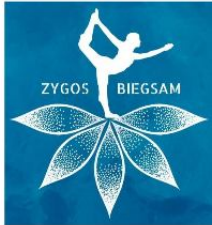




**Swamy Vivekanandha Naturopathy And
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YOGA CLUB



Yoga for insomnia

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**SUKHASANA
THE EASY SITTING POSE**



Benefits :

- 1.Calms the mind and reduces stress and anxiety .**
- 2.Focused breathing in sukhasana help in promoting mental clarity.**
- 3.sukhasana stretches the spine, reducing tension and stiffness.**
- 4.The calmness induced by sukhasana improves cognitive functions like focus and attention.**
- 5.Relaxation and stress reduction from this pose can enhance lung capacity.**

BALASANA
THE CHILD'S POSE



Benefits :

- 1. Practicing balasana before sleep helps lower the blood pressure.**
- 2. Relaxes the back and spine which improves good sleep.**
- 3. Helps with relaxation and soothing of the muscles, ensuring good sleep.**
- 4. Asana release any tension in the chest and improve good sleep.**
- 5. Highly recommend for people who keeps feeling dizzy.**

BADDHA KONASANA **THE BOUND ANGLE POSE**



Benefits :

- 1. Practicing this asana relieve anxiety and fatigue which induce sleep .**
- 2.Strngthens hip flexors psoas muscles and pelvic floor.**
- 3. Helps with relaxation and soothing of the muscles, ensuring good sleep.**
- 4. Improves blood circulation to lower body and tones the abdominal organs.**
- 5. Highly recommend for people who keeps feeling less sleep.**

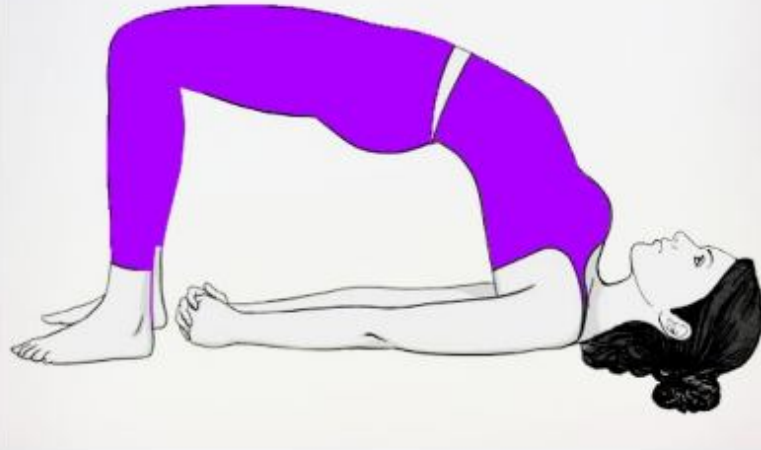
SHAVASANA THE CORPSE POSE



Benefits :

1. Savasana can help reduce stress, which can help with insomnia.
2. Savasana can help calm the mind and body, which can help with sleep.
3. Savasana can help improve sleep quality and promote deep sleep.
4. Savasana activates the parasympathetic nervous system, which can help you feel calm and lower your heart rate.
5. Savasana can help you focus on your breathing, which can improve your mindfulness.

Setu Bandhasana (Bridge Pose)



Benefits :

- 1.Enhances blood flow throughout the body, supporting overall health.**
- 2.Boosts energy levels by increasing circulation..**
- 3.Promotes relaxation, aiding in better sleep.**
- 4.Opens up the chest, promoting deeper breathing.**
- 5.Helps reduce stress and anxiety levels.**

***..Yoga club
members..***



Thank you!