

Yoga – A Way to Achieve Emotional Balance

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ABSTRACT

The text addresses issues related to the impact of yoga on the general psycho-physical condition of the human body. Movement combined with relaxation techniques and proper breathing not only reduces muscle tension, energizes the body and mind, releases activity, improves mood, but also develops the ability to cope with anxiety or stress. The text presents basic yoga positions as well as palm yoga techniques.

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I. INTRODUCTION

Human is an individual, who has separate reactions, and their own pace of movements or reflexes, but each person, despite being different, wants to live in harmony with himself and his environment. Yoga favors achieving full symbiosis of the physical, mental, and spiritual spheres. The combination of movement with relaxation techniques and controlled breathing increases the sense of balance, strength, flexibility, attention, and self-confidence [1]. Asanas, or yoga postures, allow to exercise of specific parts of the body, strain and strengthen muscles, joints, spine, and skeletal system. These postures have a positive effect on internal organs, reduce nervous tension and release additional energy. Breathing tasks, calm and revive the body, stimulating brain activity.

II. EXEMPLARY YOGA POSITIONS AND HAND YOGA TECHNIQUES

The basic set of exercises includes, following items:

Dead body – used before each series of exercises. The person lies on his back with his legs spaced about 45 cm, hands are placed about 15 cm from the sides, palms facing up. Relax and lie down symmetrically, then turn your thighs, knees and toes outside, close your eyes, breathe deeply. To check your breathing, put your hands on your stomach, with your fingers loosely intertwined. As you breathe in, your stomach should rise, spreading your fingers apart.

Kapalabhati – breathe in after two normal breaths. Then breathe out, drawing in the stomach, and breathe in, relaxing it. Repeat the exercise 20 times in a constant rhythm and each time with an emphasis on exhalation. Breathe in, breathe out fully, breathe in as much as possible and hold your breath for a while. Breathe out slowly.

Neck rotation and shoulder lift:

- head back, head forward, chin to chest – 5 times;
- right ear to the right shoulder, left ear to the left shoulder – 5 times;
- circular neck movements, head forward, chin to chest, right ear to right shoulder, left ear to left shoulder – 5 times; in the opposite direction – 5 times;
- right shoulder up, down, both shoulders down – 5 times;
- both shoulders up, both shoulders down – 5 times. When you submit your final version, after your paper has been accepted, prepare it in two-column format, including figures and tables.

Greeting the sun - the exerciser stands straight with his feet together and hands folded in front of his chest (as for prayer), ensuring that the weight is evenly distributed. When breathing out, stretch your arms up and arch from the waist to the back, protruding the hips, legs straightened, neck relaxed. During the next exhalation, there is a slope forward and the hands are pressed to the floor, the tips of the fingers are in line with the fingers of the legs. If necessary, you can bend your knees. When inhaling, pull your right or left leg back and knee the floor; then bow back and look up, chin raised. Holding your breath, pull your legs back, leaning on your

hands and toes, keep your head and torso in line; look at the floor between your hands. When exhaling, lower your knees, then your chest and forehead with your hips raised and your toes rolled up. When inhaling, lower your hips, flex your toes and bend backwards; hold the legs together, shoulders lower; look up and back. As you exhale, squeeze your toes, raise your hips and take the inverted "V" posture. Try to move your heels and head down and keep your shoulders above your head. When inhaling, take a step forward and place your right or left foot between your hands. Rest the knee of the other leg on the floor and look up, raising the chin. When exhaling, extend your leg forward and lean over your waist, resting your hands on the floor. While inhaling, extend your arms forward, then up and back over your head, make the body tilt backwards. When exhaling, return calmly to your upright posture, keeping your arms to your side.

Candle - kneel and fold body weight on forearms, arms around elbows. Release your hands and lay them in front of you with your fingers intertwined, leave your elbows in the same position. Put your arms around the back of your head and place the top of the head on the floor (your arms and elbows form a "tripod" - the base of an inverted body). Straighten your knees and raise your hips. Do not bend your knees, bring your feet as close to your head as possible. Extend your hips back so that your neck stays in line with your spine. Bend your knees towards your chest, lift your feet off the floor, and slide your hips back. Take a pause. Raise your bent knees up with the strength of your abdominal muscles. Slowly straighten your legs. Note: People suffering from hypertension, glaucoma or retinal detachment should not do this exercise.

Plow - lying on your back with folded legs stretched and arms at the sides (palms on the floor), inhale and raise your legs. Breathe out, with your next breath take your hips off the floor. Support your back with your hands, bringing your elbows firmly together. Without bending your knees, exhale and extend your legs beyond the head.

If you can't touch the ground with your feet, stay in this position and breathe deeply. However, if your feet reach the floor, move them as far as possible beyond the head, roll up your toes. Raise the torso, heels extend backwards. Pull your arms behind your back, keep your hands flat on the floor. Breathe slowly and deeply.

Fish - lie down on your back with straight legs and feet together; put your hands under the thighs with your palms facing the floor. Leaning on your elbows, inhale, raise your arched back and lean on the floor, applying light pressure to the top of your head. Breathe out. In this position, breathe deeply; the legs and lower torso are relaxed. When withdrawing from the described position, first raise your head and place it gently on the floor, then relax your arms.

Cobra - lie down with arms folded and palms under your shoulders, rest your forehead on the floor. When inhaling, raise your head, sliding your nose across the floor, then your chin. Raise your arms and only raise your chest as high as possible with your back muscles. Hold in this position for several deep breaths; exhale, return to the starting position. As you breathe in, lift yourself, raising your torso with your hands until it bends in the middle of your spine. Persevere in this position for two or three deep breaths; then exhale and slowly lie down. When inhaling, raise the torso as before, but

this time continue the up and back movement until the entire back is bent from the neck to the base of the spine. Breathe normally. Stay in this posture for a few moments, then lie down and relax.

Bow - lie down on your stomach with your head down. When inhaling, bend your knees, grab your ankles with your hands. Breathe out. When inhaling, raise your head and chest and at the same time pull your ankles, pulling your knees and thighs off the floor. Make an arc, look up. In this position, take three deep breaths, exhale and return to the starting position.

Crow - squat and slip your arms between your knees. Place your hands flat on the floor in front of you, arms wide apart, fingers spread apart and pointing slightly inward. Then bend the elbows outwards to the sides so that the back surface of the arms can serve as knee support. Choose a focus on the floor in front of you. Inhale, then hold your breath, lean toward that point, transferring body weight to your hands and raising your feet. Breathe out and maintain posture for three to four deep breaths.

Triangle - stand apart (legs spaced about 1 m). Direct both feet left, but right only slightly. Raise your left arm to shoulder level, and right straight up just above your right ear. Inhale now. When exhaling, lean left and slightly forward. Move your left arm on your left leg and stop it at the lowest point. Looking towards the right hand. In this position, take a few full breaths, then return to the starting position. Do the same to the right [2].

Mudras are a less well-known form of yoga, i.e. specific hand positions and finger systems, which affect the human body prophylactically, energizing and refreshing. Small hand yoga can be safely used by anyone, regardless of their condition. It provides fast regeneration of strength, provides joy, self-confidence, releases enthusiasm, improves mood, increases concentration, strengthens memory, heals neuroses, prevents stress. Mudras do not require good physical fitness, additional props or a special room; it is only important to practice them regularly from 15 to 45 minutes a day.

Hand yoga techniques are as follows:

Knowledge Mudra - the index finger lightly touches the thumb pad; the other three fingers are straight but not strained. Mudra is done simultaneously with both hands.

Properties: removes anxiety, tension, depression, improves thinking and ability to concentrate, strengthens memory and energy potential, helps with sleep disorders, depression and high blood pressure; regenerates the body.

Mudra of the Earth - connect the ring finger and thumb with your fingertips, lightly pressing them; other fingers freely straightened. Mudra is done simultaneously with both hands.

Properties: improves psychophysical state, counteracts mental weaknesses and stress; promotes self-esteem, self-confidence, getting rid of complexes, strengthening the feeling of stability and confidence; facilitates an objective assessment of one's personality, protects against the effects of any negative external energy influences.

Sea Comb Mudra - thumbs of both hands touch the pads; the remaining fingers are clasped inside the palm of the hand.

Properties: increases appetite, strengthens the normalization of digestive processes; recommended for people suffering from anorexia, asthenic, patients with

impaired absorption processes in the gastrointestinal tract.

Water Mudra – bend the little finger of the right hand so that it touches the base of the right thumb; press the little finger lightly with your thumb. The fingers: ring, middle and index are straight, but not strained. The left hand embraces the right from below, with the thumb of the left hand on the right thumb.

Properties: helps with liver diseases; indicated for increased secretion of mucus in the stomach or lungs.

Wind Mudra – the index finger is bent so that the tip of the finger touches the base of the thumb. With your thumb, press the finger lightly at the joint; remaining fingers straightened, relaxed. We make mudra with both hands at the same time.

Properties: used for rheumatism, sciatica, head, neck and hand tremor.

Sun Mudra – the thumb and little finger of the right hand touch the pads; other fingers freely straightened. In the left hand, the fingers also remain straight, we only connect the thumb and forefinger.

Properties: helps quickly increase activity; recommended in states of fatigue.

Moon Mudra – we connect the thumb and forefinger of the right hand with the pads. In the left palm we connect the thumb tips and the little finger; the remaining fingers of both hands are straight.

Properties: fights insomnia, needed in states of internal anxiety, excess energy.

Third Eye Mudra – keep your hand open, all fingers are adjacent and straight. We put the hand at the height of the nose.

Properties: improves the work of the mind, extremely strengthens intuition and develops psychic abilities,

allows you to improve spiritually, stimulates the functioning of the pituitary gland; treats nose, sinus, eye, ear and related headaches.

Energy Mudra – we connect the fingertips: middle, ring and thumb; other fingers freely straightened. Mudra is done simultaneously with both hands.

Properties: prevents pain, cleanses and expels harmful substances and toxins from the body; heals genitourinary disorders.

Life Saving Mudra – we bend our index finger so that its tip touches the base of the thumb. At the same time, connect the middle finger, ring finger and thumb with your fingertips. The little finger remains straight. Mudra is done simultaneously with both hands.

Properties: recommended for all kinds of attacks, heart attacks and less serious heart failure.

Mudra of Life – fingertips, small fingers and thumb are connected; other fingers loosely extended. We make mudra with both hands at the same time.

Properties: equalizes energy potential, significantly strengthens vitality, eliminates symptoms of drowsiness, improves mental well-being; perfectly affects the eyesight, increasing its sharpness; recommended for emotionally unstable people and in states of exhaustion and fatigue.

Wish Mudra – we connect the thumb, forefinger and middle finger with the fingertips. Fingers: small and cordial we hide in your hand. We make mudra with both hands.

Properties: helpful in cleansing the sinuses.

Shell Mudra – two joined hands resemble a shell. The four

fingers of the right hand embrace the thumb of the left hand. The thumb of the right hand touches the protruding middle finger of the left hand.

Properties: strengthens and improves the sound of the voice, heals all throat, larynx, hoarseness, and noiselessness; recommended to people whose work tool is voice, i.e. teachers, actors and singers.

Cow Mudra – the little finger of the left hand touches the ring finger of the right hand, and the little finger of the right hand touches the ring finger of the left hand. At the same time, we connect the middle finger of the right hand with the index finger of the left hand, and the middle finger of the left hand with the index finger of the right hand. Thumbs stay apart.

Properties: relieves rheumatic ailments, joint diseases, radiculitis.

Turtle Mudra – fingers of the right and left hands intertwined with each other. The thumbs of both hands pressed together with the pads form the head of a turtle.

Properties: helps control your emotions and actions; used for cardiovascular disorders, weakness, fatigue.

Dragon Head Mudra – the middle finger of the right hand embraces and compresses the phalanges of the distal index finger of the same hand. Similarly in the left hand. We join both hands. The thumbs of both hands are joined together by side surfaces; other fingers crossed with each other.

Properties: recommended for the prevention and treatment of colds and diseases of the lungs, upper respiratory tract, nasopharynx.

Tooth of the Dragon Mudra – index fingers are straight and pointing upwards. The bent thumbs of both hands pressed against the inside of the palm of the hand. The remaining fingers (middle, ring, small) bent and pressed to the hand.

Properties: indicated for consciousness disorders, motor coordination, stress or emotional instability.

Temple of the Dragon Mudra – the middle fingers of both hands are bent and pressed to the inner surfaces of the hands. The remaining fingers of the left and right hands are straightened and connected with each other. The index and ring fingers connect with each other over the bent middle fingers. Pointing and cordial fingers symbolize the roof of the "temple", thumbs form the head of the dragon, and small fingers his tail.

Properties: promotes the concentration of energy and thought, achieving internal peace; used for ischemic heart disease, discomfort around the heart, arrhythmias.

Muladhara Mudra – we bend the thumb and the other fingers lightly clench into a fist so that the thumb is hidden under the bent fingers.

Properties: improves the secretion of adrenal hormones - adrenaline and noradrenaline, strengthens the lower parts of the spine, gives a sense of stability, helps to get rid of fear; alleviates intestinal, kidney and rectal disorders.

Manipura Mudra – we bend the small, ring and middle finger of the right hand a little. Straighten index finger and point forward, as in the gesture of direction. The thumb touches the bent middle finger on its lateral surface near the nail.

Properties: stabilizes tension, improves digestive tract function, reduces stomach pain, regulates pancreas function; recommended for nervous disorders and stress.

Gliding Lotus Mudra – the thumbs of both hands are

connected; the index and middle fingers are straight and connected with each other by the tips. The ring fingers and small fingers of both hands crossed between them lie at the base of the middle fingers.

Properties: helpful in diseases of internal organs (stomach, intestines, uterus, gallbladder).

Mantean flute Mudra – thumbs of both hands are clinging to each other with the pads. The index finger of the left hand lies at the base of the middle finger of the right hand, which is above the middle, ring and small finger of the left hand. The ring finger of the left hand lies under the middle and ring finger of the right hand. The little finger of the right hand is located on the upper phalanx of the middle finger of the left hand.

Properties: useful for lung diseases, colds, and also when there is a feeling of sadness and longing.

Shield of Shambhala Mudra – the palm of the left hand is straightened and adheres firmly to the dorsal surface of the right hand clenched into a fist. The thumb of the left hand touches the base of the index finger of the right hand.

Properties: protects life and health against the adverse effects of foreign energy.

Vajra Arrow Mudra – the thumbs of both hands are connected by the lateral surfaces and adhere to the index fingers; index fingers are straightened and connected. The other fingers are crossed between them and touch the outside of the hand.

Properties: indicated for people suffering from vascular disorders, hypertension or circulatory failure.

Garuda Mudra – we put our right hand on our breasts and our left hand on it. Fingers spread wide in one plane. We join hands with thumbs hooked together and move away from the chest. While breathing this mudra, breathe deeply and calmly.

Properties: energizes the body, harmonizes the energy of the right and left sides of the body, effectively soothes mood swings, mobilizes the work of the circulatory system; helpful in exhaustion [3].

III. CONCLUSION

Yoga ensures perfect physical condition of the whole body, strengthens muscles endurance, increases flexibility, eliminates metabolism products, and positively affects the psyche. Asanas are performed at a significant rate to warm up the body, stimulating the circulation of cerebrospinal fluid and the respiratory system. The slow rhythm of exercises helps calm down, calm down, relax. Yoga also helps develop a habit of proper breathing among children, maintaining proper body posture, developing the ability to recognize their own capabilities or limitations, or deal with emotional tension. Asana learning should be introduced in early school age (7–8 years), preferably when reading fairy tales, because the child empathizes with individual characters, reflecting, for example, a specific animal. Initially, the duration of the exercises should not exceed 10–15 minutes (one task – from 30 seconds to a minute). Yoga supports the function of spinal nerves and relieves growth pains. When the inverted position is realized (e.g., candle, standing on the head) or turns, the spine is stretched and the blood flow to the brain is improved. Asanas, therefore, provide energy, and strengthen and cleanse the body, making it easier to achieve internal equilibrium.

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The basic source base for this study were the archive records – an abundant set of records No 53: of the District Office of the City of Vilnius – the Republic of Poland, from the years 1921-1939, stored in the (LCVA: Lietuvos Centrinis Valstybes Archyvas) Lithuanian Central archive in Vilnius.

The fundamental objectives of the undertaken activities were: reconstructing reasons and circumstances for taking care of minor children, orphaned or deprived of appropriate care executed by their own families, determining the incentives contributing to the development of tutelary ideas during the discussed period of time and revealing mechanisms causing development and extension of the activities, evaluating the welfare and educational work against the background of social needs, specification of the criteria to be satisfied by the institutions providing care to children in the environment of the Second Republic.