Mudra of Fist



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Touch the tip of your thumb to the base of the Ring finger and press slightly.

Close all the other fingers over the Thumb to form a fist.

(Refer the image)

Form this Mudra on each hand and rest the fists against the lower belly.

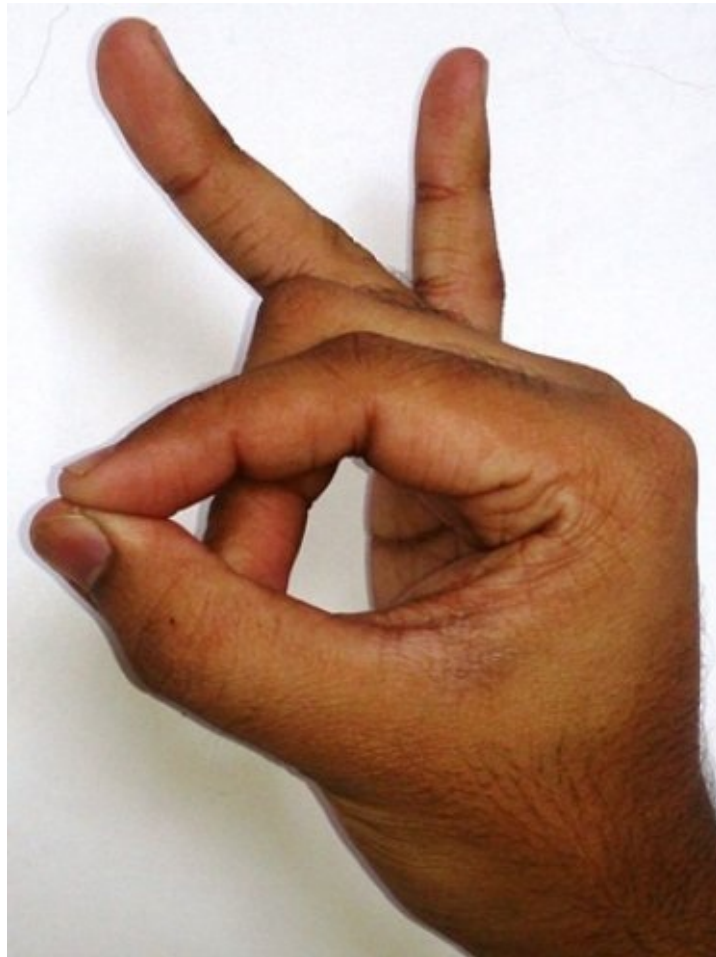
### **Duration:**



This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## **Mudra #3**

## Vyaanamudra / Mudra of Omnipresent Integration



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Join the tips of the Thumb and the Index finger and press slightly.

Touch the tip of the Middle finger to the midline of the Thumb. (Refer the image) Keep the Ring and Little fingers extended upwards.

Once the Mudra is formed on both the hands, place it in your lap, palms facing upwards.

**Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## **Mudra #4**

## Hridayamudra / Mudra of Heart



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Try to touch the base of the Index finger with the tip of the same Index finger.

Now, roll this bent Index finger forward in such a way that the first knuckle of the Index finger touches the base of the Thumb (Refer the image).

Now join the tips of the Thumb, Middle and Ring fingers together and press slightly.

Keep the Little finger outstretched.

This Mudra is to be performed on both your palms simultaneously and then rest this Mudras on your thighs.

### **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be

performed for 40 minutes at a stretch.

## **Mudra #5**



## **Bhairavmudra / Mudra of the One 'who isn't terrified by Death'**



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Place your right hand on top of your left hand, both palms up.

Keep the fingers together, lightly pressing against each other.

Place this Mudra in your lap.

### **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

# **Ayurvedic Breakfast Serum**

## Sweetened Cardamom Milk

### **Ingredients:**

1 cup of Milk

1 ½ tspn of Honey

Pinch of Cardamom powder.

### **Instructions:**

Bring the milk to a boil.

Turn off the heat and add honey and cardamom powder.

Stir well and consume while hot.

## Ayurvedic Bedtime Serum

### Ojas Peya (I)

#### Ingredients:

1 ½ cup of Milk

7-8 Almonds, soaked in water for 8/9 hours and finely chopped. (instead of soaked almonds you can also use blanched almonds in case you forget to soak them.) 5-6 Dates, deseeded and finely chopped

½ tspn of Cinnamon powder

½ tspn of Cardamom powder

¼ tspn of Turmeric powder

¼ tspn of Nutmeg powder

1 ½ tbspn of Ghee (Clarified Butter)

2-3 Black Peppercorns (crushed)

#### Instructions:

Add all the ingredients to the milk and stir thoroughly till the spice powders are mixed well.

Put this mixture in a blender to get thick consistency for the mixture.

After blending bring this mixture to a boil and then let it simmer for 2-3 minutes.

Turn off the heat.

Add Honey if you need it to be more sweet.

Consume while it is hot.

## **Pre-Sleep Breathing Routine**

Lie in your bed, facing upwards with your eyes closed.

Both your hands should be by your side, adjacent to your thighs and palms facing upwards.

Inhale deeply but slowly and then exhale out the same way. Concentrate on your breathing for a couple of minutes.

Then, turn to your left (i.e. lie on your left side) and place your palms on your thighs.

Inhale in 3 steps, i.e, take 3 breaths, one followed by the other to fill your lungs. (do not exhale.) Hold the breath in, as long as you can. Then exhale out slowly.

Repeat inhale-exhale pattern for 7-10 times.

## **Schedule for the Day**

### ***Morning:***

- Both Pranayam Asanas
- All the Yoga Asanas (except Shavasana)
- All the Mudras (at least 7 min. each)
- End with Shavasana

Wait for 35-40 mins to eat your breakfast, make sure to end your breakfast with the 'Ayurvedic breakfast serum'.

### ***Evening: (at least 2-3 Hrs. before dinner)*** - Both Pranayam Asanas

- Both the Yoga Asanas (except Shavasana)

### ***Dinner:***

Consume the 'Ayurvedic Bedtime Serum' for Dessert or 15 min. after your dinner.

### ***Before Bedtime:***

- All the Mudras (at least 5 min. each)
- Bhramari Pranayam (Pranayam Asana #2)
- Shavasana

### ***In Bed:***

- Practice the 'Pre-Sleep Breathing Routine'.



# Day 2



# **Pranayam Asana #1**

## Udgith Pranayam/Pranayam of resounding Aum

### **Method:**

Sit in Sukhasan and form the dnyanamudra with your hands and place them on your knees with your palms facing upwards.

Close your eyes.

Inhale to your full capacity; hold the breath in for a couple of seconds and then exhale through the chant of 'Aum'.

Listen to this chant as it fills your surroundings with the sound of cosmic vibrations.

### **Duration:**

Repeat it for 3-4 times.

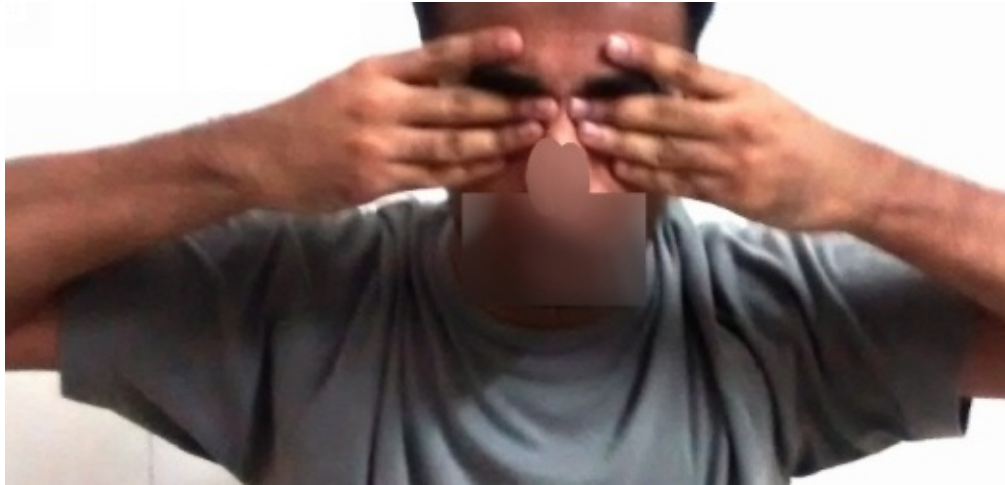
### **Uses:**

-This Pranayam is very effective in curing any disorders of the throat, lungs and upper chest.

-It maintains a proper blood circulation and also helps in purifying your blood.

## Pranayam Asana #2

### Bhramari Pranayam/Pranayam of the Hornet



#### **Method:**

Sit in Sukhasan.

Close your eyes.

Then close your ears with your thumbs, place your index fingers on your forehead, and place the remaining three fingers on your eyes and press the ridge between your eyes slightly with your middle finger.

Inhale to your full capacity; hold the breath in for a couple of seconds.

Then keeping your mouth closed, exhale slowly while making the 'Aum' sound (Om Chant).

(This step creates a sound similar to the buzzing of a hornet's wings hence the name.) **Duration:**

No specific duration. Repeat it for at least 4-5 times.

## Yoga Asana #1

### Shalabh Asan/Asana of Locust



#### **Method:**

This Asana is to be done lying down.

Lie on your stomach with your chin placed on the ground/mat.

Your feet should be close together and the nails of your toes should be touching the ground.

Slide your palms under your thighs.

Raise the right leg in the air, hold it up for 3-4 seconds and bring it back down.

Then raise the left leg in the air, hold it up for 3-4 seconds and bring it back down.

**Duration:**

This Asana takes 12-15 seconds to perform and you can repeat it 3-4 times.

## Yoga Asana #2

### Paschim-Uttan-Asan/Asana of Westward bend



#### **Method:**

Sit comfortably on the mat with your legs stretched out front, facing west.

Slowly inhaling raise both your hands up.

Hold your breath in and then bend forward so that your index fingers are touching the respective thumbs on your toes. (Refer Image) Hold this position for as long as you comfortably can.

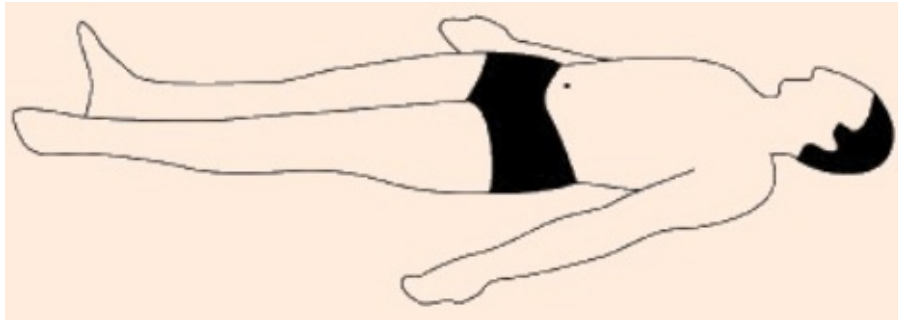
Then, slowly exhaling return back to the initial sitting position.

(With regular practice, your body will become flexible enough that you will be able to touch your forehead to your knees.) **Duration:**

This Asana takes 8-10 seconds to perform and you can repeat it 3 times.

## Yoga Asana #3

### Shavasana / Asana of Corpse



#### **Method:**

Lie down on the mat. Relax your body and bring your feet together, such that they are touching each other adjacently.

Keep your hands by your back with your palms facing upwards.

Close your eyes and breathe calmly for 10-12 seconds.

Then imagine/visualize a luminous beam of light entering your body through the top of your head and running along your spine and illuminating it.

Imagine the light entering your neck and nourishing your thyroid, and then imagine it entering your heart and bringing you more calmness.

Then imagine this light, spreading through your shoulders to your elbows and then onto your palms and then reaching and nourishing each and every finger of yours and then feel them getting relaxed completely.

Then this light overflows from your heart and fills all your chest cavity and abdomen, nourishing each and every organ in the abdomen and relaxing those organs.

Then this light, from the lower end of your spine, spreads into your hips and then flows into your legs and reaches every finger of your feet and internally nourishes them and then feel the entire lower part of your body very relaxed.

In the final phase, this light enters your face through your neck and nourishes

your teeth, tongue, lips, nose, ears and eyes and then you feel those parts relaxed completely.

Keep breathing slowly and gently allow your breath to relax you more and more.

After about 10-12 minutes in this state, slowly roll to your right side while keeping your eyes closed. Stay in this state for a minute.

Then with the support of your right hand, sit up with your legs folded with eyes still closed.

Now breathe deeply, become aware of the environment around you and slowly open your eyes.

**Duration:**

This Asana takes around 15 minutes to perform.



## **Mudra #1**

## Tritiya Kurmamudra / Mudra of Tortoise III



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Raise your palms to chest height, with the left palm facing upwards while the right palm is facing downwards.

Curl down the Middle, Ring and Little fingers of the left hand to form a partial fist, while keeping the Index finger and Thumb extended.

Curl down the Middle and ring fingers of the right hand to form a partial fist, while keeping the Index finger, Little finger and the Thumb extended.

Now, keep the right palm over the left palm.

Then,

Touch the tip of the right Index finger to the tip of the left thumb.

Touch the tip of the right Little finger to the tip of the left Index finger.

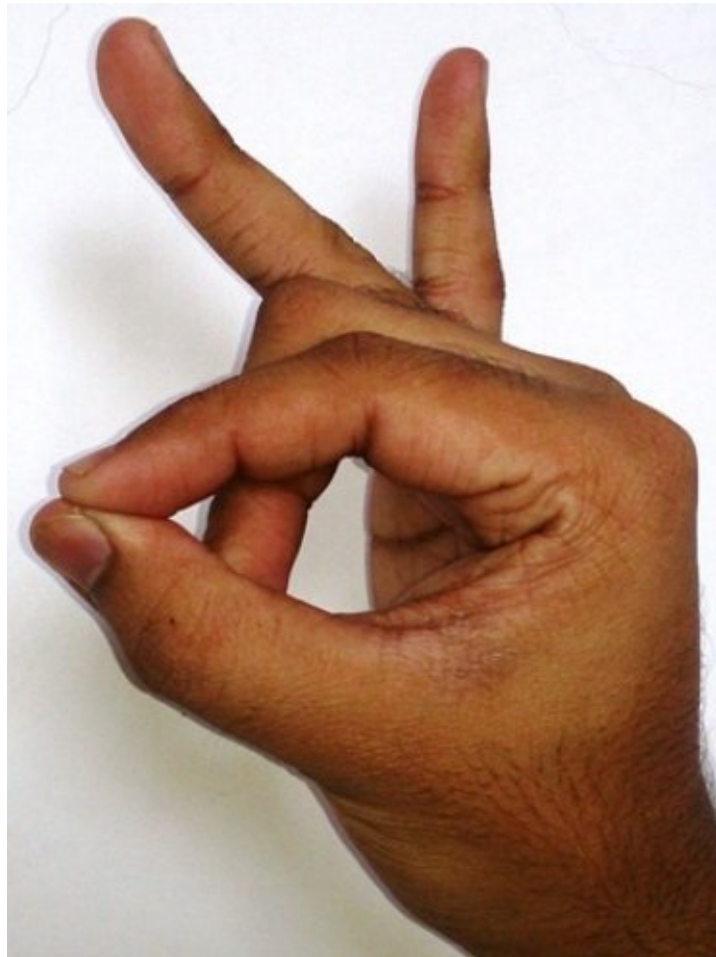
Touch the tip of the right Thumb to the base of the left Thumb near the wrist.

After forming this Mudra, hold this Mudra in front of your Solar Plexus (just below your sternum) **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## **Mudra #2**

## Vyaanamudra / Mudra of Omnipresent Integration



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Join the tips of the Thumb and the Index finger and press slightly.

Touch the tip of the Middle finger to the midline of the Thumb. (Refer the image) Keep the Ring and Little fingers extended upwards.

Once the Mudra is formed on both the hands, place it in your lap, palms facing upwards.

**Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## **Mudra #3**

## Mushtimudra / Mudra of Fist



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Touch the tip of your thumb to the base of the Ring finger and press slightly.

Close all the other fingers over the Thumb to form a fist.

(Refer the image)

Form this Mudra on each hand and rest the fists against the lower belly.

### **Duration:**



This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## **Mudra #4**

## Samputamudra / Mudra of Bud



### **Method:**

It's a modified form of the 'Prayer Mudra'.

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Touch the tip of the fingers of your right hand with the tip of the fingers of your left hand as shown in the image.

Make hollow space between both the palms as if you are holding a small bird.

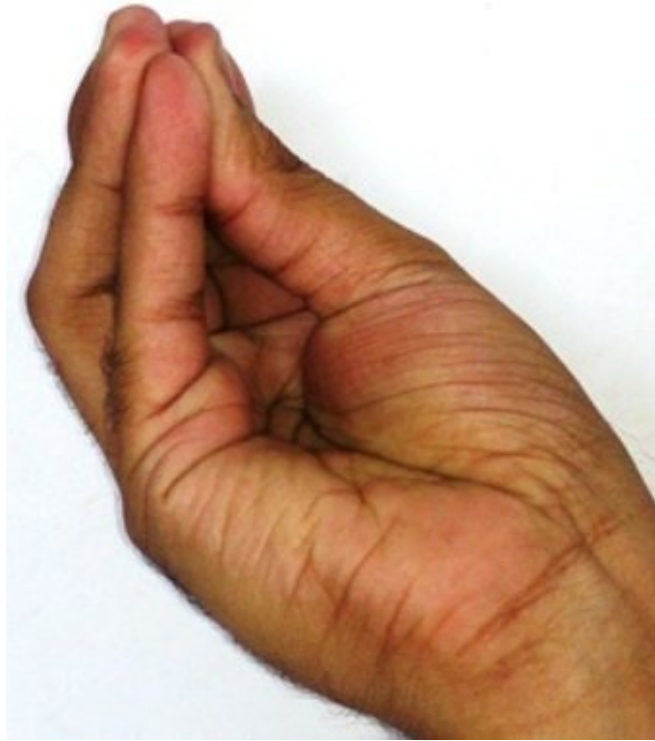
Now, take this formation in front of your eyes, and look through the hollow space and concentrate on your breathing for a couple of minutes, then hold this Mudra in front of your Heart.

**Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 30 minutes at a stretch.

## **Mudra #5**

## Shukrimudra / Mudra of Purity



### **Method:**

This Mudra can be performed while being seated, in a standing position or lying in bed.

Concentrate on your breathing to relax and feel comfortable.

Join the tips of all your fingers together to make this Mudra. (Refer the image)  
Your palms should be facing upwards.

For best results perform this Mudra lying down.

### **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## Ayurvedic Breakfast Serum

### Ojas Peya (II)

#### **Ingredients:**

1 ½ cup of Milk

4-5 Almonds, soaked overnight and finely chopped

5-6 Dates, deseeded and finely chopped

½ cup of grated Coconut or Coconut flakes

½ tspn of Cardamom powder

¼ tspn of Nutmeg powder

2 tspn of Ghee (Clarified Butter)

2 tbsps of Honey

#### **Instructions:**

Add all the ingredients (except Honey) to the milk and stir thoroughly till the spice powders are mixed well.

Put this mixture in a blender to get thick consistency for the mixture.

After blending bring this mixture to a boil and then let it simmer for 2-3 minutes.

Turn off the heat.

Add Honey to the mixture (make sure the heat is turned off).

Consume while it is hot.

## **Ayurvedic Bedtime Serum**

### **Aniseed Tea / Saunf Ghutti**

#### **Ingredients:**

1 ½ cup of water.

1 ½ tspn Aniseed

#### **Instructions:**

Bring the water to a boil.

Then add the aniseed to the water.

Cover the pot with a lid and let it simmer for 12-15 minutes.

Separate out the seeds by passing the tea through a strainer.

Add honey for taste, if you wish.

Consume while it is hot.



## **Pre-Sleep Breathing Routine**

Lie in your bed, facing upwards with your eyes closed.

Both your hands should be by your side, adjacent to your thighs and palms facing upwards.

Inhale deeply but slowly and then exhale out the same way. Concentrate on your breathing for a couple of minutes.

Then, turn to your left (i.e. lie on your left side) and place your palms on your thighs.

Inhale in 3 steps, i.e, take 3 breaths, one followed by the other to fill your lungs. (do not exhale.) Hold the breath in, as long as you can. Then exhale out slowly.

Repeat inhale-exhale pattern for 7-10 times.

## **Schedule for the Day**

### ***Morning:***

- Both Pranayam Asanas
- All the Yoga Asanas (except Shavasana)
- All the Mudras (at least 7 min. each)
- End with Shavasana

Wait for 35-40 mins to eat your breakfast, make sure to end your breakfast with the 'Ayurvedic breakfast serum'.

### ***Evening: (at least 2-3 Hrs. before dinner)*** - Both Pranayam Asanas

- Both the Yoga Asanas (except Shavasana)

### ***Dinner:***

Consume the 'Ayurvedic Bedtime Serum' for Dessert or 15 min. after your dinner.

### ***Before Bedtime:***

- All the Mudras (at least 5 min. each)
- Bhramari Pranayam (Pranayam Asana #2)
- Shavasana

### ***In Bed:***

- Practice the 'Pre-Sleep Breathing Routine'.

# Day 3

# **Pranayam Asana #1**

## Udgith Pranayam/Pranayam of resounding Aum

### **Method:**

Sit in Sukhasan and form the dnyanamudra with your hands and place them on your knees with your palms facing upwards.

Close your eyes.

Inhale to your full capacity; hold the breath in for a couple of seconds and then exhale through the chant of 'Aum'.

Listen to this chant as it fills your surroundings with the sound of cosmic vibrations.

### **Duration:**

Repeat it for 3-4 times.

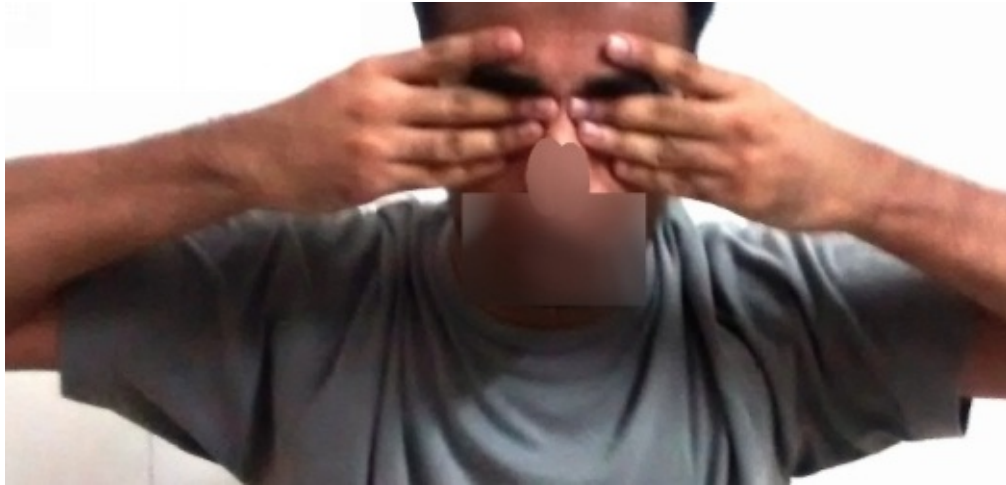
### **Uses:**

-This Pranayam is very effective in curing any disorders of the throat, lungs and upper chest.

-It maintains a proper blood circulation and also helps in purifying your blood.

## Pranayam Asana #2

### Bhramari Pranayam/Pranayam of the Hornet



#### **Method:**

Sit in Sukhasan.

Close your eyes.

Then close your ears with your thumbs, place your index fingers on your forehead, and place the remaining three fingers on your eyes and press the ridge between your eyes slightly with your middle finger.

Inhale to your full capacity; hold the breath in for a couple of seconds.

Then keeping your mouth closed, exhale slowly while making the 'Aum' sound (Om Chant).

(This step creates a sound similar to the buzzing of a hornet's wings hence the name.) **Duration:**

No specific duration. Repeat it for at least 4-5 times.

## Yoga Asana #1

### Sarvangasan/ Asana of the Shoulder Stand



#### **Method:**

Lie on the mat/ground comfortably with both your hands resting at your side, palms facing down.

Step 1:

Take a deep breath and then lift both your legs up.

Your hips should not touch the ground, while your waist is still on the ground.

Step 2:

Now, lift your waist off the ground using your hands and by exerting pressure on the ground through your elbows. (Refer Image) Your entire weight should be on your shoulders.

Remain in this position for as long as you comfortably can and then slowly exhaling return to the initial position.

**Duration:**

This Asana will take 12-15 seconds to perform, repeat it at least 2 times.



## Yoga Asana #2

### Ardh Halasan/Asana of the Half-Plough



**Method:**

Lie on the mat/ground comfortably with your legs laid out straight and your palms should rest beside your thighs, palms facing down.

Slowly inhaling, raise your right leg straight up in the air. (Refer Image)

Hold your leg up for 3-4 seconds and then touch the ground to your left with your right leg, so that right thigh is resting on your left thigh, all the while maintaining your upper torso and hands in the original position. (Refer Image 2)

Maintain the position for a few seconds and then slowly exhaling, return to the original position.

(Repeat the procedure in the other direction, so that the left leg touches the ground and our left thigh is resting on your right thigh.) This will complete one set of this Asana.

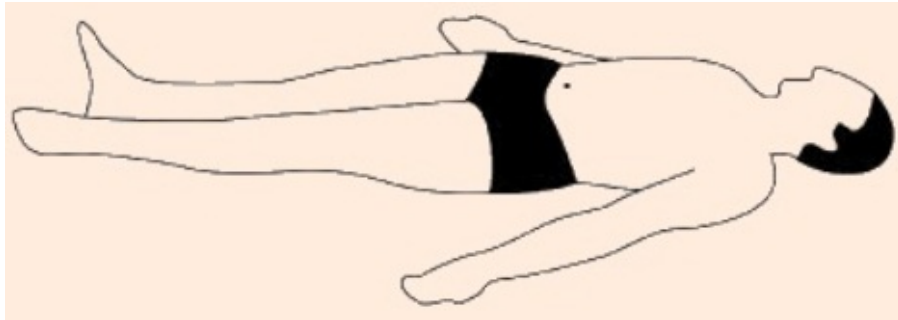
**Duration:**

Each set of this asana takes 10-12 seconds to perform and you can repeat it 3

times.

## Yoga Asana #3

### Shavasana / Asana of Corpse



#### **Method:**

Lie down on the mat. Relax your body and bring your feet together, such that they are touching each other adjacently.

Keep your hands by your back with your palms facing upwards.

Close your eyes and breathe calmly for 10-12 seconds.

Then imagine/visualize a luminous beam of light entering your body through the top of your head and running along your spine and illuminating it.

Imagine the light entering your neck and nourishing your thyroid, and then imagine it entering your heart and bringing you more calmness.

Then imagine this light, spreading through your shoulders to your elbows and then onto your palms and then reaching and nourishing each and every finger of yours and then feel them getting relaxed completely.

Then this light overflows from your heart and fills all your chest cavity and abdomen, nourishing each and every organ in the abdomen and relaxing those organs.

Then this light, from the lower end of your spine, spreads into your hips and then flows into your legs and reaches every finger of your feet and internally nourishes them and then feel the entire lower part of your body very relaxed.

In the final phase, this light enters your face through your neck and nourishes

your teeth, tongue, lips, nose, ears and eyes and then you feel those parts relaxed completely.

Keep breathing slowly and gently allow your breath to relax you more and more.

After about 10-12 minutes in this state, slowly roll to your right side while keeping your eyes closed. Stay in this state for a minute.

Then with the support of your right hand, sit up with your legs folded with eyes still closed.

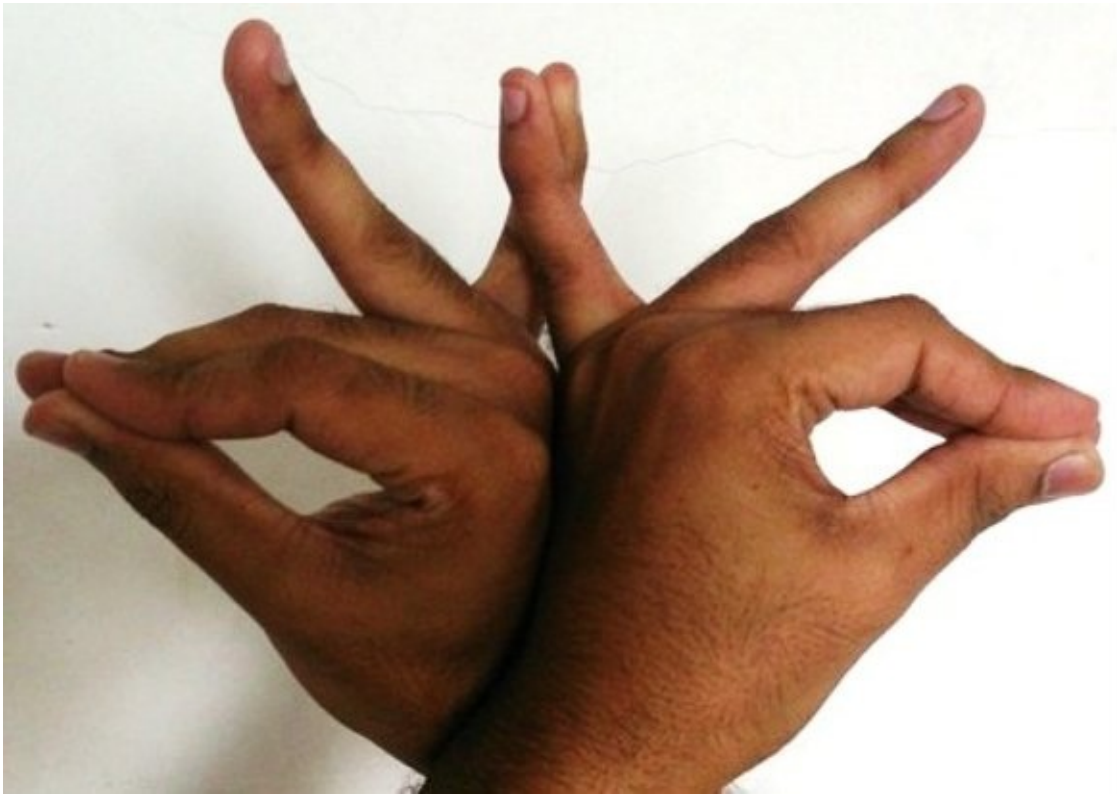
Now breathe deeply, become aware of the environment around you and slowly open your eyes.

**Duration:**

This Asana takes around 15 minutes to perform.

## **Mudra #1**

## Kilakmudra / Mudra of Bondage



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Cross your wrists with the back of your palms facing each other.

Now stretch out both the Little fingers, and then hook them with their tips touching and pressing against each other. (Refer the image) Lift up both the ring fingers, slightly.

Join the tips of the Thumb, Index and Middle fingers on both the hands together.

### **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be

performed for 40 minutes at a stretch.



## **Mudra #2**

## Tritiya Kurmamudra / Mudra of Tortoise III



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Raise your palms to chest height, with the left palm facing upwards while the right palm is facing downwards.

Curl down the Middle, Ring and Little fingers of the left hand to form a partial fist, while keeping the Index finger and Thumb extended.

Curl down the Middle and ring fingers of the right hand to form a partial fist, while keeping the Index finger, Little finger and the Thumb extended.

Now, keep the right palm over the left palm.

Then,

Touch the tip of the right Index finger to the tip of the left thumb.

Touch the tip of the right Little finger to the tip of the left Index finger.

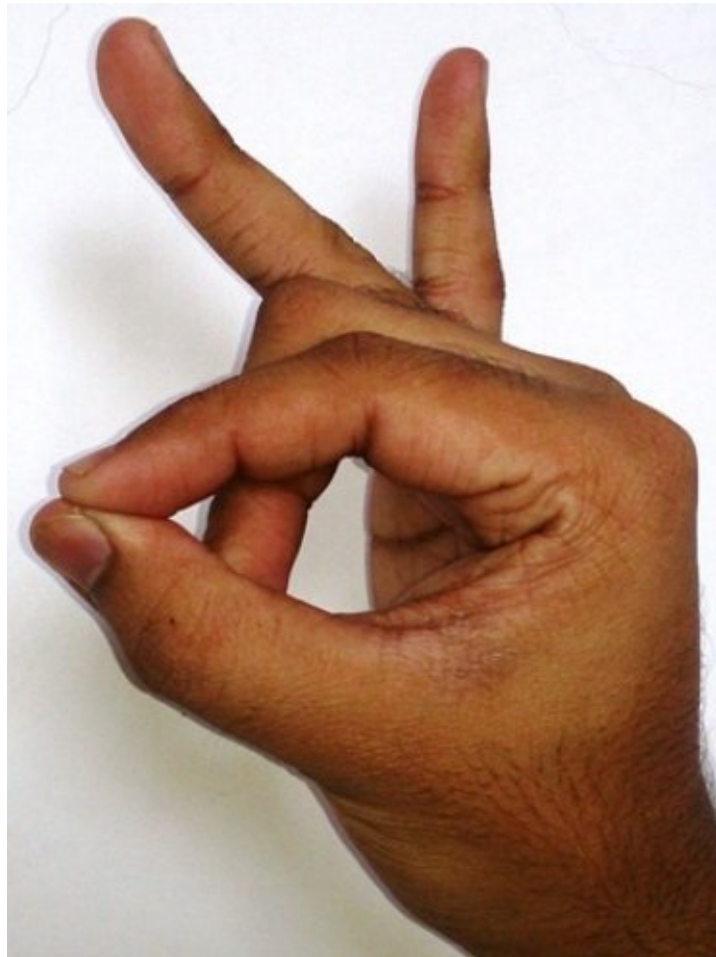
Touch the tip of the right Thumb to the base of the left Thumb near the wrist.

After forming this Mudra, hold this Mudra in front of your Solar Plexus (just below your sternum) **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## **Mudra #3**

## Vyaanamudra / Mudra of Omnipresent Integration



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Join the tips of the Thumb and the Index finger and press slightly.

Touch the tip of the Middle finger to the midline of the Thumb. (Refer the image) Keep the Ring and Little fingers extended upwards.

Once the Mudra is formed on both the hands, place it in your lap, palms facing upwards.

**Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## **Mudra #4**

## Trishulamudra / Mudra of Trident



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Raise your palms to chest height with your palms facing away from you.

Place the pad of the Thumb on the nail of the Little finger and press slightly.

Keep the other three fingers extended upwards and outstretched, as shown in the image.



**Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 15 minutes at a stretch.

## **Mudra #5**

## Hridayamudra / Mudra of Heart



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Try to touch the base of the Index finger with the tip of the same Index finger.

Now, roll this bent Index finger forward in such a way that the first knuckle of the Index finger touches the base of the Thumb (Refer the image).

Now join the tips of the Thumb, Middle and Ring fingers together and press slightly.

Keep the Little finger outstretched.

This Mudra is to be performed on both your palms simultaneously and then rest this Mudras on your thighs.

### **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be

performed for 40 minutes at a stretch.

## Ayurvedic Breakfast Serum

### Ojas Peya (I)

#### **Ingredients:**

1 ½ cup of Milk

7-8 Almonds, soaked in water for 8/9 hours and finely chopped. (instead of soaked almonds you can also use blanched almonds in case you forget to soak them.) 5-6 Dates, deseeded and finely chopped

½ tspn of Cinnamon powder

½ tspn of Cardamom powder

¼ tspn of Turmeric powder

¼ tspn of Nutmeg powder

1 ½ tbspn of Ghee (Clarified Butter)

2-3 Black Peppercorns (crushed)

#### **Instructions:**

Add all the ingredients to the milk and stir thoroughly till the spice powders are mixed well.

Put this mixture in a blender to get thick consistency for the mixture.

After blending bring this mixture to a boil and then let it simmer for 2-3 minutes.

Turn off the heat.

Add Honey if you need it to be more sweet.

Consume while it is hot.

## **Ayurvedic Bedtime Serum**

### **Celery Juice**

#### **Ingredients:**

2 cups Celery, diced/chopped

1 tspn of Honey

#### **Instructions:**

Liquefy celery by putting it in a blender with  $\frac{1}{2}$  a cup of water.

Remove the pulp by passing it through a strainer.

Add Honey to the juice and mix well.

Consume before retiring to bed.

## **Pre-Sleep Breathing Routine**

Lie in your bed, facing upwards with your eyes closed.

Both your hands should be by your side, adjacent to your thighs and palms facing upwards.

Inhale deeply but slowly and then exhale out the same way. Concentrate on your breathing for a couple of minutes.

Then, turn to your left (i.e. lie on your left side) and place your palms on your thighs.

Inhale in 3 steps, i.e, take 3 breaths, one followed by the other to fill your lungs. (do not exhale.) Hold the breath in, as long as you can. Then exhale out slowly.

Repeat inhale-exhale pattern for 7-10 times.

## **Schedule for the Day**

### ***Morning:***

- Both Pranayam Asanas
- All the Yoga Asanas (except Shavasana)
- All the Mudras (at least 7 min. each)
- End with Shavasana

Wait for 35-40 mins to eat your breakfast, make sure to end your breakfast with the 'Ayurvedic breakfast serum'.

### ***Evening: (at least 2-3 Hrs. before dinner)*** - Both Pranayam Asanas

- Both the Yoga Asanas (except Shavasana)

### ***Dinner:***

Consume the 'Ayurvedic Bedtime Serum' for Dessert or 15 min. after your dinner.

### ***Before Bedtime:***

- All the Mudras (at least 5 min. each)
- Bhramari Pranayam (Pranayam Asana #2)
- Shavasana

### ***In Bed:***

- Practice the 'Pre-Sleep Breathing Routine'.



# Day 4

# **Pranayam Asana #1**

## Udgith Pranayam/Pranayam of resounding Aum

### **Method:**

Sit in Sukhasan and form the dnyanamudra with your hands and place them on your knees with your palms facing upwards.

Close your eyes.

Inhale to your full capacity; hold the breath in for a couple of seconds and then exhale through the chant of 'Aum'.

Listen to this chant as it fills your surroundings with the sound of cosmic vibrations.

### **Duration:**

Repeat it for 3-4 times.

### **Uses:**

-This Pranayam is very effective in curing any disorders of the throat, lungs and upper chest.

-It maintains a proper blood circulation and also helps in purifying your blood.

## Pranayam Asana #2

### Bhramari Pranayam/Pranayam of the Hornet



#### **Method:**

Sit in Sukhasan.

Close your eyes.

Then close your ears with your thumbs, place your index fingers on your forehead, and place the remaining three fingers on your eyes and press the ridge between your eyes slightly with your middle finger.

Inhale to your full capacity; hold the breath in for a couple of seconds.

Then keeping your mouth closed, exhale slowly while making the 'Aum' sound (Om Chant).

(This step creates a sound similar to the buzzing of a hornet's wings hence the name.) **Duration:**

No specific duration. Repeat it for at least 4-5 times.

## Yoga Asana #1

### Sarvangasan/ Asana of the Shoulder Stand



#### **Method:**

Lie on the mat/ground comfortably with both your hands resting at your side, palms facing down.

Step 1:

Take a deep breath and then lift both your legs up.

Your hips should not touch the ground, while your waist is still on the ground.

Step 2:

Now, lift your waist off the ground using your hands and by exerting pressure on the ground through your elbows. (Refer Image) Your entire weight should be on your shoulders.

Remain in this position for as long as you comfortably can and then slowly exhaling return to the initial position.

**Duration:**

This Asana will take 12-15 seconds to perform, repeat it at least 2 times.

## Yoga Asana #2

### Pratham Markat Asan/Asana of Monkey-I





**Method:**

Lie on the mat/ground comfortably with your legs folded in such a way that your heels are touching your bum and spread out your hands on either side.

Slowly inhaling, turn your lower torso to left, so that your left knee touches the ground, all the while maintaining your upper torso in the original position.

Then, look to your right.

Maintain the position for a few seconds and then slowly exhaling, return to the original position.

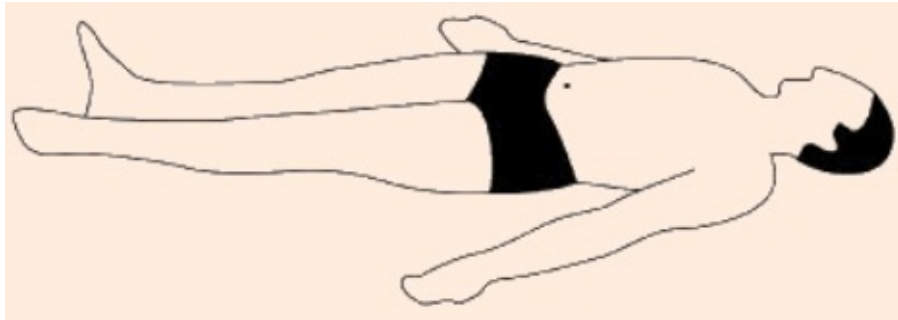
(Repeat the procedure in the other direction, so that the right knee touches the ground and you are looking towards left.) **Duration:**

This Asana takes 20-25 seconds to perform and you can repeat it 2-3 times.



## Yoga Asana #3

### Shavasana / Asana of Corpse



#### **Method:**

Lie down on the mat. Relax your body and bring your feet together, such that they are touching each other adjacently.

Keep your hands by your back with your palms facing upwards.

Close your eyes and breathe calmly for 10-12 seconds.

Then imagine/visualize a luminous beam of light entering your body through the top of your head and running along your spine and illuminating it.

Imagine the light entering your neck and nourishing your thyroid, and then imagine it entering your heart and bringing you more calmness.

Then imagine this light, spreading through your shoulders to your elbows and then onto your palms and then reaching and nourishing each and every finger of yours and then feel them getting relaxed completely.

Then this light overflows from your heart and fills all your chest cavity and abdomen, nourishing each and every organ in the abdomen and relaxing those organs.

Then this light, from the lower end of your spine, spreads into your hips and then flows into your legs and reaches every finger of your feet and internally nourishes them and then feel the entire lower part of your body very relaxed.

In the final phase, this light enters your face through your neck and nourishes

your teeth, tongue, lips, nose, ears and eyes and then you feel those parts relaxed completely.

Keep breathing slowly and gently allow your breath to relax you more and more.

After about 10-12 minutes in this state, slowly roll to your right side while keeping your eyes closed. Stay in this state for a minute.

Then with the support of your right hand, sit up with your legs folded with eyes still closed.

Now breathe deeply, become aware of the environment around you and slowly open your eyes.

**Duration:**

This Asana takes around 15 minutes to perform.

## **Mudra #1**

## Mushtimudra / Mudra of Fist



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Touch the tip of your thumb to the base of the Ring finger and press slightly.

Close all the other fingers over the Thumb to form a fist.

(Refer the image)

Form this Mudra on each hand and rest the fists against the lower belly.

### **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## **Mudra #2**

## Tritiya Kurmamudra / Mudra of Tortoise III



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Raise your palms to chest height, with the left palm facing upwards while the right palm is facing downwards.

Curl down the Middle, Ring and Little fingers of the left hand to form a partial fist, while keeping the Index finger and Thumb extended.

Curl down the Middle and ring fingers of the right hand to form a partial fist, while keeping the Index finger, Little finger and the Thumb extended.

Now, keep the right palm over the left palm.

Then,

Touch the tip of the right Index finger to the tip of the left thumb.

Touch the tip of the right Little finger to the tip of the left Index finger.

Touch the tip of the right Thumb to the base of the left Thumb near the wrist.

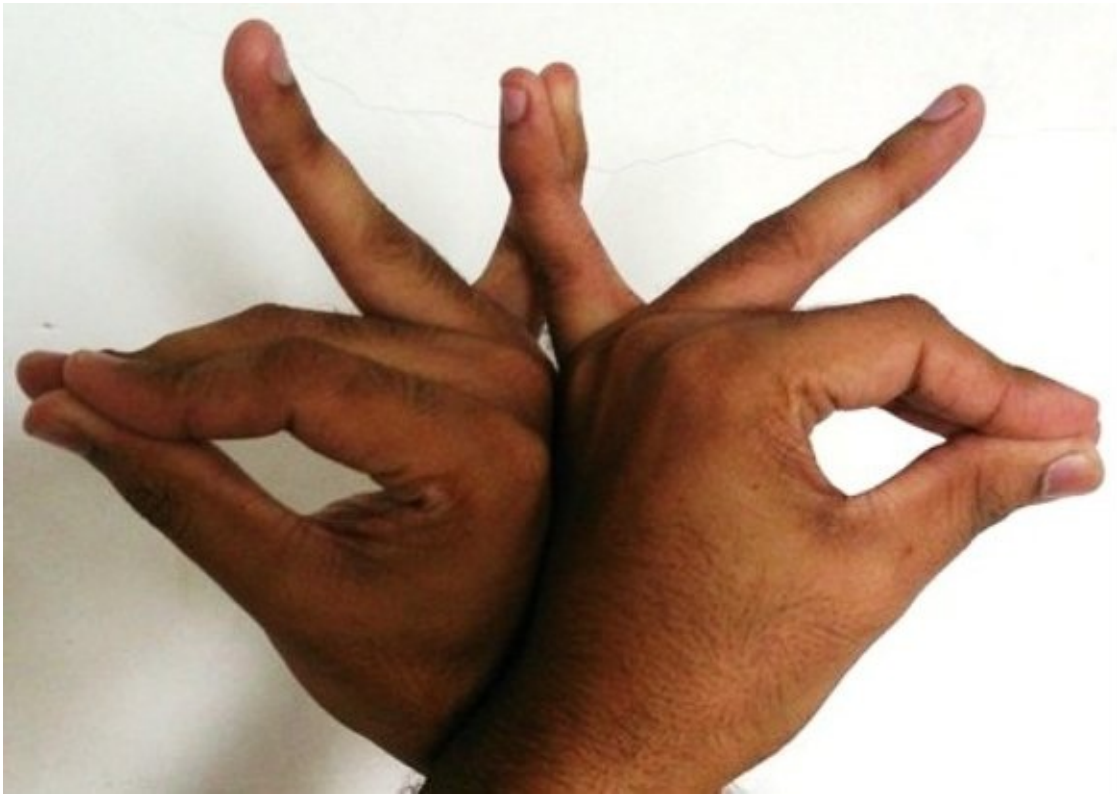
After forming this Mudra, hold this Mudra in front of your Solar Plexus (just below your sternum) **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.



## **Mudra #3**

## Kilakmudra / Mudra of Bondage



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Cross your wrists with the back of your palms facing each other.

Now stretch out both the Little fingers, and then hook them with their tips touching and pressing against each other. (Refer the image) Lift up both the ring fingers, slightly.

Join the tips of the Thumb, Index and Middle fingers on both the hands together.

### **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be

performed for 40 minutes at a stretch.

## **Mudra #4**

## Shanmukhamudra / Mudra of Six Faces



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Hold your palms in front of your chest facing each other.

Now extend all the fingers on both the hands outwards.

Then, touch tips of all fingers of one hand to the tips of the respective fingers of the other hand, except the ring fingers.

Keep both the Ring fingers extended outwards.

(Refer the image)

Once the Mudra is formed lower the Mudra hold it in front of your abdomen.

**Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## **Mudra #5**

## Vairaagyamudra / Mudra of Detachment



### **Method:**

This Mudra has to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Join the tips of your Index finger and Thumb together and press slightly.

Keep all the other fingers extended outwards as shown in the image.

After forming the Mudras on both the hands, if you rest the Mudras on your thighs, palms facing up it will be the '*Dnyaanmudra*', but in *Vairaagyamudra* the Mudras are to be held at your waist level without placing them on your thighs.

(Refer the image)

### **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.





## Ayurvedic Breakfast Serum

### Ojas Peya (II)

#### **Ingredients:**

1 ½ cup of Milk

4-5 Almonds, soaked overnight and finely chopped

5-6 Dates, deseeded and finely chopped

½ cup of grated Coconut or Coconut flakes

½ tspn of Cardamom powder

¼ tspn of Nutmeg powder

2 tspn of Ghee (Clarified Butter)

2 tbsps of Honey

#### **Instructions:**

Add all the ingredients (except Honey) to the milk and stir thoroughly till the spice powders are mixed well.

Put this mixture in a blender to get thick consistency for the mixture.

After blending bring this mixture to a boil and then let it simmer for 2-3 minutes.

Turn off the heat.

Add Honey to the mixture (make sure the heat is turned off).

Consume while it is hot.

## **Ayurvedic Bedtime formulation**

### **Cumin in Banana Pulp**

#### **Ingredients:**

1 tspn Cumin powder.

1 tspn Ghee (clarified butter)

1 ripe Banana

#### **Instructions:**

Heat 1 tspn of Ghee in a pan.

Once hot, add 1 tspn of Cumin powder to the ghee and roast it thoroughly while stirring continuously.

Turn off the heat once it is properly roasted.

Mash 1 ripe banana into a pulp and mix the roasted powder in the pulp.

Consume it before going to bed.

## **Pre-Sleep Breathing Routine**

Lie in your bed, facing upwards with your eyes closed.

Both your hands should be by your side, adjacent to your thighs and palms facing upwards.

Inhale deeply but slowly and then exhale out the same way. Concentrate on your breathing for a couple of minutes.

Then, turn to your left (i.e. lie on your left side) and place your palms on your thighs.

Inhale in 3 steps, i.e, take 3 breaths, one followed by the other to fill your lungs. (do not exhale.) Hold the breath in, as long as you can. Then exhale out slowly.

Repeat inhale-exhale pattern for 7-10 times.

## **Schedule for the Day**

### ***Morning:***

- Both Pranayam Asanas
- All the Yoga Asanas (except Shavasana)
- All the Mudras (at least 7 min. each)
- End with Shavasana

Wait for 35-40 mins to eat your breakfast, make sure to end your breakfast with the 'Ayurvedic breakfast serum'.

### ***Evening: (at least 2-3 Hrs. before dinner)*** - Both Pranayam Asanas

- Both the Yoga Asanas (except Shavasana)

### ***Dinner:***

Consume the 'Ayurvedic Bedtime Serum' for Dessert or 15 min. after your dinner.

### ***Before Bedtime:***

- All the Mudras (at least 5 min. each)
- Bhramari Pranayam (Pranayam Asana #2)
- Shavasana

### ***In Bed:***

- Practice the 'Pre-Sleep Breathing Routine'.

# Day 5

# **Pranayam Asana #1**

## Udgith Pranayam/Pranayam of resounding Aum

### **Method:**

Sit in Sukhasan and form the dnyanamudra with your hands and place them on your knees with your palms facing upwards.

Close your eyes.

Inhale to your full capacity; hold the breath in for a couple of seconds and then exhale through the chant of 'Aum'.

Listen to this chant as it fills your surroundings with the sound of cosmic vibrations.

### **Duration:**

Repeat it for 3-4 times.

### **Uses:**

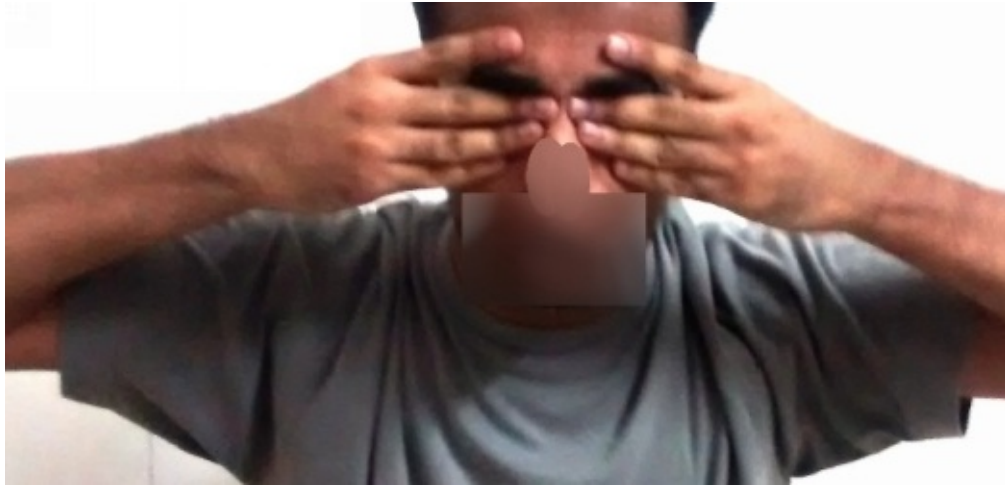
-This Pranayam is very effective in curing any disorders of the throat, lungs and upper chest.

-It maintains a proper blood circulation and also helps in purifying your blood.



## Pranayam Asana #2

### Bhramari Pranayam/Pranayam of the Hornet



#### **Method:**

Sit in Sukhasan.

Close your eyes.

Then close your ears with your thumbs, place your index fingers on your forehead, and place the remaining three fingers on your eyes and press the ridge between your eyes slightly with your middle finger.

Inhale to your full capacity; hold the breath in for a couple of seconds.

Then keeping your mouth closed, exhale slowly while making the 'Aum' sound (Om Chant).

(This step creates a sound similar to the buzzing of a hornet's wings hence the name.) **Duration:**

No specific duration. Repeat it for at least 4-5 times.

**Yoga Asana #1**  
**Supt Padmasan/Asana of reclined Lotus**



**Method:**

Sit in *Padmasan* position.

[Padmasan -

Sit comfortably on the mat with your legs stretched out front.

Now, fold your right leg and place the foot on your left thigh with the base of the

right foot (palm of the foot) facing upwards. (refer the image) Then, fold your left leg and place the foot on your right thigh with the base of the left foot (palm of the foot) facing upwards.

This is the 'Padmasan' position.]

Then slowly inhaling, bend backwards enough to place your elbows on the ground.

Keep looking upwards and slowly place your back on the ground.

Then, place your hands at the back of your head, as if you are relaxing on a beach and open your chest as much as you comfortably can.

Stay in this position for 8-10 seconds and then get back to the initial Padmasan position.

**Duration:**

Repeat at least 2-3 times.

## Yoga Asana #2

### Makar Asan/Asana of Crocodile



#### **Method:**

This Asana is to be done lying down.

Lie on your stomach with your chin placed on the ground/mat.

Your feet should be close together and the nails of your toes should be touching the ground.

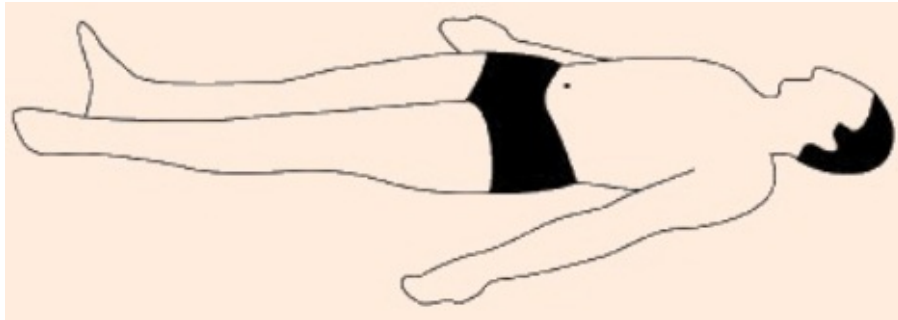
Now rest your elbows on the ground and push your torso up and then let your face rest in your palms. (Refer image) [Makarasan is a relaxation exercise which takes away all the fatigue and helps in calming down your mind and body]

#### **Duration:**

A couple of minutes should suffice. (You can also remain in this Asana till you feel properly relaxed and rested.)

## Yoga Asana #3

### Shavasana / Asana of Corpse



#### **Method:**

Lie down on the mat. Relax your body and bring your feet together, such that they are touching each other adjacently.

Keep your hands by your back with your palms facing upwards.

Close your eyes and breathe calmly for 10-12 seconds.

Then imagine/visualize a luminous beam of light entering your body through the top of your head and running along your spine and illuminating it.

Imagine the light entering your neck and nourishing your thyroid, and then imagine it entering your heart and bringing you more calmness.

Then imagine this light, spreading through your shoulders to your elbows and then onto your palms and then reaching and nourishing each and every finger of yours and then feel them getting relaxed completely.

Then this light overflows from your heart and fills all your chest cavity and abdomen, nourishing each and every organ in the abdomen and relaxing those organs.

Then this light, from the lower end of your spine, spreads into your hips and then flows into your legs and reaches every finger of your feet and internally nourishes them and then feel the entire lower part of your body very relaxed.

In the final phase, this light enters your face through your neck and nourishes

your teeth, tongue, lips, nose, ears and eyes and then you feel those parts relaxed completely.

Keep breathing slowly and gently allow your breath to relax you more and more.

After about 10-12 minutes in this state, slowly roll to your right side while keeping your eyes closed. Stay in this state for a minute.

Then with the support of your right hand, sit up with your legs folded with eyes still closed.

Now breathe deeply, become aware of the environment around you and slowly open your eyes.

**Duration:**

This Asana takes around 15 minutes to perform.

## **Mudra #1**

## Tritiya Kurmamudra / Mudra of Tortoise III



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Raise your palms to chest height, with the left palm facing upwards while the right palm is facing downwards.

Curl down the Middle, Ring and Little fingers of the left hand to form a partial fist, while keeping the Index finger and Thumb extended.

Curl down the Middle and ring fingers of the right hand to form a partial fist, while keeping the Index finger, Little finger and the Thumb extended.

Now, keep the right palm over the left palm.



Then,

Touch the tip of the right Index finger to the tip of the left thumb.

Touch the tip of the right Little finger to the tip of the left Index finger.

Touch the tip of the right Thumb to the base of the left Thumb near the wrist.

After forming this Mudra, hold this Mudra in front of your Solar Plexus (just below your sternum) **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## **Mudra #2**

## Mushtimudra / Mudra of Fist



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Touch the tip of your thumb to the base of the Ring finger and press slightly.

Close all the other fingers over the Thumb to form a fist.

(Refer the image)

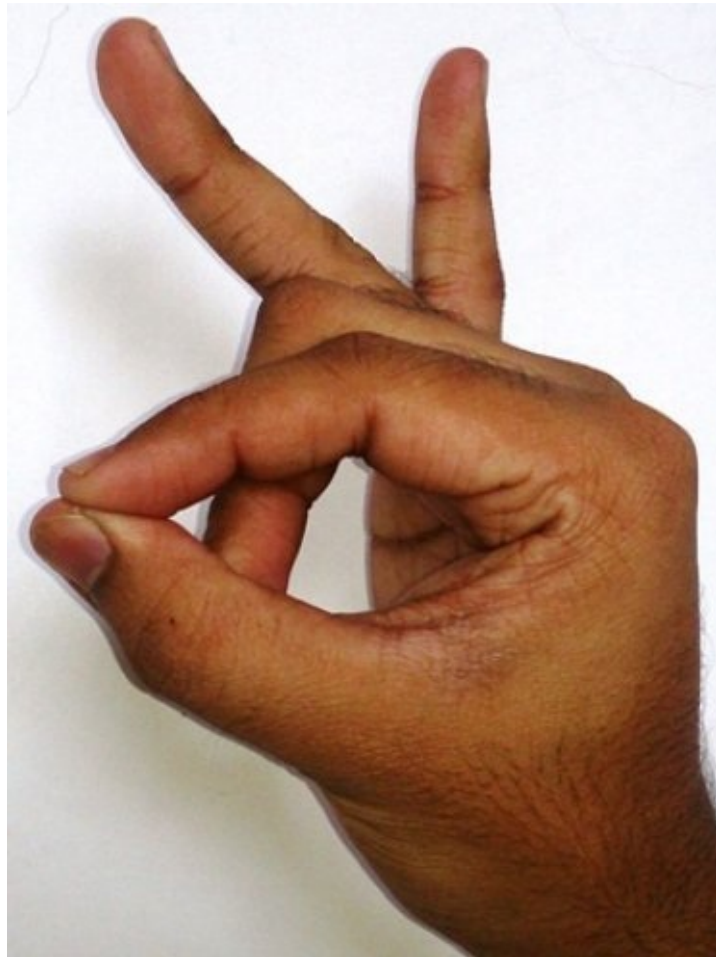
Form this Mudra on each hand and rest the fists against the lower belly.

### **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## **Mudra #3**

## Vyaanamudra / Mudra of Omnipresent Integration



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Join the tips of the Thumb and the Index finger and press slightly.

Touch the tip of the Middle finger to the midline of the Thumb. (Refer the image) Keep the Ring and Little fingers extended upwards.

Once the Mudra is formed on both the hands, place it in your lap, palms facing upwards.

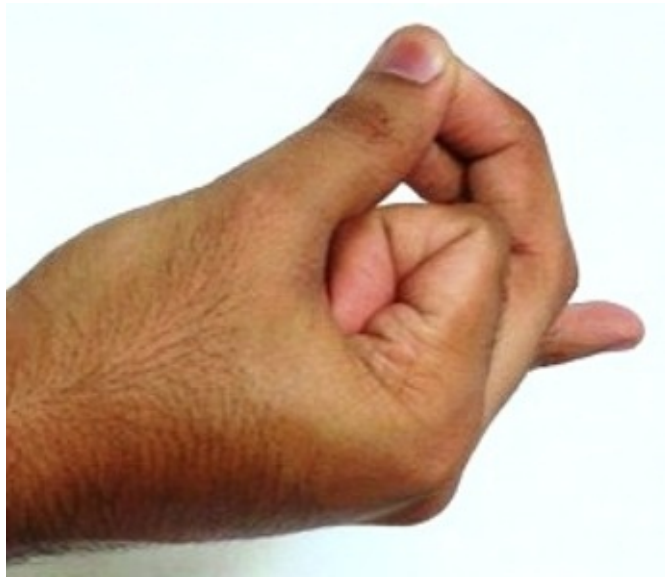
**Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## **Mudra #4**



## Hridayamudra / Mudra of Heart



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Try to touch the base of the Index finger with the tip of the same Index finger.

Now, roll this bent Index finger forward in such a way that the first knuckle of the Index finger touches the base of the Thumb (Refer the image).

Now join the tips of the Thumb, Middle and Ring fingers together and press slightly.

Keep the Little finger outstretched.

This Mudra is to be performed on both your palms simultaneously and then rest this Mudras on your thighs.

### **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be

performed for 40 minutes at a stretch.

## **Mudra #5**

## Shukrimudra / Mudra of Purity



### **Method:**

This Mudra can be performed while being seated, in a standing position or lying in bed.

Concentrate on your breathing to relax and feel comfortable.

Join the tips of all your fingers together to make this Mudra. (Refer the image)  
Your palms should be facing upwards.

For best results perform this Mudra lying down.

### **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## Ayurvedic Breakfast Serum

### Ojas Peya (I)

#### **Ingredients:**

1 ½ cup of Milk

7-8 Almonds, soaked in water for 8/9 hours and finely chopped. (instead of soaked almonds you can also use blanched almonds in case you forget to soak them.) 5-6 Dates, deseeded and finely chopped

½ tspn of Cinnamon powder

½ tspn of Cardamom powder

¼ tspn of Turmeric powder

¼ tspn of Nutmeg powder

1 ½ tbspn of Ghee (Clarified Butter)

2-3 Black Peppercorns (crushed)

#### **Instructions:**

Add all the ingredients to the milk and stir thoroughly till the spice powders are mixed well.

Put this mixture in a blender to get thick consistency for the mixture.

After blending bring this mixture to a boil and then let it simmer for 2-3 minutes.

Turn off the heat.

Add Honey if you need it to be more sweet.

Consume while it is hot.

## **Ayurvedic Bedtime Serum**

### **Nutmeg Tea**

#### **Ingredients:**

¼ tspn Nutmeg Powder

2 tspn Honey

#### **Instructions:**

Add 1-2 drops of water to the Nutmeg powder followed by honey and mix it thoroughly into a paste and set aside.

Bring 1 cup of Water to a boil.

Turn off the heat and add the nutmeg paste to the water and stir well.

Consume while hot.

## **Pre-Sleep Breathing Routine**

Lie in your bed, facing upwards with your eyes closed.

Both your hands should be by your side, adjacent to your thighs and palms facing upwards.

Inhale deeply but slowly and then exhale out the same way. Concentrate on your breathing for a couple of minutes.

Then, turn to your left (i.e. lie on your left side) and place your palms on your thighs.

Inhale in 3 steps, i.e, take 3 breaths, one followed by the other to fill your lungs. (do not exhale.) Hold the breath in, as long as you can. Then exhale out slowly.

Repeat inhale-exhale pattern for 7-10 times.

## **Schedule for the Day**

### ***Morning:***

- Both Pranayam Asanas
- All the Yoga Asanas (except Shavasana)
- All the Mudras (at least 7 min. each)
- End with Shavasana

Wait for 35-40 mins to eat your breakfast, make sure to end your breakfast with the 'Ayurvedic breakfast serum'.

### ***Evening: (at least 2-3 Hrs. before dinner)*** - Both Pranayam Asanas

- Both the Yoga Asanas (except Shavasana)

### ***Dinner:***

Consume the 'Ayurvedic Bedtime Serum' for Dessert or 15 min. after your dinner.

### ***Before Bedtime:***

- All the Mudras (at least 5 min. each)
- Bhramari Pranayam (Pranayam Asana #2)
- Shavasana

### ***In Bed:***

- Practice the 'Pre-Sleep Breathing Routine'.



# Day 6

# **Pranayam Asana #1**

## Udgith Pranayam/Pranayam of resounding Aum

### **Method:**

Sit in Sukhasan and form the dnyanamudra with your hands and place them on your knees with your palms facing upwards.

Close your eyes.

Inhale to your full capacity; hold the breath in for a couple of seconds and then exhale through the chant of 'Aum'.

Listen to this chant as it fills your surroundings with the sound of cosmic vibrations.

### **Duration:**

Repeat it for 3-4 times.

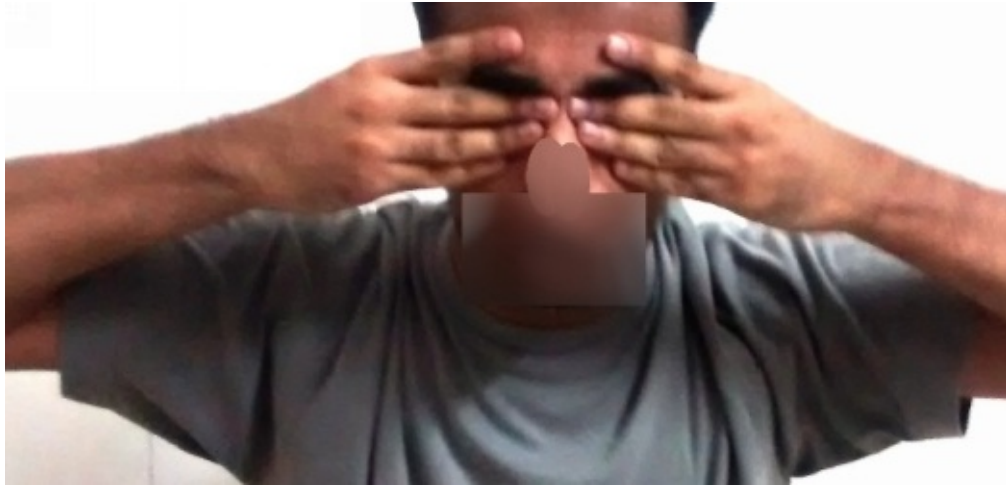
### **Uses:**

-This Pranayam is very effective in curing any disorders of the throat, lungs and upper chest.

-It maintains a proper blood circulation and also helps in purifying your blood.

## Pranayam Asana #2

### Bhramari Pranayam/Pranayam of the Hornet



#### **Method:**

Sit in Sukhasan.

Close your eyes.

Then close your ears with your thumbs, place your index fingers on your forehead, and place the remaining three fingers on your eyes and press the ridge between your eyes slightly with your middle finger.

Inhale to your full capacity; hold the breath in for a couple of seconds.

Then keeping your mouth closed, exhale slowly while making the 'Aum' sound (Om Chant).

(This step creates a sound similar to the buzzing of a hornet's wings hence the name.) **Duration:**

No specific duration. Repeat it for at least 4-5 times.

## Yoga Asana #1

### Paschim-Uttan-Asan/Asana of Westward bend



#### **Method:**

Sit comfortably on the mat with your legs stretched out front, facing west.

Slowly inhaling raise both your hands up.

Hold your breath in and then bend forward so that your index fingers are touching the respective thumbs on your toes. (Refer Image) Hold this position for as long as you comfortably can.

Then, slowly exhaling return back to the initial sitting position.

(With regular practice, your body will become flexible enough that you will be able to touch your forehead to your knees.) **Duration:**

This Asana takes 8-10 seconds to perform and you can repeat it 3 times.

## Yoga Asana #2

### Ardh Halasan/Asana of the Half-Plough



**Method:**

Lie on the mat/ground comfortably with your legs laid out straight and your palms should rest beside your thighs, palms facing down.

Slowly inhaling, raise your right leg straight up in the air. (Refer Image)

Hold your leg up for 3-4 seconds and then touch the ground to your left with your right leg, so that right thigh is resting on your left thigh, all the while maintaining your upper torso and hands in the original position. (Refer Image 2)

Maintain the position for a few seconds and then slowly exhaling, return to the original position.

(Repeat the procedure in the other direction, so that the left leg touches the ground and our left thigh is resting on your right thigh.) This will complete one set of this Asana.

**Duration:**

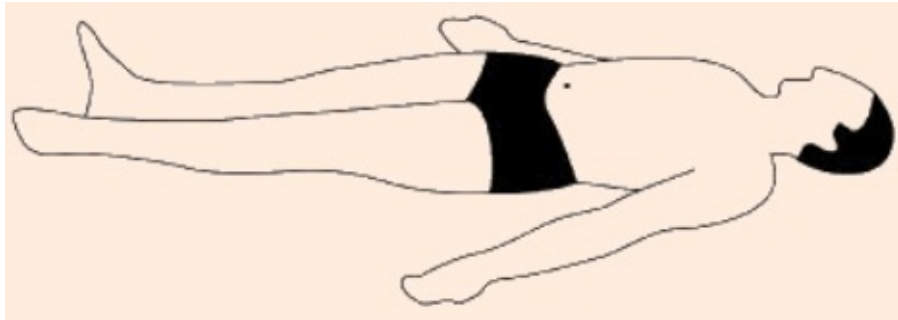
Each set of this asana takes 10-12 seconds to perform and you can repeat it 3

times.



## Yoga Asana #3

### Shavasana / Asana of Corpse



#### **Method:**

Lie down on the mat. Relax your body and bring your feet together, such that they are touching each other adjacently.

Keep your hands by your back with your palms facing upwards.

Close your eyes and breathe calmly for 10-12 seconds.

Then imagine/visualize a luminous beam of light entering your body through the top of your head and running along your spine and illuminating it.

Imagine the light entering your neck and nourishing your thyroid, and then imagine it entering your heart and bringing you more calmness.

Then imagine this light, spreading through your shoulders to your elbows and then onto your palms and then reaching and nourishing each and every finger of yours and then feel them getting relaxed completely.

Then this light overflows from your heart and fills all your chest cavity and abdomen, nourishing each and every organ in the abdomen and relaxing those organs.

Then this light, from the lower end of your spine, spreads into your hips and then flows into your legs and reaches every finger of your feet and internally nourishes them and then feel the entire lower part of your body very relaxed.

In the final phase, this light enters your face through your neck and nourishes

your teeth, tongue, lips, nose, ears and eyes and then you feel those parts relaxed completely.

Keep breathing slowly and gently allow your breath to relax you more and more.

After about 10-12 minutes in this state, slowly roll to your right side while keeping your eyes closed. Stay in this state for a minute.

Then with the support of your right hand, sit up with your legs folded with eyes still closed.

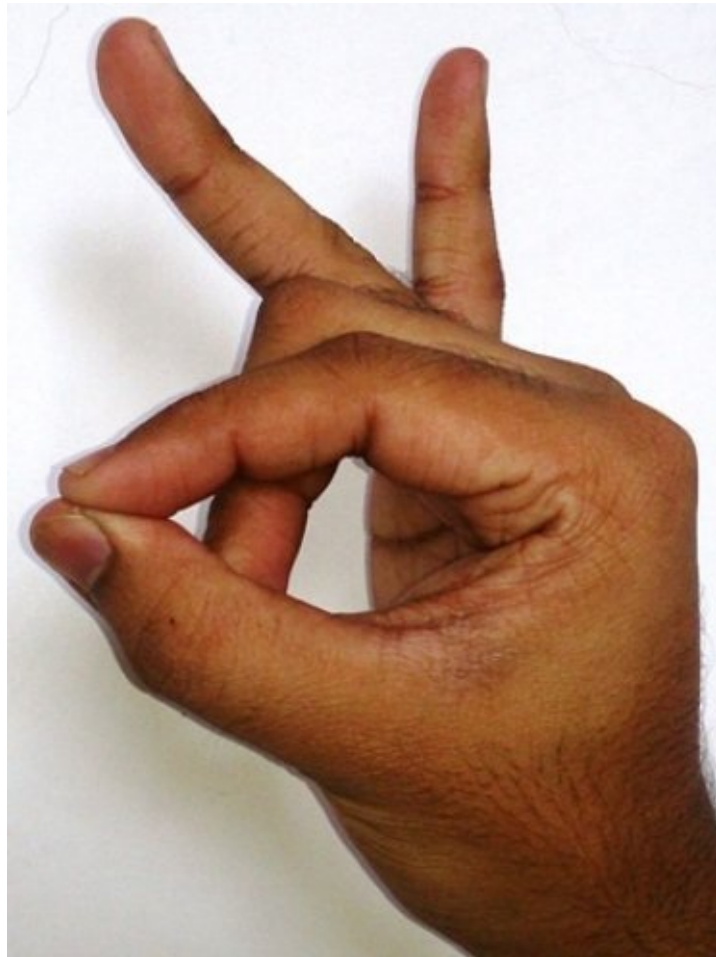
Now breathe deeply, become aware of the environment around you and slowly open your eyes.

**Duration:**

This Asana takes around 15 minutes to perform.

## **Mudra #1**

## Vyaanamudra / Mudra of Omnipresent Integration



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Join the tips of the Thumb and the Index finger and press slightly.

Touch the tip of the Middle finger to the midline of the Thumb. (Refer the image) Keep the Ring and Little fingers extended upwards.

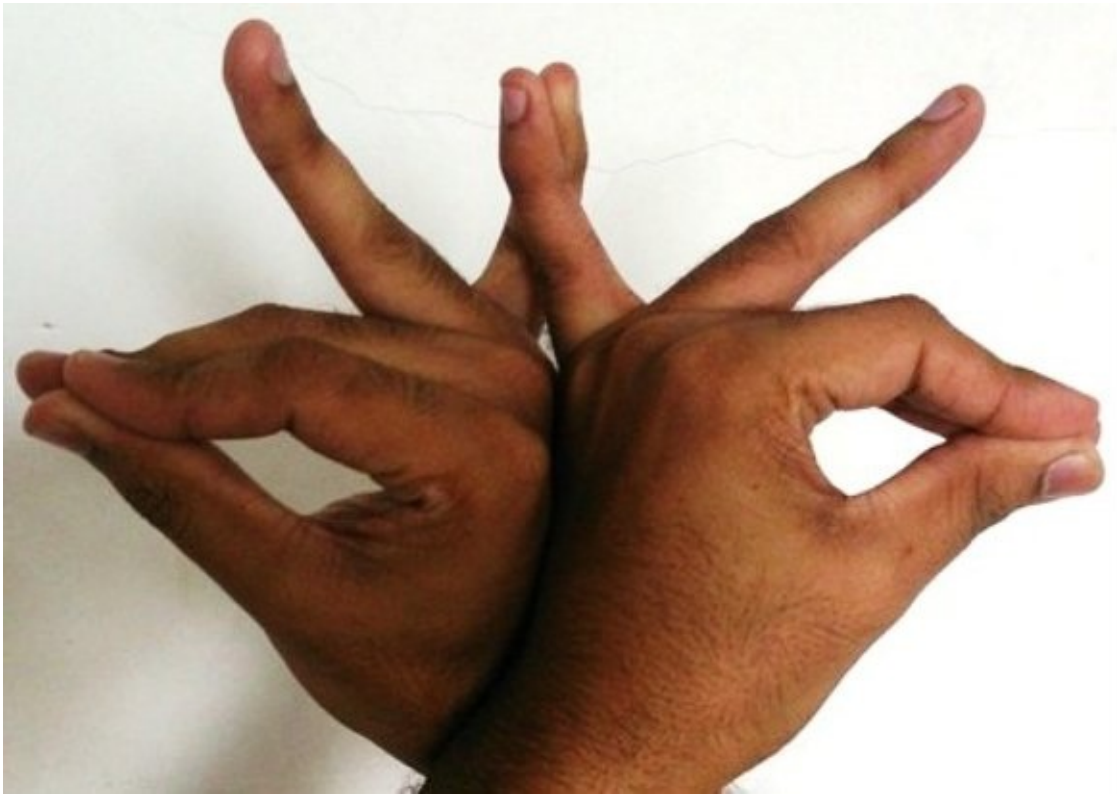
Once the Mudra is formed on both the hands, place it in your lap, palms facing upwards.

**Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## **Mudra #2**

## Kilakmudra / Mudra of Bondage



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Cross your wrists with the back of your palms facing each other.

Now stretch out both the Little fingers, and then hook them with their tips touching and pressing against each other. (Refer the image) Lift up both the ring fingers, slightly.

Join the tips of the Thumb, Index and Middle fingers on both the hands together.

### **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be

performed for 40 minutes at a stretch.



## **Mudra #3**

## Tritiya Kurmamudra / Mudra of Tortoise III



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Raise your palms to chest height, with the left palm facing upwards while the right palm is facing downwards.

Curl down the Middle, Ring and Little fingers of the left hand to form a partial fist, while keeping the Index finger and Thumb extended.

Curl down the Middle and ring fingers of the right hand to form a partial fist, while keeping the Index finger, Little finger and the Thumb extended.

Now, keep the right palm over the left palm.

Then,

Touch the tip of the right Index finger to the tip of the left thumb.

Touch the tip of the right Little finger to the tip of the left Index finger.

Touch the tip of the right Thumb to the base of the left Thumb near the wrist.

After forming this Mudra, hold this Mudra in front of your Solar Plexus (just below your sternum) **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## **Mudra #4**

### **Mushtimudra / Mudra of Fist**



#### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Touch the tip of your thumb to the base of the Ring finger and press slightly.

Close all the other fingers over the Thumb to form a fist.

(Refer the image)

Form this Mudra on each hand and rest the fists against the lower belly.

**Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## **Mudra #5**

## **Bhairavmudra / Mudra of the One 'who isn't terrified by Death'**



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Place your right hand on top of your left hand, both palms up.

Keep the fingers together, lightly pressing against each other.

Place this Mudra in your lap.

### **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## **Mudra #6**



## Shukrimudra / Mudra of Purity



### **Method:**

This Mudra can be performed while being seated, in a standing position or lying in bed.

Concentrate on your breathing to relax and feel comfortable.

Join the tips of all your fingers together to make this Mudra. (Refer the image)  
Your palms should be facing upwards.

For best results perform this Mudra lying down.

### **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## Ayurvedic Breakfast Serum

### Ojas Peya (II)

#### **Ingredients:**

1 ½ cup of Milk

4-5 Almonds, soaked overnight and finely chopped

5-6 Dates, deseeded and finely chopped

½ cup of grated Coconut or Coconut flakes

½ tspn of Cardamom powder

¼ tspn of Nutmeg powder

2 tspn of Ghee (Clarified Butter)

2 tbsps of Honey

#### **Instructions:**

Add all the ingredients (except Honey) to the milk and stir thoroughly till the spice powders are mixed well.

Put this mixture in a blender to get thick consistency for the mixture.

After blending bring this mixture to a boil and then let it simmer for 2-3 minutes.

Turn off the heat.

Add Honey to the mixture (make sure the heat is turned off).

Consume while it is hot.

## **Ayurvedic Bedtime Serum**

### **Poppy Seed Tea**

#### **Ingredients:**

1 tspn Poppy seeds.

1 cup Milk

1 tspn Honey

A pinch of Cardamom powder

A pinch of Nutmeg powder

#### **Instructions:**

Make the poppy seeds into a powder using grinder.

Bring 1 cup of milk to a boil.

Add the poppy seed powder and let it simmer for 1-2 minutes.

Turn off the heat.

Add cardamom powder, nutmeg powder and Honey to the milk

Mix thoroughly and drink while hot.

Consume it before going to bed.

## **Pre-Sleep Breathing Routine**

Lie in your bed, facing upwards with your eyes closed.

Both your hands should be by your side, adjacent to your thighs and palms facing upwards.

Inhale deeply but slowly and then exhale out the same way. Concentrate on your breathing for a couple of minutes.

Then, turn to your left (i.e. lie on your left side) and place your palms on your thighs.

Inhale in 3 steps, i.e, take 3 breaths, one followed by the other to fill your lungs. (do not exhale.) Hold the breath in, as long as you can. Then exhale out slowly.

Repeat inhale-exhale pattern for 7-10 times.

## **Schedule for the Day**

### ***Morning:***

- Both Pranayam Asanas
- All the Yoga Asanas (except Shavasana)
- All the Mudras (at least 7 min. each)
- End with Shavasana

Wait for 35-40 mins to eat your breakfast, make sure to end your breakfast with the 'Ayurvedic breakfast serum'.

### ***Evening: (at least 2-3 Hrs. before dinner)*** - Both Pranayam Asanas

- Both the Yoga Asanas (except Shavasana)

### ***Dinner:***

Consume the 'Ayurvedic Bedtime Serum' for Dessert or 15 min. after your dinner.

### ***Before Bedtime:***

- All the Mudras (at least 5 min. each)
- Bhramari Pranayam (Pranayam Asana #2)
- Shavasana

### ***In Bed:***

- Practice the 'Pre-Sleep Breathing Routine'.



**Day 7**

## **Pranayam Asana #1**



## Udgith Pranayam/Pranayam of resounding Aum

### **Method:**

Sit in Sukhasan and form the dnyanamudra with your hands and place them on your knees with your palms facing upwards.

Close your eyes.

Inhale to your full capacity; hold the breath in for a couple of seconds and then exhale through the chant of 'Aum'.

Listen to this chant as it fills your surroundings with the sound of cosmic vibrations.

### **Duration:**

Repeat it for 3-4 times.

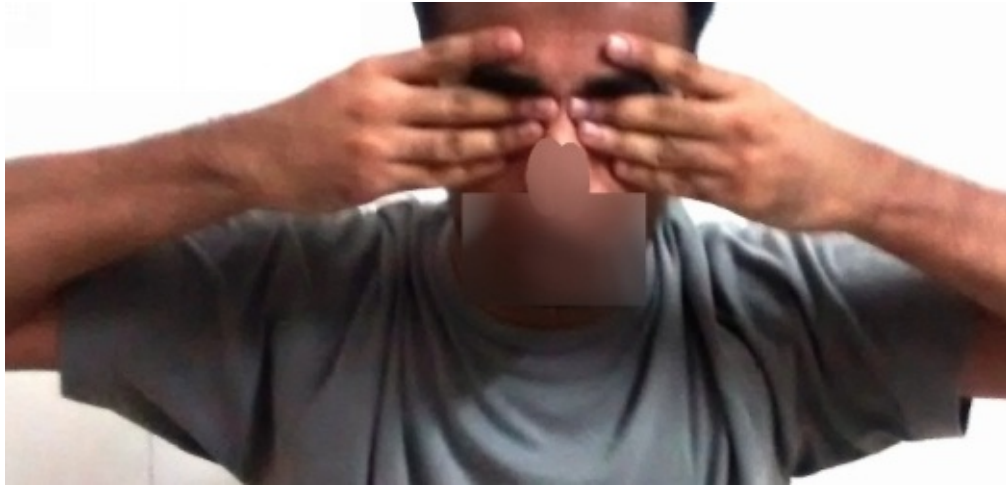
### **Uses:**

-This Pranayam is very effective in curing any disorders of the throat, lungs and upper chest.

-It maintains a proper blood circulation and also helps in purifying your blood.

## Pranayam Asana #2

### Bhramari Pranayam/Pranayam of the Hornet



#### **Method:**

Sit in Sukhasan.

Close your eyes.

Then close your ears with your thumbs, place your index fingers on your forehead, and place the remaining three fingers on your eyes and press the ridge between your eyes slightly with your middle finger.

Inhale to your full capacity; hold the breath in for a couple of seconds.

Then keeping your mouth closed, exhale slowly while making the 'Aum' sound (Om Chant).

(This step creates a sound similar to the buzzing of a hornet's wings hence the name.) **Duration:**

No specific duration. Repeat it for at least 4-5 times.

## Yoga Asana #1

### Sarvangasan/ Asana of the Shoulder Stand



#### **Method:**

Lie on the mat/ground comfortably with both your hands resting at your side, palms facing down.

Step 1:

Take a deep breath and then lift both your legs up.

Your hips should not touch the ground, while your waist is still on the ground.

Step 2:

Now, lift your waist off the ground using your hands and by exerting pressure on the ground through your elbows. (Refer Image) Your entire weight should be on your shoulders.

Remain in this position for as long as you comfortably can and then slowly exhaling return to the initial position.

**Duration:**

This Asana will take 12-15 seconds to perform, repeat it at least 2 times.

## Yoga Asana #2

### Makar Asan/Asana of Crocodile



#### **Method:**

This Asana is to be done lying down.

Lie on your stomach with your chin placed on the ground/mat.

Your feet should be close together and the nails of your toes should be touching the ground.

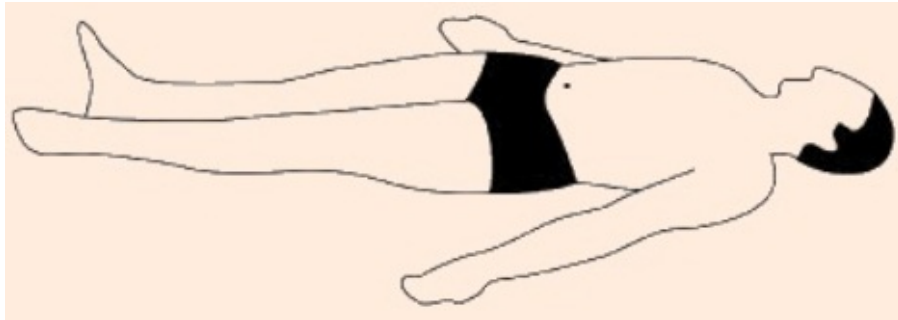
Now rest your elbows on the ground and push your torso up and then let your face rest in your palms. (Refer image) [Makarasan is a relaxation exercise which takes away all the fatigue and helps in calming down your mind and body]

#### **Duration:**

A couple of minutes should suffice. (You can also remain in this Asana till you feel properly relaxed and rested.)

## Yoga Asana #3

### Shavasana / Asana of Corpse



#### **Method:**

Lie down on the mat. Relax your body and bring your feet together, such that they are touching each other adjacently.

Keep your hands by your back with your palms facing upwards.

Close your eyes and breathe calmly for 10-12 seconds.

Then imagine/visualize a luminous beam of light entering your body through the top of your head and running along your spine and illuminating it.

Imagine the light entering your neck and nourishing your thyroid, and then imagine it entering your heart and bringing you more calmness.

Then imagine this light, spreading through your shoulders to your elbows and then onto your palms and then reaching and nourishing each and every finger of yours and then feel them getting relaxed completely.

Then this light overflows from your heart and fills all your chest cavity and abdomen, nourishing each and every organ in the abdomen and relaxing those organs.

Then this light, from the lower end of your spine, spreads into your hips and then flows into your legs and reaches every finger of your feet and internally nourishes them and then feel the entire lower part of your body very relaxed.

In the final phase, this light enters your face through your neck and nourishes

your teeth, tongue, lips, nose, ears and eyes and then you feel those parts relaxed completely.

Keep breathing slowly and gently allow your breath to relax you more and more.

After about 10-12 minutes in this state, slowly roll to your right side while keeping your eyes closed. Stay in this state for a minute.

Then with the support of your right hand, sit up with your legs folded with eyes still closed.

Now breathe deeply, become aware of the environment around you and slowly open your eyes.

**Duration:**

This Asana takes around 15 minutes to perform.

## **Mudra #1**



## Mushtimudra / Mudra of Fist



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Touch the tip of your thumb to the base of the Ring finger and press slightly.

Close all the other fingers over the Thumb to form a fist.

(Refer the image)

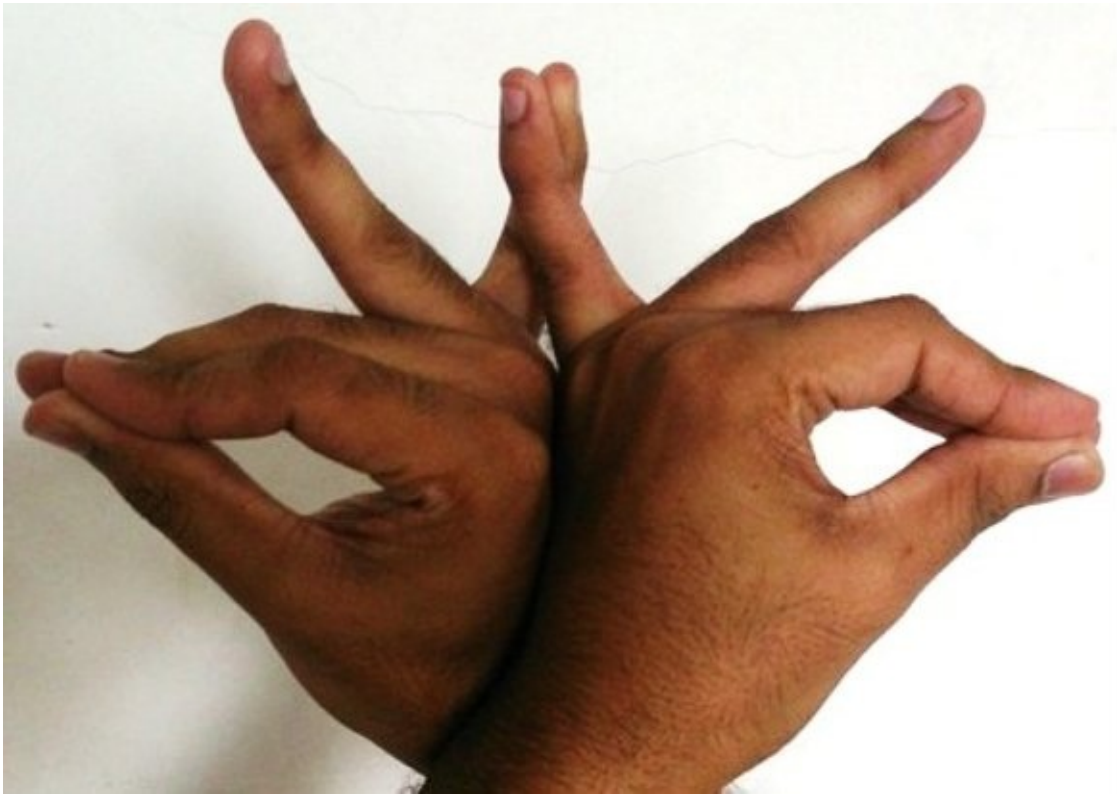
Form this Mudra on each hand and rest the fists against the lower belly.

### **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## **Mudra #2**

## Kilakmudra / Mudra of Bondage



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Cross your wrists with the back of your palms facing each other.

Now stretch out both the Little fingers, and then hook them with their tips touching and pressing against each other. (Refer the image) Lift up both the ring fingers, slightly.

Join the tips of the Thumb, Index and Middle fingers on both the hands together.

### **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be

performed for 40 minutes at a stretch.

## **Mudra #3**

## Tritiya Kurmamudra / Mudra of Tortoise III



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Raise your palms to chest height, with the left palm facing upwards while the right palm is facing downwards.

Curl down the Middle, Ring and Little fingers of the left hand to form a partial fist, while keeping the Index finger and Thumb extended.

Curl down the Middle and ring fingers of the right hand to form a partial fist, while keeping the Index finger, Little finger and the Thumb extended.

Now, keep the right palm over the left palm.

Then,

Touch the tip of the right Index finger to the tip of the left thumb.

Touch the tip of the right Little finger to the tip of the left Index finger.

Touch the tip of the right Thumb to the base of the left Thumb near the wrist.

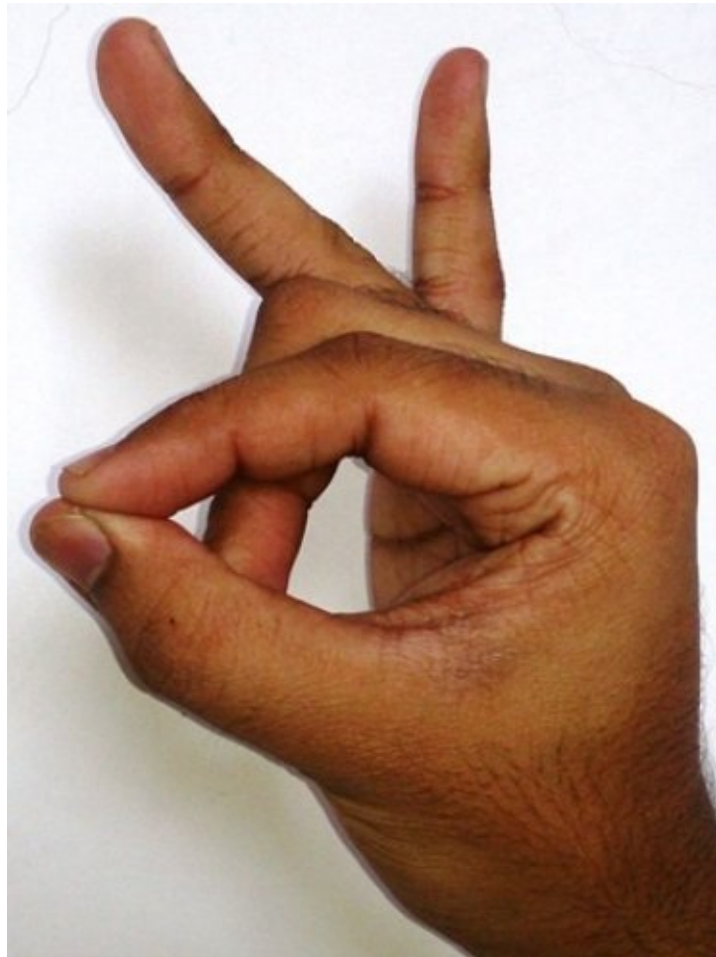
After forming this Mudra, hold this Mudra in front of your Solar Plexus (just below your sternum) **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.



## **Mudra #4**

## Vyaanamudra / Mudra of Omnipresent Integration



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Join the tips of the Thumb and the Index finger and press slightly.

Touch the tip of the Middle finger to the midline of the Thumb. (Refer the image) Keep the Ring and Little fingers extended upwards.

Once the Mudra is formed on both the hands, place it in your lap, palms facing upwards.

**Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## **Mudra #5**

## Shanmukhamudra / Mudra of Six Faces



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Hold your palms in front of your chest facing each other.

Now extend all the fingers on both the hands outwards.

Then, touch tips of all fingers of one hand to the tips of the respective fingers of the other hand, except the ring fingers.

Keep both the Ring fingers extended outwards.

(Refer the image)

Once the Mudra is formed lower the Mudra hold it in front of your abdomen.

**Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## **Mudra #6**

## Trishulamudra / Mudra of Trident



### **Method:**

This Mudra is to be performed in a seated position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Raise your palms to chest height with your palms facing away from you.

Place the pad of the Thumb on the nail of the Little finger and press slightly.

Keep the other three fingers extended upwards and outstretched, as shown in the image.



**Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 15 minutes at a stretch.

## **Mudra #7**

## Shukrimudra / Mudra of Purity



### **Method:**

This Mudra can be performed while being seated, in a standing position or lying in bed.

Concentrate on your breathing to relax and feel comfortable.

Join the tips of all your fingers together to make this Mudra. (Refer the image)  
Your palms should be facing upwards.

For best results perform this Mudra lying down.

### **Duration:**

This Mudra should be performed for at least 7 to 10 minutes and can be performed for 40 minutes at a stretch.

## Ayurvedic Breakfast Serum

### Ojas Peya (I)

#### **Ingredients:**

1 ½ cup of Milk

7-8 Almonds, soaked in water for 8/9 hours and finely chopped. (instead of soaked almonds you can also use blanched almonds in case you forget to soak them.) 5-6 Dates, deseeded and finely chopped

½ tspn of Cinnamon powder

½ tspn of Cardamom powder

¼ tspn of Turmeric powder

¼ tspn of Nutmeg powder

1 ½ tbspn of Ghee (Clarified Butter)

2-3 Black Peppercorns (crushed)

#### **Instructions:**

Add all the ingredients to the milk and stir thoroughly till the spice powders are mixed well.

Put this mixture in a blender to get thick consistency for the mixture.

After blending bring this mixture to a boil and then let it simmer for 2-3 minutes.

Turn off the heat.

Add Honey if you need it to be more sweet.

Consume while it is hot.

## **Ayurvedic Bedtime Serum**

### **Nutmeg Tea**

#### **Ingredients:**

¼ tspn Nutmeg Powder

2 tspn Honey

#### **Instructions:**

Add 1-2 drops of water to the Nutmeg powder followed by honey and mix it thoroughly into a paste and set aside.

Bring 1 cup of Water to a boil.

Turn off the heat and add the nutmeg paste to the water and stir well.

Consume while hot.

## **Pre-Sleep Breathing Routine**

Lie in your bed, facing upwards with your eyes closed.

Both your hands should be by your side, adjacent to your thighs and palms facing upwards.

Inhale deeply but slowly and then exhale out the same way. Concentrate on your breathing for a couple of minutes.

Then, turn to your left (i.e. lie on your left side) and place your palms on your thighs.

Inhale in 3 steps, i.e, take 3 breaths, one followed by the other to fill your lungs. (do not exhale.) Hold the breath in, as long as you can. Then exhale out slowly.

Repeat inhale-exhale pattern for 7-10 times.

## Schedule for the Day

### ***Morning:***

- Both Pranayam Asanas
- All the Yoga Asanas (except Shavasana)
- All the Mudras (at least 7 min. each)
- End with Shavasana

Wait for 35-40 mins to eat your breakfast, make sure to end your breakfast with the 'Ayurvedic breakfast serum'.

### ***Evening: (at least 2-3 Hrs. before dinner)*** - Both Pranayam Asanas

- Both the Yoga Asanas (except Shavasana)

### ***Dinner:***

Consume the 'Ayurvedic Bedtime Serum' for Dessert or 15 min. after your dinner.

### ***Before Bedtime:***

- All the Mudras (at least 5 min. each)
- Bhramari Pranayam (Pranayam Asana #2)
- Shavasana

### ***In Bed:***

- Practice the 'Pre-Sleep Breathing Routine'.

## **Do you wish to receive Information on Yoga, Mudras and Ayurveda on a regular basis?**

Hi, I am Advait,

I am and wish to remain a life-long student of *Ayurveda*, *Yoga* and *Mudra Vigyaan*. During the course of my study, work and research I come across many priceless gems in the field of Vedic Health & Healing.

You'll be surprised to know how many serious ailments can be prevented and cured by using some basic ingredients available in our kitchen pantry or doing these simple hand gestures (Mudras) or by simple Yoga exercises.

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Subscribe to my *Newsletter* to know more.

To subscribe, [Click Here](#)

Thanks.

**Advait**



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Thank You so much.

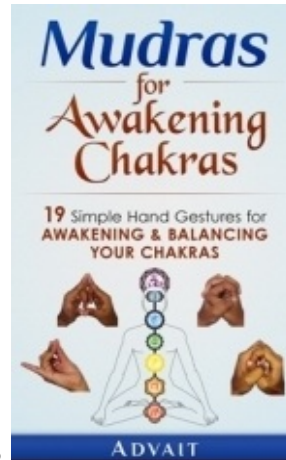
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**Advait**

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Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening &



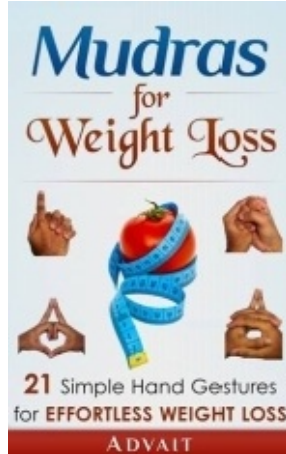
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Vitality

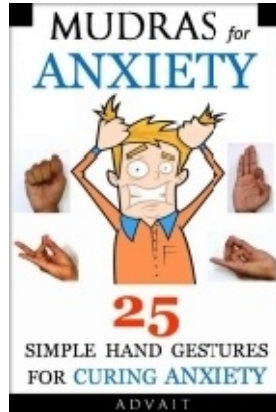
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## Mudras: 25 Ultimate Techniques for Self Healing



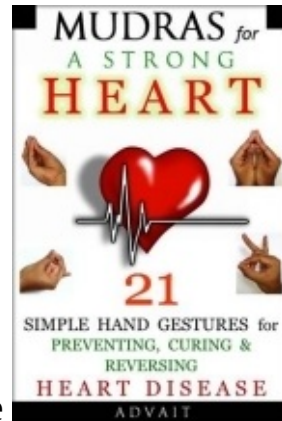
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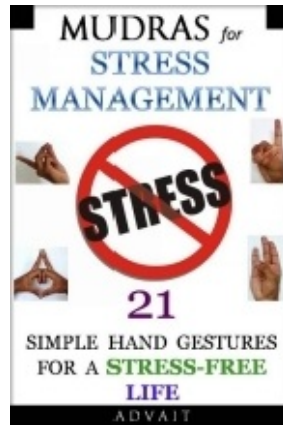
## Mudras for Curing Cancer: 21 Simple Hand Gestures for Preventing & Curing



Cancer

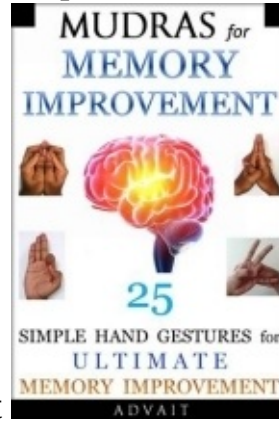
<http://www.amazon.com/dp/B00PFO199M>

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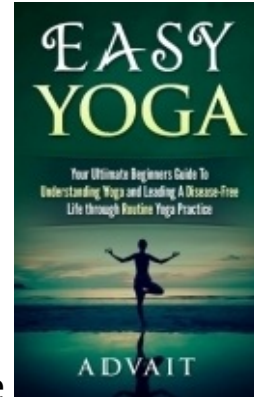


Memory Improvement

<http://www.amazon.com/dp/B00PFSP8TK>

## On Yoga

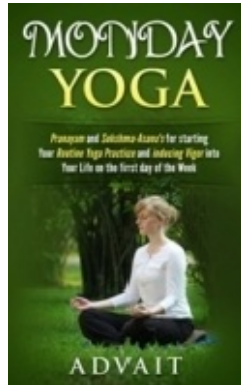
Easy Yoga: Your Ultimate Beginners Guide to Understanding Yoga and Leading



a Disease-Free Life through Routine Yoga Practice

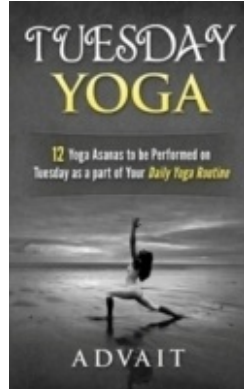
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Monday Yoga: Pranayam and Sukshma-Asana's for starting Your Routine Yoga Practice and Inducing Vigor into Your Life on the first day of the Week



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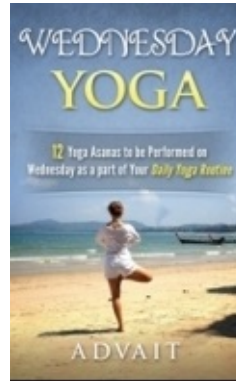
Tuesday Yoga: 12 Yoga Asanas to be performed on Tuesday as a Part of Your



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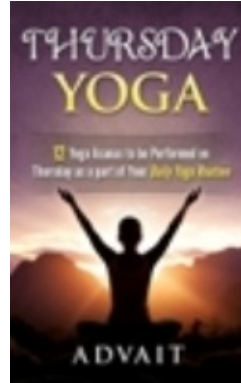
Wednesday Yoga: 12 Yoga Asanas to be performed on Wednesday as a Part of



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Thursday Yoga: 12 Yoga Asanas to be performed on Thursday as a Part of Your

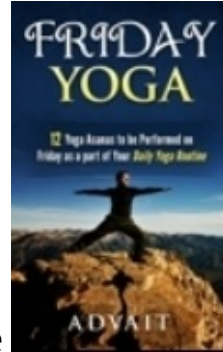


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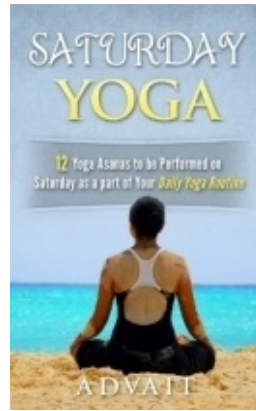
Friday Yoga: 12 Yoga Asanas to be performed on Friday as a Part of Your Daily



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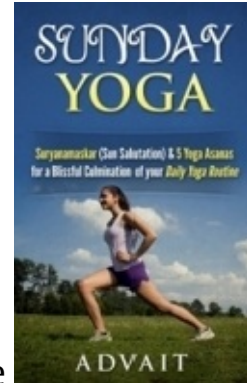
Saturday Yoga: 12 Yoga Asanas to be performed on Saturday as a Part of Your



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## Sunday Yoga: Suryanamaskar (Sun Salutation) & 5 Yoga Asanas for a Blissful



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