



**The Institute of Chartered Accountants of India**  
(Set up by an Act of Parliament)



# **Women & Young Members Excellence Committee**

*Organises*

**यशस्विनी - An IDOL- Live Webinar**



**CA. Priti Paras Savla**  
Chairperson, WYMEC, ICAI



**CA. Ravi Kumar Patwa**  
Vice Chairman, WYMEC, ICAI



# She evolves ... Yoga for life's transitions

---

BY C.A, NAYANA SAWANT

# Contents

---

- Introduction
- Ashtanga Yoga
- Phases in a woman's life
  - Demonstration 1 - Warm-ups
  - Infancy and childhood
  - Adolescence onwards– Demonstration 2
  - Middle age – Demonstration 3
  - Seniors – Demonstration 4
- Pranayam – Demonstration 5
- Conclusion

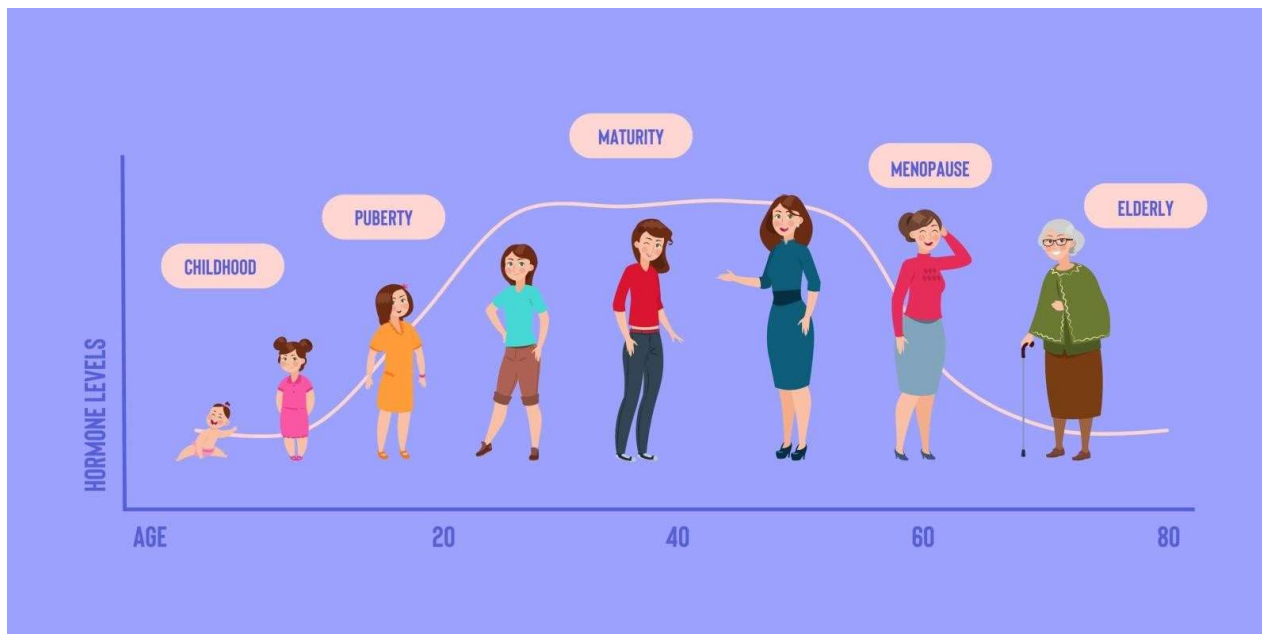
# Ashtanga Yoga

---



# Phases in a woman's life

---



**Infancy and childhood - upto 12 yrs**

**Puberty/pregnancy - 12 yrs to 40 yrs**

**Middle age/menopause - 40 yrs to 60 yrs**

**Senior - Above 60 yrs**

# General guidelines before practicing yoga

---

- Yogic practices should be practiced with ease and without strain
  - Yoga to be practiced on an empty stomach
  - Certain warm ups/ stretches must be done before you practice yogasana
  - Always relax your body ( Shavasana) after you complete your yoga practice
- All yogic movements should be slow, steady, continuous, controlled, least exertive , rhythmic and graceful

स्थिरसखमासनम् ॥ प्रयत्नशैथिल्यानन्तसमापथिभ्याम् ॥

- If you suffer from any health issues, consult your doctor as well as your yoga instructor before performing any asanas
  - For eg. if you have severe back pain , you should avoid bending Asanas
- Every Asana has its own contraindications. i.e when you should not be doing it. Be aware of these contra- indications to make Asanas work for you and not to worsen your state
- In the final posture , always close your eyes and fix your mind on your breath

# On a lighter note ..

---



## Demonstration 1 – Warm ups

---





# Infancy and childhood

---



- No intense yoga or rigorous meditation
- Only gentle stretches and mindful breathing

# Puberty / Pregnancy onwards

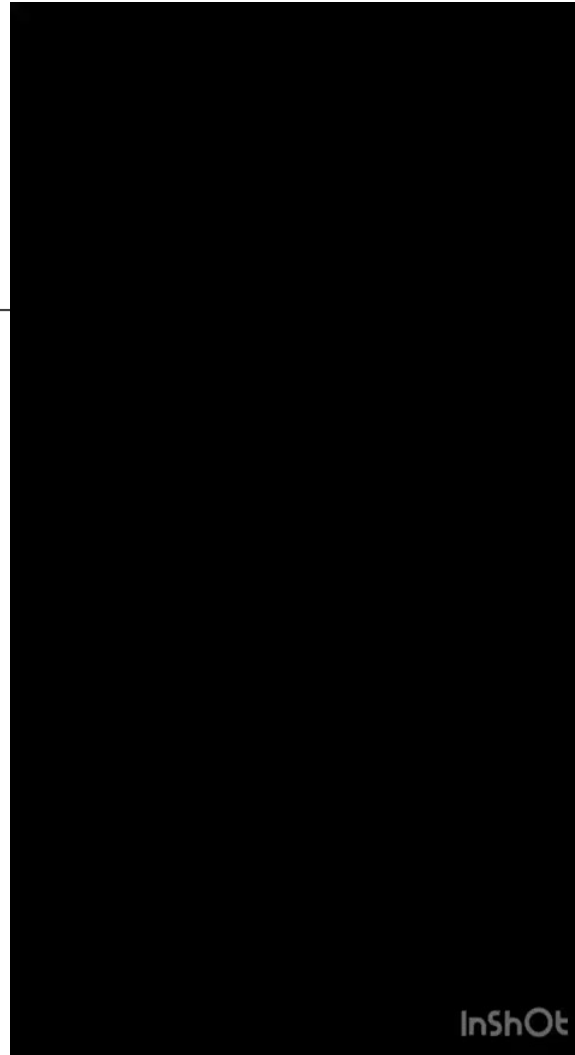
---



- Standing asanas are helpful for proper skeletal growth and improving body shape
- Forward bends help in better blood circulation
- Inverted poses help in stimulating the pituitary glands
- Pranayam and meditation help to control the mind and release stress
- Flexibility is at its peak at this age so use yoga to make the most of it.

## Demonstration 2 - Adolescence

---



InShot

# Middle age / Menopause

---



- Excellence in any skill is yoga
- Regular practice of yoga and meditation (along with pursuing hobbies) play a prominent role in reducing the symptoms of menopause, loneliness, empty nest syndrome
- Strength training Asanas to reduce muscle loss
- Pranayam and meditation help to control the mind and release stress

# Demonstration 3 – Middle age

---



# Senior (above 60 yrs)

---



- Sandhichalan Kriyas (stretching the fingers,joints,wrists etc..similar to warm ups)
- Balancing asanas to improve the body balance
- Chair yoga
- Gentle twisting asanas depending upon flexibility
- Pranayam and meditation help to control the mind and release stress

## Demonstration 4 - Seniors

---





# Demonstration 5 - Pranayam

---





# Conclusion

---

To summarise :

- Yoga , Pranayam and Meditation are important limbs of Ashtanga Yoga
- Practice of Yoga can be started at any age and there are Asanas for every age group
- In Yoga, Aahar, Vihar and Vishranti are fundamental concepts for a healthy living
- Yoga is best learnt from a Yoga instructor who can guide according to underlying medical condition and advise on contra-indications.

---

# THANK YOU

Contact details

C.A. NAYANA SAWANT

9820654530

[nainadesai2004@yahoo.co.in](mailto:nainadesai2004@yahoo.co.in)

