



Pushpanjali  
Crosslay Hospital

*Journey to Good Health*

# YOGA

for a Healthy Life



Physical - Mental - Spiritual  
**Coordination**

## Yoga - The science of 'Right Living'

Yoga works wonders when it is integrated in our daily lives.

It enriches all aspects of the person - physical, mental, emotional, psychic and spiritual. The word yoga means 'unity' or 'oneness' and is derived from the Sanskrit word 'yuj' which means 'to join'.

The department of Yoga at Pushpanjali Crosslay Hospital under the guidance of Shri Yogacharya Sheshpal has a well-structured programme to cater to those suffering from particular ailments and also for preventive health needs of all age groups.

In 1977, Dr. Jonas Salk, an American Researcher and Virologist, correctly declared that 'Medicine is the science of Diseases and Yoga is the science of Health'

**Meditative**

**Posture**



Meditative Posture is for composure, ease, breathing and concentration. Sukhasana is one of them. Sukhasana, while conforming to all these requirements is the easiest asana to practice for a beginner. The very name indicates 'ease; and therefore, steadiness.



### VERTICAL STRETCHING

Parvatasana emphasizes on the vertical stretching of our muscles and in this asana, the spine. This adds steadiness, firmness and quality to the body.

### LATERAL STRETCHING

This is called Konasana (Angle Pose). It is good for the spine. Konasana contributes largely to the graceful carriage and health of the internal organist is also good for abdominal compression and should be performed after vertical stretching of the spine.



### SPINAL TWIST

This is called Ardhamatsyendra asana and is related to the spinal twist. This asana is very good for the abdomen, liver and all internal organs. It improves the performance of the organs in the body. It improves the blood circulation of your stomach and thereby, increases digestive powers.

### FORWARD BENDING

This asana is called Paschimottanasana indicating the posterior stretching pose. This asana checks corpulence or obesity and enlargement of spleen and liver; increases better digestion and decreases rigidity of spine.



*Tratak Kriya*



*Shankh Naad*



### BACKWARD BENDING

This asana is called *suptavajrasana* or the sleeping pose and is a combination of sleeping pose and *vajrasana*. The asana helps in stretching of stomach and thigh muscles and suppleness of lower parts of the body.

### YOGENDRA PRANAYAMA

Pranayama is the science of breath control which leads to good health. Pranayama is a combination of two words - 'Pran' means Bio-energy and 'Ayama' means control on breathing.



### YOGENDRA KRIYAS

This kriya should be done under the guidance of a good supervisor. 'Jalaneti' is one of the many kriyas in Yoga. Jalaneti means 'Water Snuffing'. Jalaneti cleanses and disinfects the nasal passage, respiration becomes easy, cools the brain and calms the nervous system. After Jalaneti, *Kapalbhati* is highly required.

### RELAXATION

*Nishpandbhava* means 'No Movement Reflection'. This is rightfully a central idea in modern Yoga. In the various techniques of relaxation, '*Nishpandbhava*' is one of them. It breaks down all unnecessary physical tension, tries to maintain harmony in the body-mind and above all provides mental poise and serenity.



*Hasta Mudra*



*Yogic Facial*

## Programme

☞ Life Care (for Preventive Health)	
☞ Health Care (according to the disease)	
☞ Stress management	Cardiac Hypertension
☞ Respiratory	Asthma Sinusitis Common Cold
☞ Gastro Problems	Constipation
☞ Orthopedic	Back Problem Joint Problems
☞ Diabetes	
☞ Pregnancy and Postnatal	

## Special Classes for

Women  
Children  
Senior citizens  
In-Patients

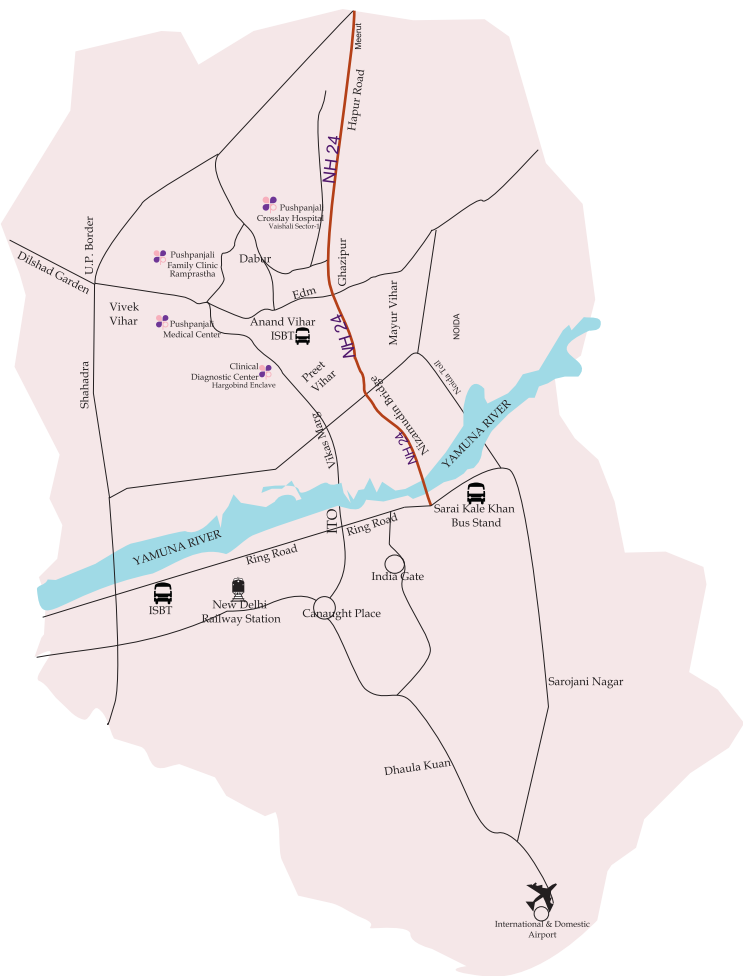
## Time Table

Classes	Days	Charges (in Rs.)	No. of Classes (Monthly)
Life care Yoga*	Tuesday to Friday	1000	16 classes
	Saturday & Sunday	500	8 classes
Healthcare Yoga*	Tuesday to Friday	1200	16 classes
	Saturday & Sunday	600	8 classes
Personal Consultation	Saturday & Sunday	200 per visit	By Appointment

\* Rates for children below 15 years and Senior citizens - 50% less

\*\* Ekamtta Yoga Goshthi - Free for all - Sunday - 9:00 to 9:45 am

## Location Map



### Pushpanjali Crosslay Hospital

W-3, Sector-1, Vaishali, Ghaziabad-201009, UP, India

Tel: +91 120 4173000, 4188000

Email: [info@pushpanjalihealthcare.co.in](mailto:info@pushpanjalihealthcare.co.in)

[www.pushpanjalicrosslayhospital.com](http://www.pushpanjalicrosslayhospital.com)