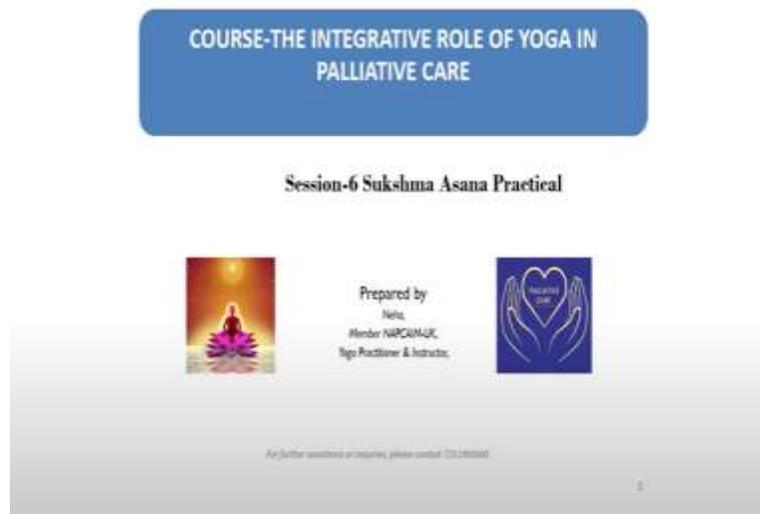


**Certificate in Integrative Palliative Care – 3**  
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**Week-03**  
**Lecture 25: Sukshma Asana Practical**

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In today's practical session, we will practice sukshma asanas or the subtle yogic stretches. So before practicing, let's understand what are sukshma asanas and why are they significant in maintaining the mobility of our joints and overall health. Sukshmasanas are a very crucial part of yoga. This is rather an untouched topic or maybe underrated as it doesn't show off the glamour that people mistake for an asana. So what is sukshmasana or subtle yogic stretches? These are non-rigorous yet simple stretching kriyas or postures which allows every joint, muscle, tissue, and cell to open up. For example, turning the neck side to side, neck rotation, shoulder rotation etc.

These postures become yogic postures when we add awareness not only towards the movement of the body but also to our breath. When we combine the movements with our

breath, it becomes sukshma asana or the subtle yogic kriyas. Quality of life is what we aim at so far as the palliative care is concerned. When we do sukshma asanas, the focus is entirely on aligning the breath with the body movements.

This harmony harmonizes our body, mind and emotions. So the ultimate purpose of sukshma asana is to disintegrate the toxic substances and energies from the cellular level, creating space. space in joints, space in mind. When this space is created, the joints, the muscles, the ligaments can move freely without creating any sort of tension or pressure. These can be functional again with regular practice.

How to perform Sukshma Asana? Let's look at it. These are easy and can be performed in a very less time. Aim to perform every asana 12 times each side for maximum mobility of the joints. Let's practice Sukshma Asana now. Sit in any meditative posture comfortable to you.

We begin with eye movements. Keep the head stable and gently move only the eyeballs to the right side and then to the left side. Look right and left. right and left. Look right and left.

Now look up at the eyebrow centre and look down to the tip of the nose. Look up and down. Up, down. Now we rotate our eyeballs. So move the eyeballs clockwise three times and anti-clockwise three times.

Close your eyes for a while and relax. Moving on to the neck, take a deep breath in and as you exhale, turn the neck to the right side. Observe the stretch in left side of neck. Inhale and come to the center. Exhale, turn the neck to the left side, feeling the stretch in right side of the neck.

Inhale, come to the center. This is one round. Practice two more rounds. Inhale to the center, exhale, turn the head to the right side. Inhale, come to the center and exhale, turn to the left side.

One more round. Be aware on the breath. Do on your own. Now inhale and raise the chin up as you exhale bend the head forward if you have spondylitis or vertigo avoid bending forward again inhale up, exhale down, inhale up, exhale down. For neck bending inhale to begin, Exhale and bend the neck over the right shoulder without raising the shoulder.

Feel the stretch. Inhale to come to the center. Exhale, bend the neck to the left side. Observing the stretch.

Inhale, come up. Practice two more rounds. Inhale to the center and as you exhale, bend to the right side. Inhale, exhale, bend to the left side, observing the stretch to both sides of the neck. Final round, do on your own. Be aware about the breath.

For shoulders, place fingers of both hands on the shoulders and as you inhale try to raise the elbows up and back opening the chest fully and exhale stretch the arms fully in front, inhale the elbows come up and back, exhale open arms in front, one more round. Inhale up, exhale stretch in front. From here we make circles with shoulders for shoulder rotation fingers on your shoulders elbows in front exhale to join the elbows and slowly inhale as you rotate it from front to back thrice, be aware about the breath. Exhale elbows come together, inhale elbows away from each other. Now, rotate them from back to front and be aware about the breath practice three rounds of shoulder rotation.

Open arms in front for hand and wrist movement. Inhale and stretch open your fingers wide. Exhale and make a fist. Inhale stretch, exhale close. Inhale stretch, exhale close.

Move the wrists up and down three times. opening the tiny muscles of the wrists. Rotate the wrists three times in each direction. Now relax your hands. Now hold both the elbows with your hands in front of the navel and swing the arms side to side.

This will open your lungs area very well. Raise hands in front of heart and swing sideways. Bring the level up to the face and swing. Hold the wrists, raise arms overhead and stretch open the underarms completely. Practice three rounds each side.

Coming down to stretch the waist region. Place right hand to the right side, inhale and raise your left hand overhead keep it straight exhale and bend the waist to the right side bringing the left arm down. The knees do not move keep them stable slowly. Inhale to raise and repeat on the left side. This time left hand on the left side inhale and raise the right arm up and straight as you exhale bend to the left side raised arm comes down to the same side.

Practice two more rounds right hand to the right side inhale and raise left arm exhale and bend to the right side bringing down the arms stretching the waist. Inhale come up left hand on left side inhale the right arm comes up exhale bend to the left side feel the stretch in your waist. Feel the stretch in both sides of the waist. Final round.

Practice on your own. Coming down to stretching lower part of the body, open both legs in front and show to keep the spine straight supported by hands to the sides. Bend right leg and clasp the hands under the right thigh. Exhale and bring it closer to the chest as much as comfortable. Inhale and straighten the leg completely in front.

Practice two more rounds. Exhale, pull the knee closer to the chest. Inhale, straighten in front. Exhale, closer. Inhale, straighten.

Gently release the leg. Repeat on the left side. Exhale. Pull the knee towards the chest.

Inhale. Stretch in front completely. Practice two more rounds on your own. Be aware about the breath. Gently release the left leg. Relax both the legs and the whole body. Support the body with hands and relax the head.

Take a breath. Now sit straight with legs open in front again for knee rotation. Bend right leg, clasp it from underneath the thighs, exhale to pull it closer to the chest and hold it here. From here rotate the knee in clockwise direction thrice. And rotate anti-clockwise.

Release the leg. Now practice knee rotation with left leg hold the left leg and pull it closer slowly start rotating in one direction first, clockwise and then rotate in other direction. Release and relax. Relax the legs, the chest and the head. For opening the hip joints and muscles, sit upright and bend the right leg place the right foot comfortably on the left thigh. Place the right hand on top of the bent right knee.

Hold the toes of the right foot with the left hand. While breathing in, gently move the right knee upward the chest. Breathing out, gently push the knee down and try to touch the knee to the floor. Do not force this movement.

Practice two more rounds here. Inhale, raise the knee. Exhale, gently push the knee. Inhale, up.

Exhale, down. Gently release the leg. And practice the same with left side. Inhale. Pull the knee closer to the chest.

Inhale. Pull the knee closer to the chest. And exhale. Touch the knee to the floor. Do not force this movement.

Inhale up. Exhale down. Inhale up, exhale down. Gently release and relax. Take a breath. Now bend the knees, clasp the feet with both hands and gently bring the soles of the feet together, keeping the heels as close to the body as possible. Gently inhale and move the knees up.

Exhale, allow the knees to drop down. Practice two more rounds. Inhale, move the knees up. Exhale, move the knees down. Inhale up, exhale down.

Gently release and relax the legs completely now. Now be aware of the toes. Move only the toes backward and forward. Inhale move it backwards and exhale stretch it forward.

Body is relaxed. Inhale the toes come in. Exhale the toes go out. Inhale towards the body, exhale away from the body. Slowly move the whole feet backward on inhalation and forward on exhalation. Inhale, the feet comes towards you.

Exhale, the feet goes away from you. Inhale, flex. Exhale, stretch. Now, ankle rotation. Move both the ankles together in one direction. And then other direction. This practice of sukshma asanas are most suitable in case of very sick and bedridden subjects.

Along with the sukshma asanas, please take notes of some tips for maintaining a healthy and consistent lifestyle. So start your day mindfully. Begin each morning with silence or by chanting a mantra. This sets a positive tone and helps align your mindset with your goals for the body.

Drink two to three glasses of lukewarm water upon waking. This aids in digestion and helps kickstart your metabolism. Also incorporate daily stretches such as practicing TTK, a specific technique or series of postures to promote gut health and prevent constipation. We have also demonstrated it previously. Complement this with Ganesh Asana which has also been demonstrated to stimulate brain function and a few rounds of Surya Namaskar or even Chair Surya Namaskar for overall wellness.

One must consume a fiber-rich breakfast, lunch and dinner. Minimize the use of spices and oil to manage cholesterol levels and reduce the risk of chronic diseases. And before going to bed, reflect on your day. Review your day's activities and interactions. This practice known as inner reflection helps you process experiences and prepares you for restful sleep. And then end the day with practicing mantra chanting or yoga nidra just before going to sleep to promote relaxation and address accumulated stress which is crucial for long term health.

By following these steps you can establish and maintain a balanced and health conscious lifestyle. When considering preventive yoga postures, our primary focus is on boosting immunity to help the body fend off serious illnesses before they take hold. Practicing Surya Namaskar everyday helps boost your immune system, enhancing your body's ability to fend off illnesses and stay healthy. For terminally ill patients, Chair Surya Namaskar can be a suitable adaptation if feasible. This modified practice allows them to benefit from the exercise while seated. Thank you.